Quality of life. A power point presentation from the Living Autism Conference 2013

Nadine Honeybone

www.forautismfamilies.com
www.theautismdirectory.com

Quality of life

What is it ?

How do we know when we have it?

Quality: "A character or nature with respect to fineness, superiority or grade of excellence that distinguishes something"

What comes to mind?

"The nature of how we live in a way that has a grade of excellence to it"

Who says and what defines what is excellent in my life or yours?

the real currency that determines our quality of life

What conditions have you put on your happiness?

i.e. What rules have you created that determine what has to happen for you to be happy?

If I asked you to feel happy now could you?

How easy have you made it to feel happy?
(hint: if your happiness is conditional, you've not made it easy)

What conditions have you put on yourself for feeling sad?

i.e. What rules have you created that determine what has to happen for you to be sad?

If I asked you to feel sad now could you?

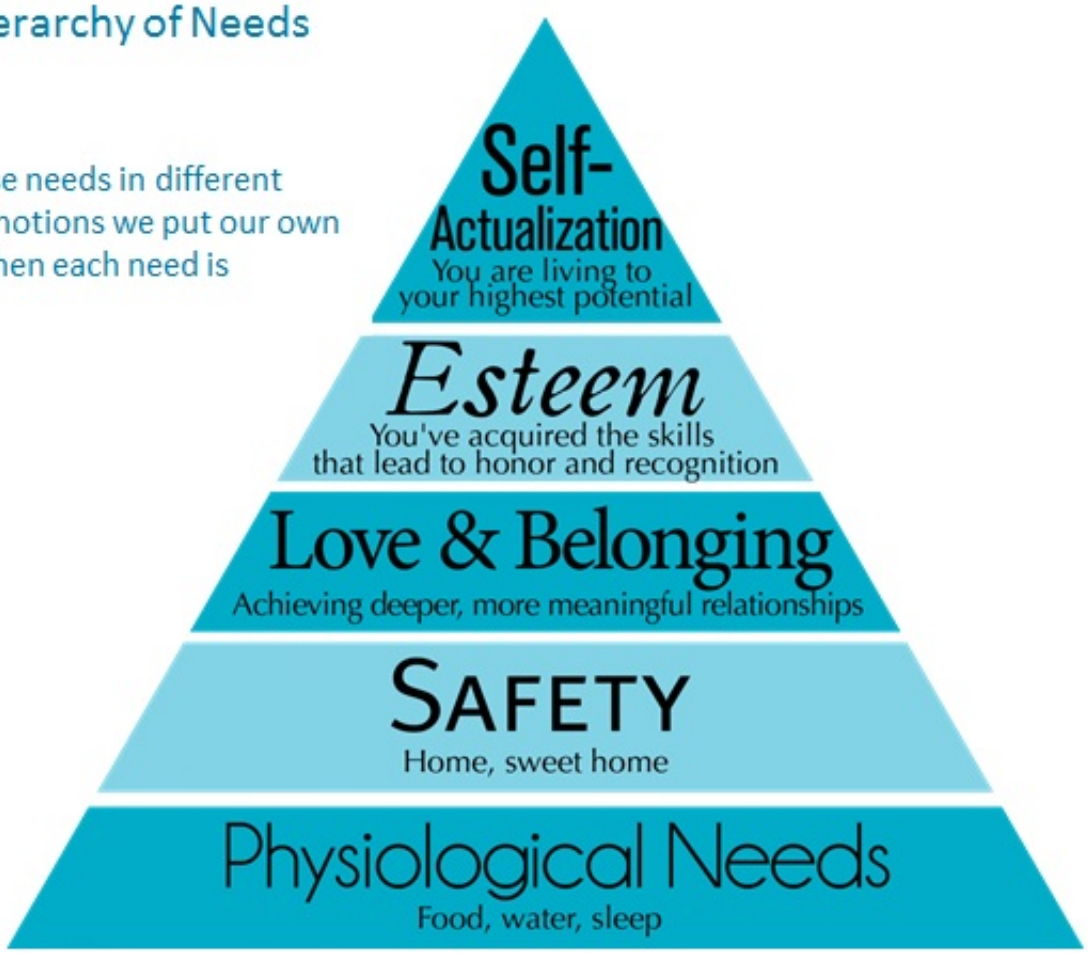
How easy have you made it to feel sad?
(hint: if your sadness is unconditional, you've made it easy)

which ones would you choose?

It’s OK not to feel OK

Maslow's Hierarchy of Needs

We all meet these needs in different ways, and like emotions we put our own conditions on when each need is 'satisfied'



Maslow's Hierarchy of Needs

When a need is met at any level we strive to satisfy the next and hence we move up the hierarchy to get the next level of need met in order to be satisfied.

Maslow's Hierarchy of Needs

When life throws a curve ball and you find yourself back down the hierarchy (eg needing sleep or to be safe), meeting your needs at that level become far more important than needing to be satisfied by more material things for example

Maslow's Hierarchy of Needs

Somehow we have equated this satisfaction of needs to our happiness and quality of life. We continually put more demands and conditions on feeling good about ourselves and our lives

The more external conditions you put on your happiness, just drives happiness away.

When you remove these you allow yourself to have a good quality of life regardless of your life situation.

I'M THERE

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I'M THERE

So what has all this got to do with the Autism Strategy and Quality of Life it hopes to provide?

My Story...

Dreams Do Come True

December 2004

At 15 Months

Developing and Hitting Milestones

Sudden Regression

Diagnosed at 2

9 in December

Severe Developmental Delays

Just out of Nappies

Limited Verbal Comms

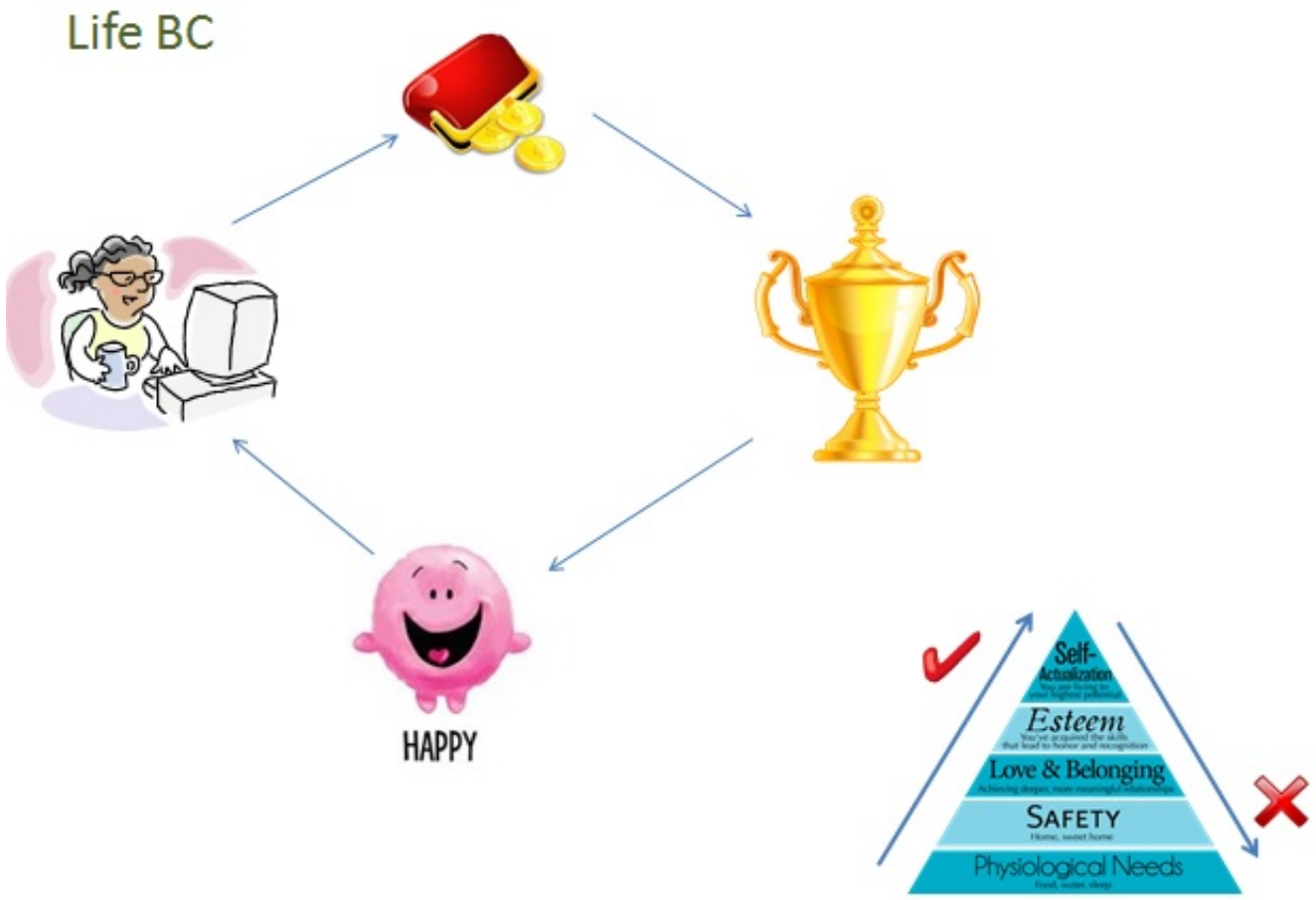
Can't Express Pain

Sensory Issues

Behavioural Problems

Aggression

and very loving ....


Life BC
HAPPY
Self-Actualization
Esteem
Love & Belonging
SAFETY
Physiological Needs

Life Now

HAPPY

Self-
Actualization
Esteem
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Life Now

GRATITUDE

Challenging Days
Lack of Sleep
Getting Resources We Need

Yet Quality of Life is Better

So what has all this got to do with the Autism Strategy and Quality of Life it hopes to provide?

Looking outside for others to do things before we say we have "quality of life" is just another condition on our happiness.

Yes I would like better resources and family support
Yes I want more respite
Yes Tommy needs far more SLT and OT time
Yes I am very concerned about his future and how society will treat him

and Yes I hope the Autism Strategy can deliver more towards this and what others want and need too.

But I am choosing to love and live my life now with what we have got and have access to.

I am choosing to learn how to dance in the rain.

How to improve your quality of life....

Figure out what conditions you are putting on you feeling good.

Remove them if you can, or reduce them for now.

Choose to feel good whenever you can and know that you can feel good in any situation, because it comes from within.

Practice gratitude more often.

Set your filters to see beauty when its not apparent.

Set positive intentions for each day.

Be ok when things are not ok, because it's ok to be not ok.

Allow yourself to let go of some old beliefs that no longer serve you.

Quality of life

What is it ?

How do we know when we have it?

You decide

If you need help looking for services for an individual with an autism spectrum condition, we can help. Click below for the Autism Placement Support Service.

Click here for our
Autism Placement
Support Service