

# Tailoring Your Knowledge Translation Strategies for Your Intended Users

KTDRR's 2023 Virtual KT Conference

November 6, 8, and 9

Center on

**KNOWLEDGE TRANSLATION FOR  
DISABILITY & REHABILITATION RESEARCH**



# Working with Autistic Young Adults to Develop Effective Video-Based Healthy Relationship Skills Training: A Game Show!



#90BISA0037-01-00

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Virtual KT Conference

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Welcome to  
the **A** List!

# Objectives

## You'll be able to:

- describe 3 strategies to authentically engage autistic young people to contribute to creating a skill-building intervention
- describe 3 strategies for engaging autistic young people in the creative process
- explain 5 key learnings from contributing autistic young people

The logo for dfusion features the word "dfusion" in a lowercase, sans-serif font. The "d" is green, and the "fusion" is blue. Below the name is the tagline "Creating Digital Health Innovations" in a smaller, white, sans-serif font. The logo is set against a large, glowing golden ring that is part of a larger circular graphic on the left side of the slide.

dfusion  
Creating Digital Health Innovations

The logo for skillflix features the word "skillflix" in a lowercase, sans-serif font. "skill" is blue and "flix" is green. Above the "i" in "flix" is a series of seven dots in a slight arc, transitioning from blue to green. Below the name is the tagline "For Young Adults" in a smaller, white, sans-serif font.


skillflix®  
For Young Adults

The logo for NIDILRR features a stylized orange icon above the text "NIDILRR" in a large, blue, sans-serif font. Below the name is the tagline "National Institute on Disability, Independent Living, and Rehabilitation Research" in a smaller, white, sans-serif font.

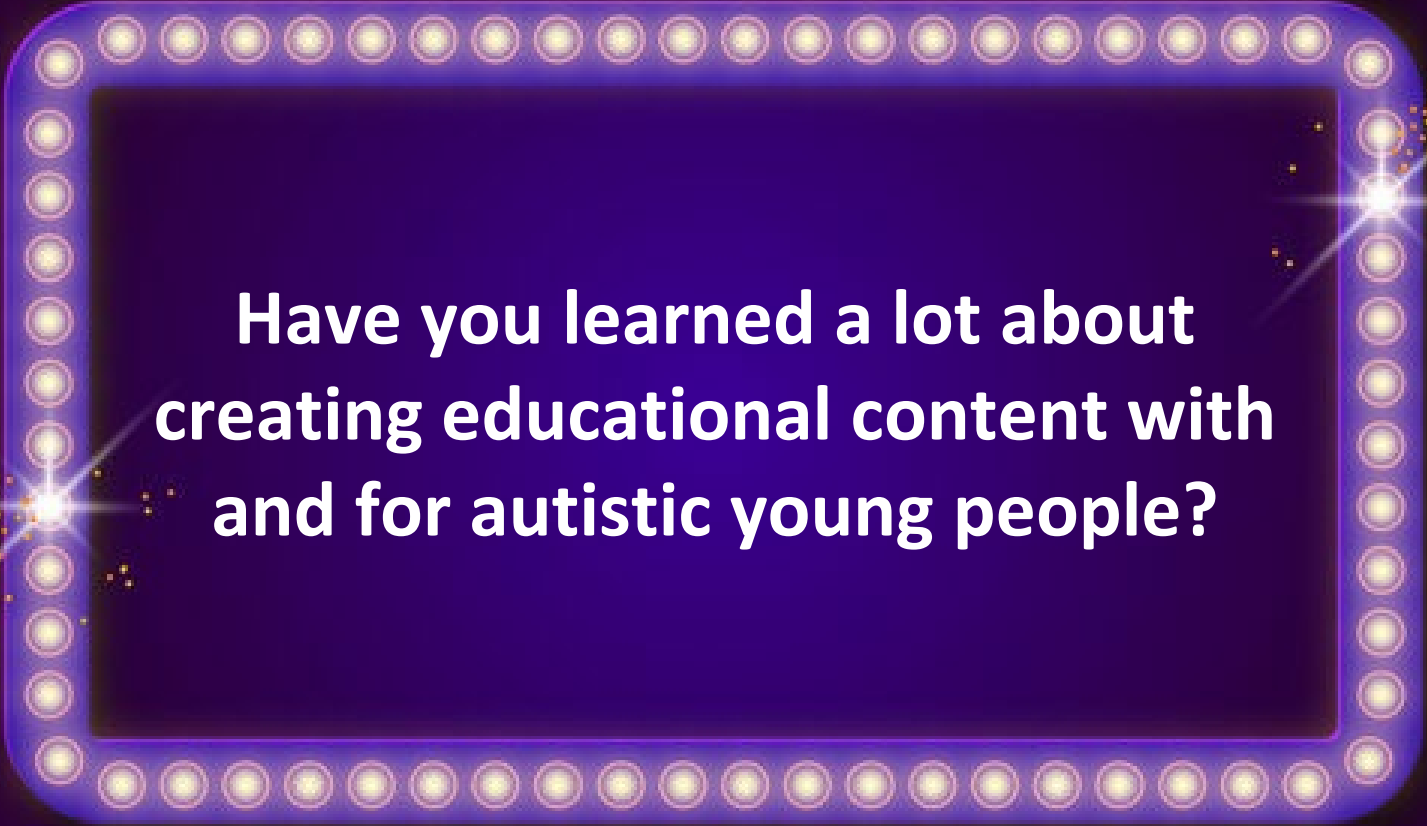
NIDILRR  
National Institute on Disability, Independent Living,  
and Rehabilitation Research



How  
**the A List**  
works



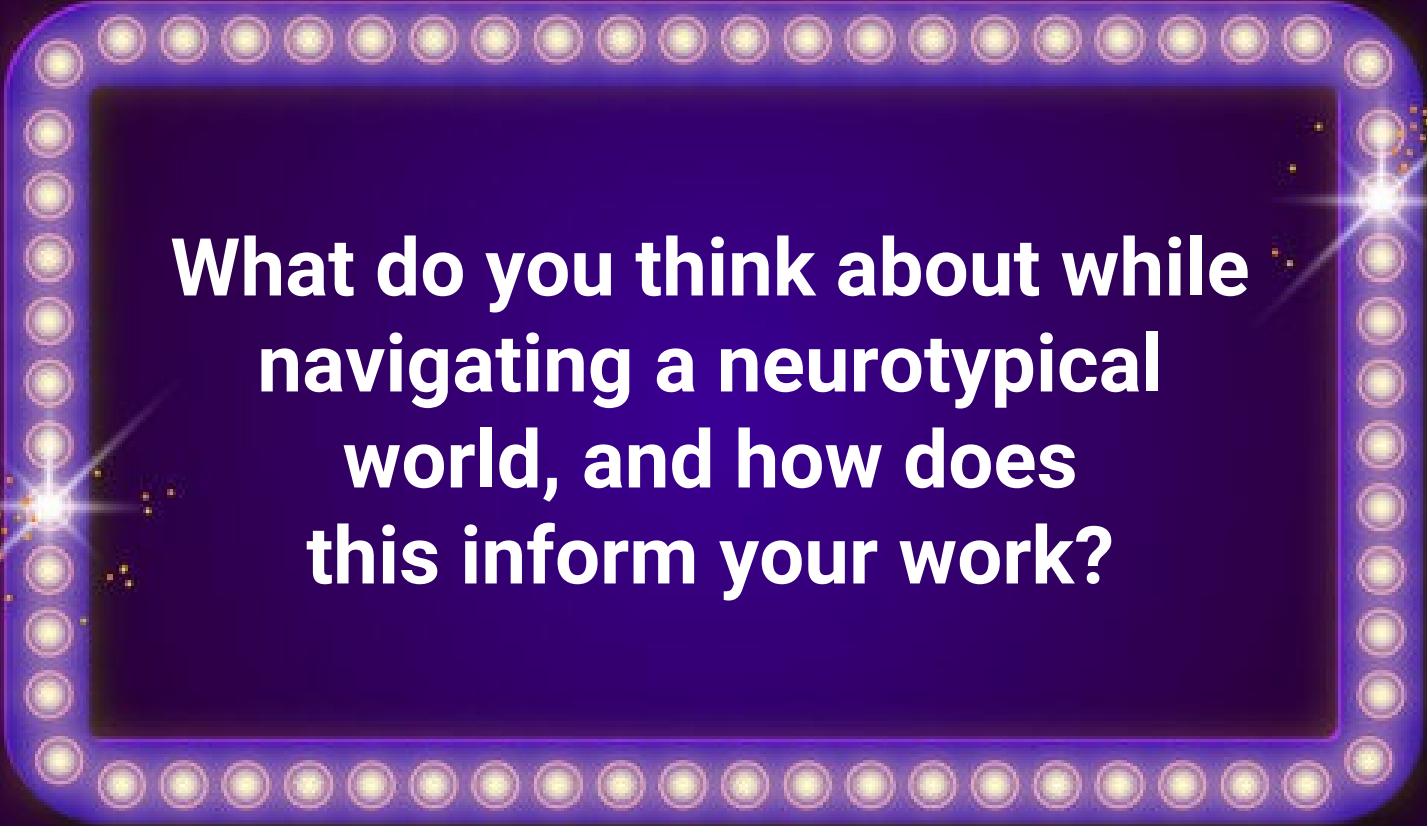
**Answer Questions = 100 pts**  
Share Example  
Personal Insights



**Have you learned a lot about  
creating educational content with  
and for autistic young people?**







**What do you think about while navigating a neurotypical world, and how does this inform your work?**



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**Center and value  
autistic perspectives**

**Create space for autistic  
people to give substantial  
input and feedback**

**Employ autistic people  
in a variety of roles**



**Center and value  
autistic perspectives**



**How would you want someone  
to demonstrate that they center  
and value autistic perspectives?**

**Place a high value  
on creating space  
and listening to  
self-advocates**



**Be accessible**



**Create comfort**



**Provide options**

**Understand how  
language and  
symbols  
demonstrate your  
relationship with  
the community**

 **How you refer to people**

 **Who you prioritize**


 **What you're promoting**







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**Create space for autistic  
people to give substantial  
input and feedback**



**How do you create  
opportunities for input  
and feedback from  
the autistic YAs?**

## Opportunities for input and feedback

### Advisors & Focus Groups

- 🔄 Invite input from the beginning
- 🔄 Return for every milestone
- 🔄 Use a variety of methods


### Participants & Usability Testers

- 🔄 Observation data
- 🔄 Remote interviews
- 🔄 Online surveys






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**Center and value  
autistic perspectives**



**Create space for autistic  
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input and feedback**

**Employ autistic people  
in a variety of roles**



**Employ autistic people in a  
variety of roles**



**Can you share a little bit  
about the perspective that  
you brought to the project?**



**Employ autistic  
people in a  
variety of roles**



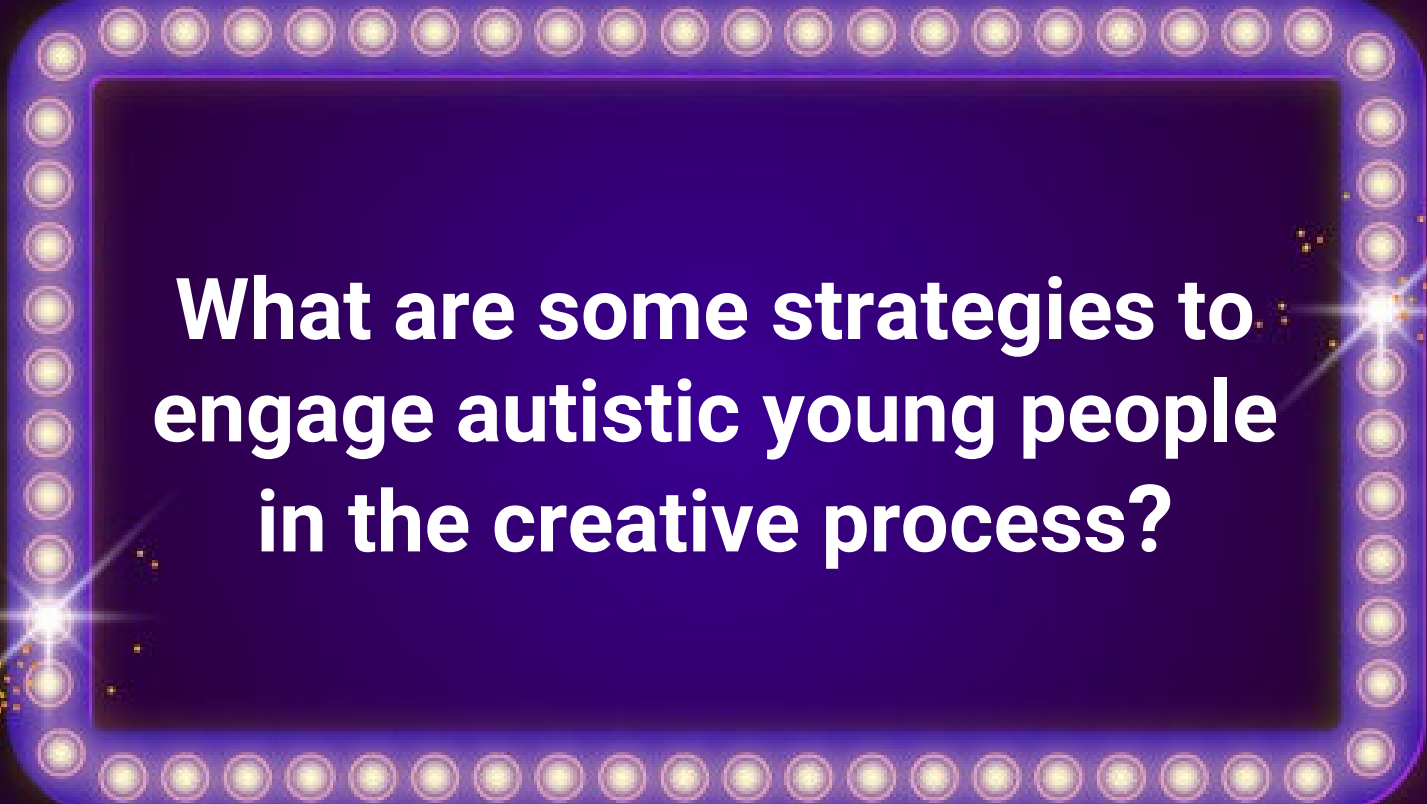
**Project staff**



**Script writers**



**Actors**



**What are some strategies to  
engage autistic young people  
in the creative process?**

## Writing scripts and acting in skill-building videos



**Opportunities to work  
remotely and set own hours**



**Support creating structure  
when necessary**



**Clear written directions and  
feedback**

## Writing scripts

**Demonstrate willingness to meet specific support needs**



**Check-in frequency**



**Collaborative writing**



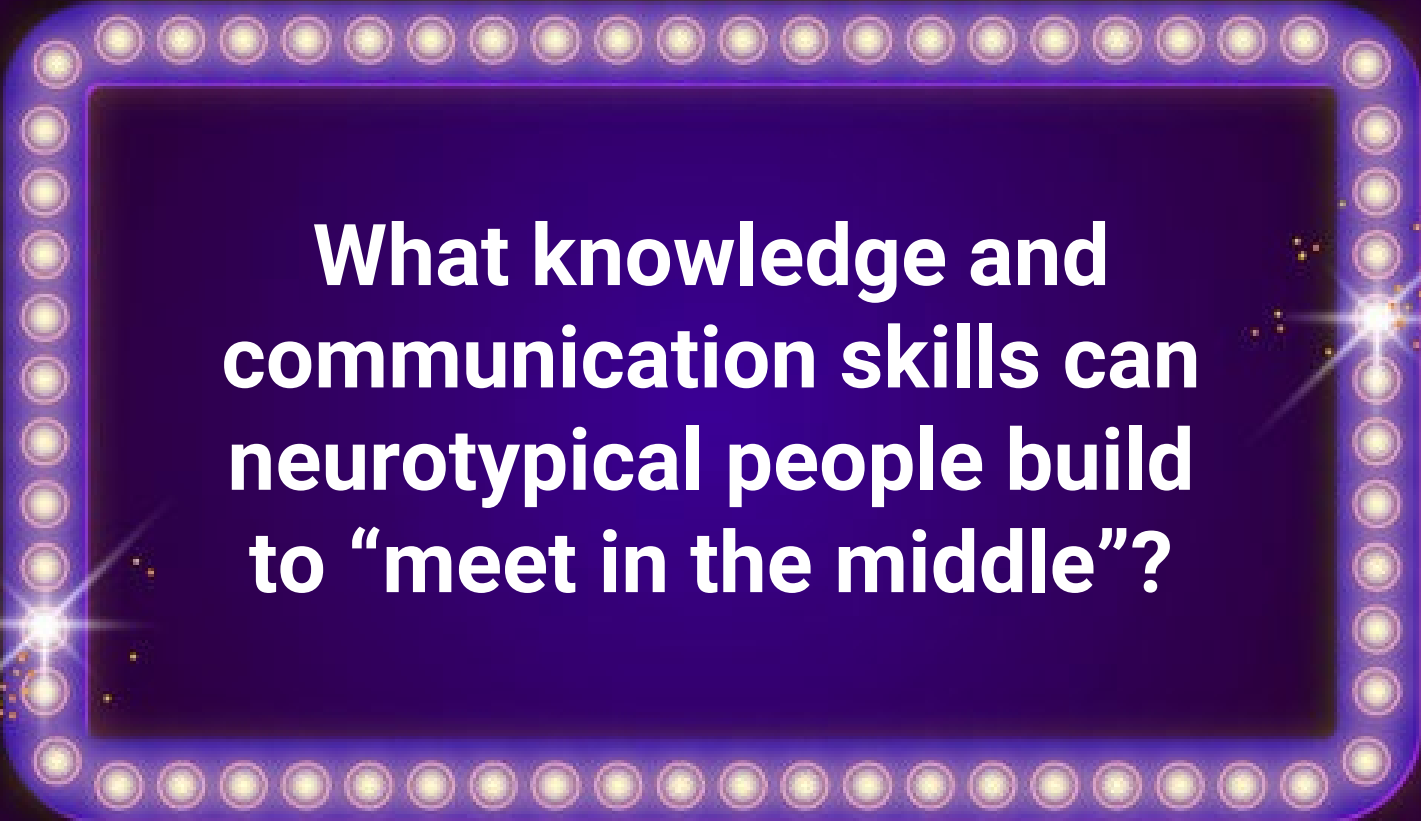
**Several iterative steps**



**Body doubling**







**What knowledge and communication skills can neurotypical people build to “meet in the middle”?**

# “Meet in the middle” videos



**State feelings clearly**

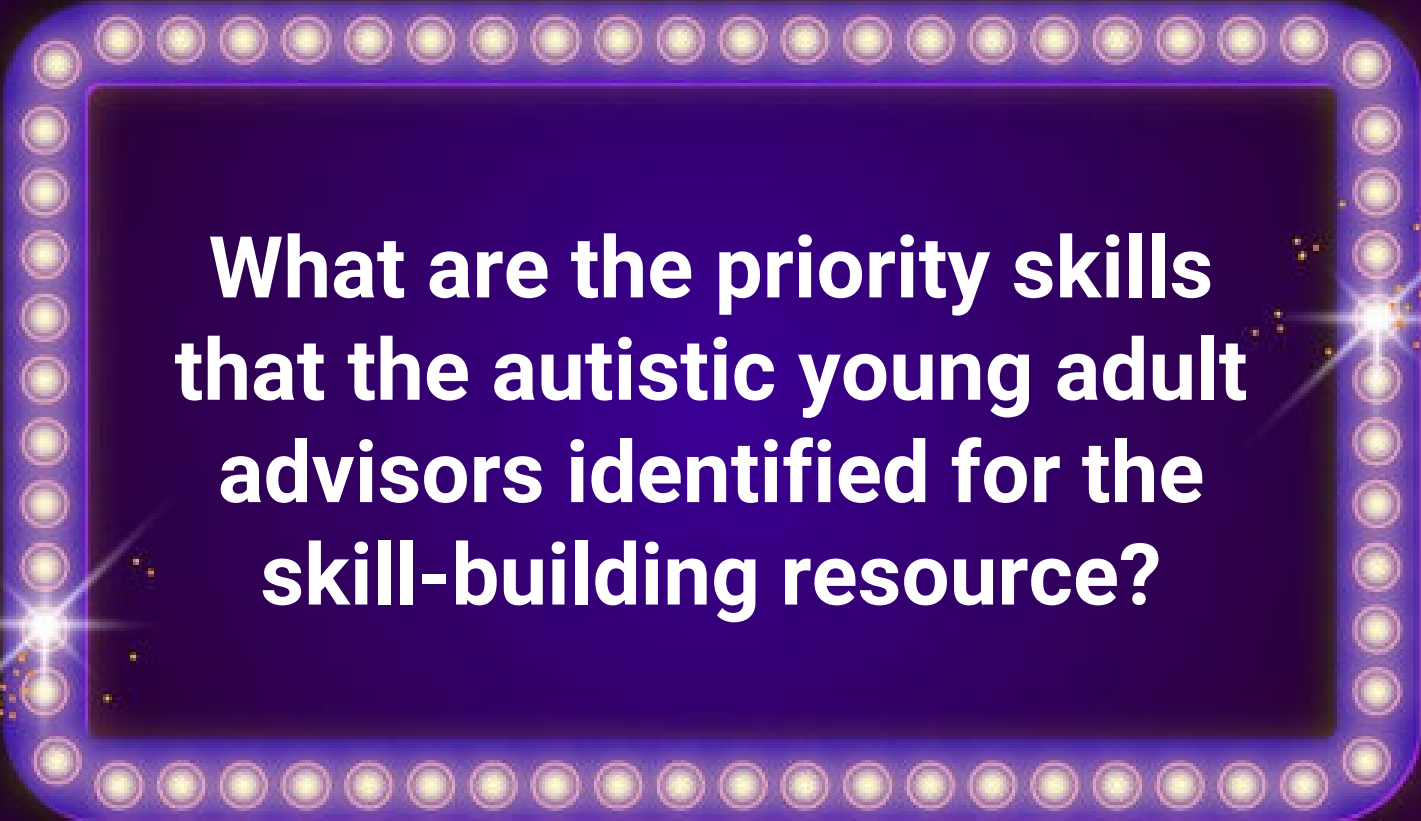


**Support unmasking**



**Navigate tone differences**





**What are the priority skills  
that the autistic young adult  
advisors identified for the  
skill-building resource?**

## Priority skills



**Employment skills**



**Relationship building  
and maintenance**



**Self-advocacy skills**



**What are website accessibility priorities for this population?**

## Accessibility priorities



**Use clear symbols**



**Provide dark mode option**



**Include closed captioning**



**Consider sensory needs  
when selecting music and  
sound effects**



**Provide more extensive  
written and video  
information**

# Everyone Wins!

## Pick your prize...





- Builds skills
- Divides skills into Microskills

Microskill

Microskill

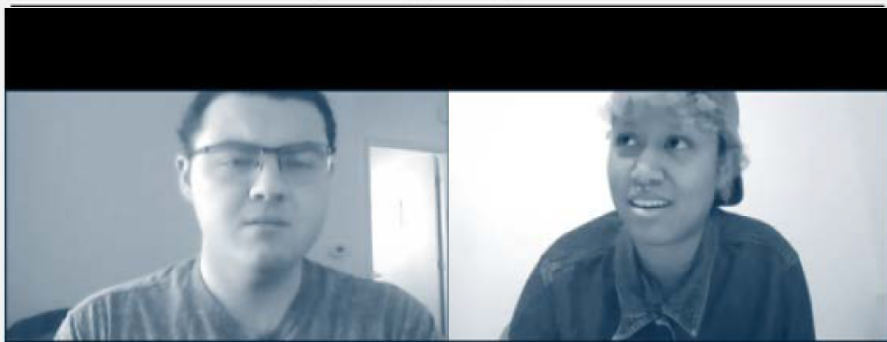
+ Microskill

Larger Skill

- Models Microskills in short videos
- Repeats and reinforces key steps throughout videos



## Correct Over-Apologizing



### Correct Over-Apologizing



#### Steps shown in video:

- Acknowledge their perspective
- Share intention to quit over-apologizing
- Recognize why you're over-apologizing
- Substitute apology with humor
- Substitute apology with gratitude

## Skill Set: Apologies

You're viewing #9 of 9 videos in this skillset

This is the last video in this skill set. For more videos, use the search options above.



[See Entire Skill Set](#)

## Resources

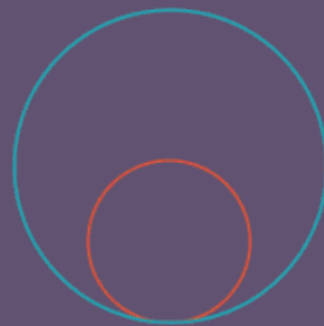
- [Seven Ways to Help Someone with Anxiety \(UC Berkeley\)](#)
- [The Power of Thanks \(Harvard University\)](#)
- [Making Relationships and Friendships Meaningful \(Psych2Go interview with Dr. Amodeo\)](#)
- [6 Habits That Can Make Someone Like You \(Psych2Go\)](#)

# Key Learnings

- The SkillFlix videos were impactful at increasing skills
- Prioritize accessibility and relevance
- Address priority skills
- “Meet in the Middle” videos
- Add other ways to build skills







# Thank you!

## Questions?

You can find us at:

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**Q&A**

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