Haringey Learning Disabilities Partnership

Social Stories

www.haringey.gov.uk
Social Stories

Introduction

• What
• Who for
• Why/When
• Layout
• Resources
Why use Social Stories

Theory of mind suggest that...

Many people with autism have an impairment of social understanding, the ability to think in ways necessary for appropriate social interaction.

This means that...
Why use Social Stories

Theory of mind suggest that...

Many people with autism do not act appropriately in social situations,

this is because...
Why use Social Stories

Theory of mind suggest that...

- People with autism do not understand that others might have a different opinion to them, or that others may want to do something different to what they want to do.
Why use Social Stories

• From their perspective, the statements and actions of others may at times seem to occur without meaning or identifiable purpose, occurring randomly and without warning or logic.
Why use Social Stories

Theory of mind suggest that...

• Many people with autism do not understand that other people have their own
  - thoughts,
  - feelings,
  - plans and
  - points of view,
  therefore they think that...
Why use Social Stories

Theory of mind suggest that...

if I am angry and want to hit you, you must be angry and want to hit me too ... this is frightening
Why use Social Stories

Theory of mind suggest that...

- Social situations become unpredictable and can confusing.

- This can lead to:
  - Social Isolation
  - Exclusion
  - Lack of opportunities
Theory of mind suggest that...

This lack of social understanding in autism is:

- Independent of intelligence
- Regardless of where an individual falls within the spectrum of autistic disorders
- Slightly less prevalent in those with Asperger’s syndrome
How do Social Stories help

• Social stories attempt to address the ‘theory of mind’ impairment by giving individuals some perspective on the thoughts, emotions and behaviours of others.

• Developed by Carol Grey (1994) for use with children with Autistic Spectrum Disorder (ASD), but are also used successfully with adults with autism and related disabilities.
How do Social Stories help

• Provides a distance between ‘teaching’ and the social situation
What is a Social Story

- A short story written in a specific style and format
- They describe what happens in a specific social situation and presents information in a structured and consistent manner
- Gives social information through pictures and text as opposed to speech or observation (notable areas of weakness)
What is a Social Story

- Each story provides clear, concise and accurate information about what is happening in a specific social situation.

- It describes what is obvious to most of us, but not to those with impaired social understanding.

<table>
<thead>
<tr>
<th>Hand</th>
<th>It is healthy to wash hands when they are dirty</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>When (Name’s) hands are dirty</td>
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<tr>
<td></td>
<td>• Go to the sink</td>
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<td></td>
<td>• Turn the water on</td>
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</tbody>
</table>
What is a Social Story

The story describes

• **what** people do,
• **why** they do it,
• and what the **common responses** are.
The purpose of Social Stories

- To provide a **prompt** for socially appropriate behaviour
- To help a person **become familiar** to a situation, and to respond appropriately
- To help **prepare** for a new experience
- To provide positive **feedback** so that people can recognise their own appropriate behaviour
The purpose of Social Stories

• To help prevent extreme reactions that stem from a lack of social understanding
The goal of Social Stories is to:

- increase the individual's understanding of,
- make him more comfortable in,
- possibly suggest some appropriate responses for the situation in question.
Other ways Social Stories help

- Social Stories provide a script for staff to read
- Information is consistent
- Provide reassurance
- Staff are clear what to do
Examples of Social Stories

- Why eating something other than cheese is important
- What is a friend
- How to speak to a friend
- New Home
- Attending a day service
- How to greet someone
- How to make toast
- Visit to the dentist/hospital/opticians etc.
Layout of Social Stories

- Picture left
- One picture per sentence
- Text right
- Black writing on white paper
- Use simple language
- Address the person by name (not ‘I’ or ‘you’)
- One aspect or step per page
Basic social stories use three kinds of sentences

- Descriptive
- Perspective
- Directive

In the chapel everyone will sit down. Angie and George will sit with John.

A coffin will come in. Dad will be in the coffin because dad is dead.

Everyone will be sad because dad has died.
Structure of Social Stories

- **Descriptive sentences** give accurate information about the setting. They provide, in words, the basic facts about what can be seen.

Dad’s funeral will be in a church.

In the chapel everyone will sit down. Angie and George will sit with John.
Structure of Social Stories

• **Perspective sentences** provide simple information about **why** things happen,

  - A coffin will come in. Dad will be in the coffin because dad is dead.
  - Everyone will be sad because dad has died.

  letting the person into the heart and heads of those featured in the story
Structure of Social Stories

- **Directive sentences** prompt the appropriate behaviour (common responses) and

  - what behaviour is expected

  *Example:* Everyone will be sad because dad has died.

  *Example:* It is ok if Name (of service user) wants to cry at anytime.
Structure of Social Stories

- Beginning
- Middle
- End
Structure of Social Stories

- Beginning
  - Introduction

**What people do**

- All people sleep
- Most people sleep in bed at night
- Most people wake up in the morning
### Structure of Social Stories

<table>
<thead>
<tr>
<th>Middle</th>
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<tbody>
<tr>
<td><strong>Why</strong> they do it</td>
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</table>

<table>
<thead>
<tr>
<th>People sleep</th>
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<tbody>
<tr>
<td>Because people need to rest</td>
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</tbody>
</table>

| Jane needs to rest too |
Structure of Social Stories

• End

Common responses
what behaviour is expected

Jane will stay in bed until Jane is asleep

When the curtains are closed it is night
Jane will stay in bed

When the curtains are open it is time to get up
Presentation of Social Stories

- **First time** distraction free
- Sit slightly behind and to one side of the person
- Read to the person showing the pictures
- Use frequently prior to time of difficulty
- Person shares story with a range of adult
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<th>TITLE -</th>
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<th>DOB</th>
<th>Date</th>
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Click icon to add content

Click to add text
Use font Avant Garde 18 point
TEMPLATES Social Stories

- Attending a Funeral
  - Burial Female Caribbean (Mum)
  - Burial Male British White (Dad)
  - Cremation Male British White (Dad)

- Future Templates
  - Sleep
  - Visit to the Dentist
  - Visit to the orthodontist
  - Having a Blood Test
Using Images in Social Stories

Service Users Photo

- Consent
- Capacity
  (9 steps in Mental Capacity Act)
- Best Interest Meeting
- Annual Review Meetings
Resources Social Stories

- Photosymbols
- Change Picture Bank
- Photo Bank