



ASHLEY'S HOUSE
Supporting Autistic Girls

Employment & Linked Skills

at Ashley's House

Life Skills and Workplace Readiness

These everyday tasks build independence, executive function, and confidence, all essential for employment.



Cooking & Food Preparation

Hygiene, sequencing, timing, and following instructions can all be transferable to catering, hospitality, or café roles.



Laundry & Cleaning Routines

Responsibility and organisation are transferable to housekeeping, care, or facilities work.



Time Management

Using visual schedules, alarms, and routines are all core employability skill for any role.



Creative & Craft-Based Skills



Arts, Crafts & Design Projects

Card-making, candle-making, jewellery, crochet, embroidery can lead to micro-enterprises (Ashley's House Etsy shop or market stall!).



Gardening & Horticulture

Nurturing plants builds patience and sensory regulation. are transferable skills to landscaping, horticulture therapy, or community garden work.



Engage, Empower, Embrace

Building skills. Creating futures. Empowering autistic girls.





Communication & Social Interaction Skills

Builds confidence in expressing needs, teamwork, and self-advocacy.

- ✓ Role-playing greetings, phone calls, and simple work-based conversations.
- ✓ Encouraging choice-making and supported decision-making.
- ✓ Learning self-advocacy scripts ("I need a break," "I'm not sure how to do this").
- ✓ These are vital for supported employment and interviews.



Digital & Administrative Skills

Integrate gentle tech skills into sessions:

- ✓ Using tablets or computers for typing, emails, and basic data entry.
- ✓ Designing posters or social media posts for Ashley's House events.
- ✓ Managing digital photos or calendars.
- ✓ These are all transferable to office admin, marketing support, or creative media roles.



Vocational Pathway Projects

Each could be a structured "mini-programme":

- ✓ Ashley's Café: snack prep, taking orders, money handling, washing up.
- ✓ The Garden Project: growing and selling plants.
- ✓ The Boutique: creating and packaging handmade items.
- ✓ The Library Team: sorting, labelling, and managing the sensory library.



Soft Skills Through Regulation

Emotional skills can be the
foundation of employability.



Regulation = reliability.

When girls can regulate themselves,
they can turn up, stay engaged,
and follow through.



Problem-solving through sensory strategies.

Learning how to manage overwhelm
helps girls approach challenges
with confidence and creativity.



Flexibility through co-regulation and gentle change.

Girls learn that change is possible,
with support, structure, and time.



When girls learn how they work best, they learn how to work.

Self-awareness leads to self-advocacy,
stronger choices, and long-term success.



Ashley's House
ties perfectly into your
Pathway to Employment
framework,

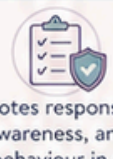
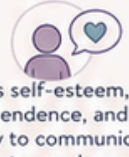
balancing practical, emotional,
and communication-based development.



Empowered girls. Confident futures. Meaningful work. ♥

Ashley's House Skills and Employment Goals Framework

 Skill Area	 Focus of Learning	 Example Activities	 Linked Employment Goals
 Life & Independence Skills 	Building responsibility, organisation, and self-management. 	♥ Cooking ♥ Cleaning ♥ Laundry ♥ Personal care routines ♥ Money handling ♥ Timekeeping 	 Develops reliability, task completion, and independence needed for any job setting. 
 Communication & Social Understanding 	Developing expressive, receptive, and social communication. 	♥ Role-play greetings ♥ Turn-taking ♥ Supported conversations ♥ Self-advocacy practice 	 Builds teamwork, confidence, and professional communication skills. 
 Emotional Regulation & Sensory Awareness 	Understanding body cues, emotional states, and sensory needs. 	♥ Using sensory tools ♥ Co-regulation games ♥ Reflection sessions ♥ ECG-SI model activities 	 Promotes emotional stability, resilience, and readiness for work environments. 

 Skill Area	 Focus of Learning	 Example Activities	 Linked Employment Goals
 Vocational Projects	Learning real-world work routines through supported roles. 	♥ Ashley's Café ♥ Garden Project ♥ Boutique ♥ Library Team 	 Provides hands-on work experience and develops a sense of contribution. 
 Digital & Administrative Skills	Introducing basic tech, design, and organisation tools. 	♥ Typing, emailing ♥ Poster design ♥ Social media for events ♥ Digital photo management 	 Builds skills for office, creative, and administrative roles. 
 Community Engagement	Connecting learning to the outside world. 	♥ Visits to local shops ♥ Volunteering ♥ Guest speakers ♥ Community sales 	 Encourages social confidence, understanding of workplaces, and independence in new environments. 
 Teamwork & Collaboration	Working alongside peers and adults respectfully. 	♥ Group tasks ♥ Paired cooking or gardening ♥ Problem-solving challenges 	 Strengthens social cooperation and adaptability – key for supported employment. 
 Creative Expression	Using art, crafts, and design for emotional and practical outcomes. 	♥ Candle-making ♥ Jewellery ♥ Sensory art ♥ Poster design 	 Fosters fine motor skills, creativity, and potential for enterprise-based employment. 
 Health & Safety Awareness	Learning safety routines and awareness. 	♥ Safe tool use ♥ Hygiene rules ♥ Basic first aid ♥ Safe travel practice 	 Promotes responsibility, risk awareness, and safe behaviour in the workplace. 
 Confidence & Self-Advocacy	Recognising strengths and expressing needs. 	♥ "I can" boards ♥ Reflection journals ♥ Role-play with choice-making 	 Builds self-esteem, independence, and the ability to communicate needs to employers. 

Empower. Engage. Build skills. Create futures. ♥

How It Works at Ashley's House



1. Individualised Skill Plans

Each girl works through an individual skill plan tailored to her strengths and sensory profile.



2. Progress & Celebration

Progress is celebrated through AQA Certificates and reflective journals.



3. Building Futures

These skills create a foundation for supported employment, volunteering, or enterprise, helping girls bridge confidently into adulthood.



Every small step builds big futures.



Engage



Empower



Encourage



Employability



Hope

Ashley's House – Supporting Autistic Girls