



**The Lived Experience of Learning Daily Living Skills as an
Autistic Adolescent & Young Adult**

Participant Information Sheet

Introduction

My name is Chelsea Auld. I am a student exploring the experience of learning daily living skills as an autistic adolescent. Professor Andrew Cashin and Dr. Kitty-Rose Foley supervise my research.

What is this research about?

My research is seeking to understand how you learnt daily living skills throughout high school. I also aim to understand how you use these skills after school. Daily living skills are activities such as cooking, grocery shopping, cleaning, laundry, caring for yourself and managing money. There is little research that provides this information to health professionals. This understanding is important as it will help to improve the way health professionals provide support and care to autistic people.

What does this research involve?

You will attend 2 interviews on Zoom. With your permission, both interviews will be audio-recorded. You can ask for this to be paused at any time. There will be no payment for participation in this study.

The first interview will take between 1 – 1.5 hours to complete. This is when we will discuss daily living skills and how you were taught these skills throughout high school. The second interview will happen between 3 – 6 months after the first interview. This is your chance to hear what we thought after the interviews and to let me know if this sounds like your experience. This interview will take approximately 45 minutes.

What are the risks associated with this research?

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This research is low risk. The interview questions are designed to encourage open and calm discussions. If you do not want to answer a question you are free to skip that question. You can ask for a break at any time. You may pull out of the study at any time by asking to do so. If you need additional support, you can bring a family member or support person to the interviews with you. You may also contact Lifeline (13 11 14) or Beyond Blue (1300 22 4636) for counselling support.

My responsibilities to you.

All information that is collected about you will be kept strictly confidential. You will not be able to be identified in any resulting reports or publications. All data collected in this project will be stored safely and securely at Southern Cross University for a minimum of 5 years after publication.

The likelihood and form of dissemination of the research results, including publication.

The research will be published in a PhD thesis, peer-reviewed journal articles and presented at conferences.

Informed Consent

If after reading this Information Sheet, you are willing to take part in this research, please read, complete and sign the attached consent form and return it to c.auld.11@student.scu.edu.au or Andrew Cashin, PO Box 157, Lismore NSW, 2480 Australia. If you would like to complete the consent form online, please email me (c.auld.11@student.scu.edu.au) and I will provide instructions on how to do this. Once I receive your signed consent form I will contact you to make a time for our first interview.

Inquiries

If you are interested in taking part, please contact me on c.auld.11@student.scu.edu.au or 0499990120 or my principal supervisor, Professor Andrew Cashin, on andrew.cashin@scu.edu.au.

Feedback to Participants

If you would like a summary of the research when it is finished, please tick the box at the bottom of the consent form and provide your email or postal address.

Ethics Approval

This research has been approved by the Human Research Ethics Committee at Southern Cross University. The approval number is 2022/126.

Complaints

If you have concerns about the **ethical conduct** of this research or the researchers, write to the following:

The Ethics Complaints Officer

Southern Cross University

PO Box 157

Lismore NSW 2480

Email: ethics.lismore@scu.edu.au

All information is confidential and will be handled as soon as possible.