



**VMB Development, Inc.**  
**Nonprofit 501(c)(3)**

**A Case Study**  
**Using Specifically Designed**  
**Exercises & Activities**  
**To Develop & Improve**  
**A Child Diagnosed With**  
**Autism**

By: Julie Stuhlsatz

# **A Case Study On Autism**

In May 2022, a 15-year-old middle school girl, who we will call Christi, with a mild to moderate Autism diagnosis and mild intellectual impairment began VMB Development, Inc. sessions. In the beginning, her sessions were at her home, because she felt uncomfortable leaving home. As her sessions continued, she started being brought to our office and having one-on-one sessions. Currently, she is now able to and likes walking or riding her bike alone to sessions.

She was evaluated on her first day of one-on-one sessions and again the week of 55 sessions. Her test evaluation improvements are shown and summarized in Exhibit I.

## **A Few Of Her Struggles Noted While Testing**

- Neither eye had the ability to visually track and twitched a bunch. Both her eye lids struggled to stay open.
- She had no ability to think, focus and speak while also moving her body.
- She struggled to focus, especially while trying to use her mind, both eyes and verbal skills at the same time.
- She had no ability to think and, also, speak while both of her eyes were moving as one eye was shutting down or focusing elsewhere.
- She struggled a great deal with her sense of smell.
- While standing and reading, she had upper body movement, couldn't stay focused and eyes wandered.

# Improvements Noted By Christi's Mother:

-“Christi is able to ride her bike NOW with confident balance after 5 years of trying. Until recently, she could only ride in a straight line but was wobbly and she had to push herself along with one foot quite a way before she could start peddling. She is also NOW able to turn both left and right and ride in a circle either way, which is something she has never been able to accomplish.””

-“I’ve noticed that while we are walking that she NOW walks with her head up more than she used to. She would like to walk to your office next week by herself. She led her way this past week without any difficulty, so I believe she can get there without any problem.”

-“Christi is much more confident NOW. She attended an outreach and when I dropped her off, she went right in and found some people without any difficulty or anxiety.”

-“Christi is riding her bike by herself to sessions. She stated this week that NOW she is starting to want to learn to drive and, also, get a job and be able to work.”

-“Before sessions, Christi did not read at grade level. She is NOW reading all textbooks at grade level but does need help with specific words. So far this year, she is getting As & Bs in daily work.”

-“These sessions are helping in many areas and ways. It would have been great if she had received this help years ago, but I am thankful she is getting help now!”

-“Before having sessions, Christi wanted to communicate but often did not use the correct words. I had to ask questions to figure out what she was trying to say. Her communication has NOW improved. I rarely hear unusual words in her communication with me.”

-“Doing chores has really changed. Christi was willing but needed specific direct instructions to do chores and wasn’t very thorough. NOW she can clean the house, vacuum, wash dishes and do her laundry without needing step-by-step instructions and says that she looks forward to clean. She has also NOW learned to cook several meals, wants to continue learning how and cook several times a week. She cleans up the kitchen NOW after cooking as well.”

-“Christi had tried lots of things like sewing and knitting with very limited success. She is currently working on a cross stitch project. The last one she

did prior to starting sessions turned out ok, but NOW this one is excellent.  
Her stitches are nearly perfect on the front and back.”

-“Christi is definitely more self-confident NOW and walks with her head up.  
She can also walk very well NOW in high heeled shoes.”

VMB Development, Inc. Name: Christi																					
Nonprofit 501(c)(3) Age: 15 years old																					
Test Evaluation																					
(Performance Ability)	Test Date	5%	10%	15%	20%	25%	30%	35%	40%	45%	50%	55%	60%	65%	70%	75%	80%	85%	90%	95%	100%
AF	5/30/22	[Blue bar from 5% to 80%]																			
Receive & Process Sounds	9/14/22	[Yellow bar from 5% to 90%]																			
ATN	5/30/22	[Blue bar from 5% to 10%]																			
Hand-Eye Coordination	9/14/22	[Yellow bar from 5% to 50%]																			
BC	5/30/22	0%																			
Depth & Distance Perception Of 2 Objects	9/14/22	[Yellow bar from 5% to 15%]																			
CS	5/30/22	0%																			
Thinking Remembering	9/14/22	[Yellow bar from 5% to 25%]																			
LA	5/30/22	0%																			
Motor Development & Control	9/14/22	[Yellow bar from 5% to 70%]																			
MO	5/30/22	[Blue bar from 5% to 15%]																			
Emotion/Impulse Control (Learning Skills Ability)	9/14/22	[Yellow bar from 5% to 90%]																			
OF	5/30/22	[Blue bar from 5% to 10%]																			
Information Processing	9/14/22	[Yellow bar from 5% to 75%]																			
PF	5/30/22	[Blue bar from 5% to 15%]																			
Understanding Interacting	9/14/22	[Yellow bar from 5% to 50%]																			
PR	5/30/22	[Blue bar from 5% to 40%]																			
Fine Motor (Anger Control)	9/14/22	[Yellow bar from 5% to 90%]																			
RO	5/30/22	[Blue bar from 5% to 50%]																			
Verbal (Sounds & Speech)	9/14/22	[Yellow bar from 5% to 90%]																			
SG	5/30/22	[Blue bar from 5% to 25%]																			
Short Term Memory (Attention)	9/14/22	[Yellow bar from 5% to 50%]																			
ST	5/30/22	0%																			
Visual Tracking (Focus & Learning)	9/14/22	[Yellow bar from 5% to 65%]																			
TL	5/30/22	[Blue bar from 5% to 15%]																			
Organization Skills	9/14/22	[Yellow bar from 5% to 80%]																			

