

# ARTIFICIAL INTELLIGENCE

Affordable, Accessible,  
Adaptive

Tobias Merriman &  
Anna Cronin



# TOBIAS MERRIMAN

## **Assistant Director Center for Virtual Expression**

Toby worked as a diagnostician for 28 years in Information Technology at Southern Illinois University Carbondale. He was asked every day to solve complex problems with a variety of computers, networks, and devices. Toby became the subject matter expert for gaming hardware, virtual reality and augmented reality equipment, and artificial intelligence research. In November of 2023, he was asked to serve as Assistant Director at SIUC's AI-Research facility, the CVeX.



# ANNA CRONIN, MS BCBA

## Owner & Director, Behavior Analyst Fern Leaf ABA

- Owner and director of Fern Leaf ABA in Carbondale
- Board certified behavior analyst (BCBA) serving adults in CILA since 2015. Her passion
- Has a big brother with “big” disabilities
- Has a mom who worked in disability advocacy (*I gladly accept “Daniel’s Sister” and “Charlotte’s Daughter” as alternative titles.*)
- Serves as Vice President on the board of directors for the Arc of Illinois.



# WHAT ARE WE GOING TO TALK ABOUT TODAY?

- Establish what Artificial Intelligence (AI) is
- Discuss how it is being used and how the effects on our world
- Discuss a few ways that AI already has already contributed to the world of disabilities
- Finally, you will have the opportunity to try AI yourselves.



# A BRIEF STATEMENT ABOUT AI & ETHICS

In the coming years, we suspect that Artificial Intelligence is going to significantly change the world we live and work in. There are and will be many big conversations about how to use AI ethically. We don't have time to discuss those topics today. We do, however, feel strongly that - at this time - the benefits of learning how to use AI outweigh the risks.



# WHAT IS ARTIFICIAL INTELLIGENCE?

Systems capable of replacing human intelligence

Problem Solving

Pattern Recognition

Making Decisions

Understanding Language



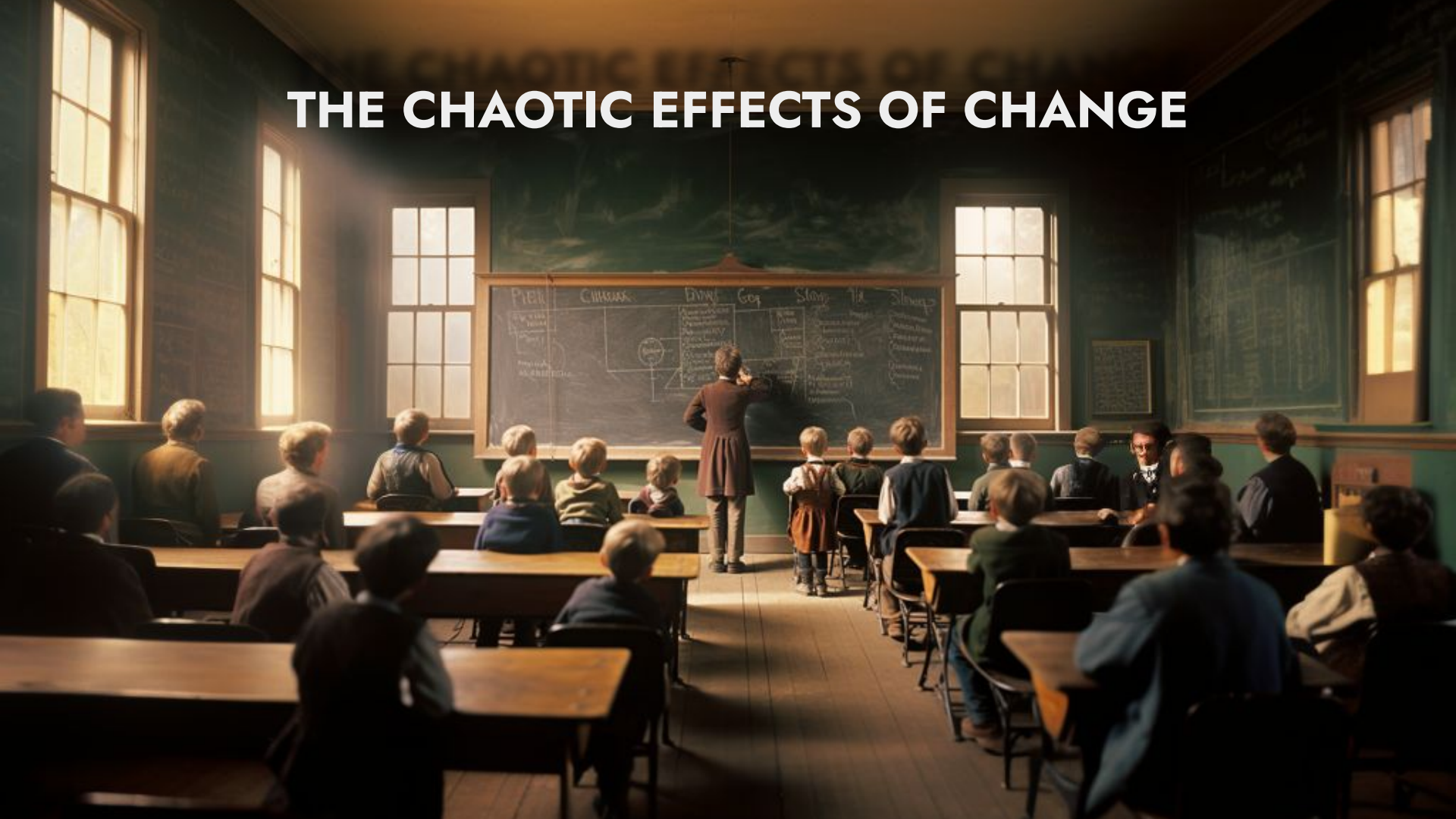
# COST

PLATFORM	MEDIUM	PRICE RANGE
ChatGPT/DALLE	Text & Image Respectively	\$0 - \$20/month
Midjourney	Image	\$10 - \$120/month
Udio	Music	\$0 ( <i>for now</i> )
Eleven Labs	Voice Clips	\$0 - \$330/month
Leiapix	Animation	\$0 - \$8

**NOTE:** *this is a tiny sample of the AI platforms that are available.*



# THE CHAOTIC EFFECTS OF CHANGE



# THE CHAOTIC EFFECTS OF CHANGE

3200 BCE - Writing

1440 - Printing Press

1980 - Personal Computer

1991 - World Wide Web

2000 - Smart Phone

2023 - LLM AI

The three categories of AI usage we see at CVeX:

**AUGMENTATION · REPLACEMENT · MIRACLES**

**A.R.M.**



# THE EFFECTS OF AI - AUGMENTATION

- Increased productivity
- Automation
- Reduced error rate

## ***Examples:***

- Summarizing a document
- Preparing a letter
- Verifying Facts and Calculations



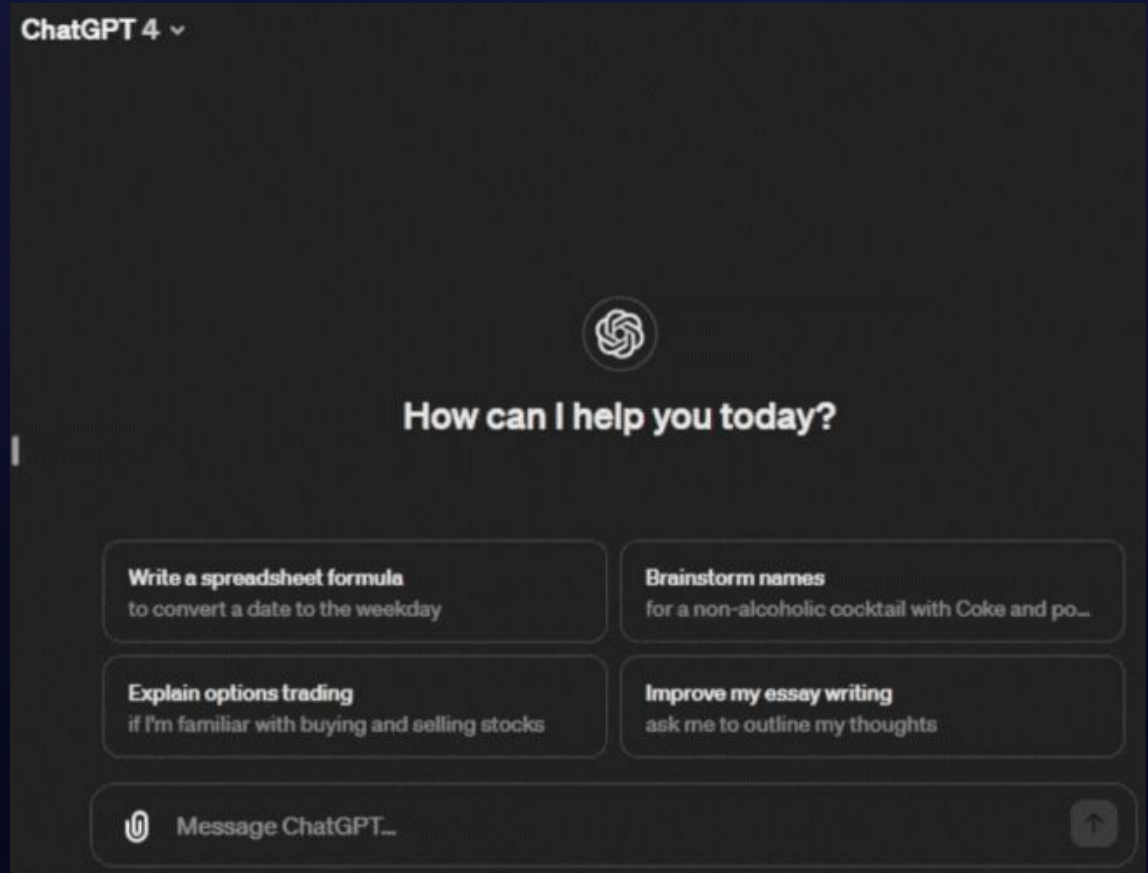


# THE EFFECTS OF AI - AUGMENTATION

**AI Used:** Chat GPT 4

An example of a Chat GPT question and answer.

Answers to questions like these take 10-20 seconds normally.



# THE EFFECTS OF AI - AUGMENTATION

## AI Used: Chat GPT 4

An example of a Chat GPT question and answer.

Answers to questions like these take 10-20 seconds normally.



**You**

what are the top 5 technological changes that vastly altered the way humans teach, learn, and share information on earth within the last 100,000 years? keep the list very brief with very short descriptions



**ChatGPT**

1. **Writing Systems (circa 3200 BCE):** The invention of writing systems enabled the recording, preservation, and transmission of knowledge across generations and geographies, transforming oral traditions into written ones.
2. **Printing Press (1440):** Invented by Johannes Gutenberg, the printing press revolutionized the way information was disseminated, making books more accessible and affordable, and significantly boosting literacy rates.
3. **Internet (1960s–1980s):** The development of the internet changed the way we access, share, and distribute information, enabling instant communication across the globe and access to vast amounts of information.
4. **Personal Computers (1970s–1980s):** Personal computers made digital technology accessible to the general public, allowing for the creation, storage, and processing of information in digital form at home and in schools.
5. **Smartphones and Mobile Technology (2000s):** Smartphones have put the internet in people's pockets, making access to information and educational resources ubiquitous and facilitating mobile learning and global collaboration.

# THE EFFECTS OF AI - AUGMENTATION

**AI Used:** Chat GPT 4

Notice that I don't have to perfectly format the question, GPT can interpret what I'm asking for.



**You**

how to dropshadow text in google slides



**ChatGPT**

To add a drop shadow to text in Google Slides, follow these steps:

1. **Select the Text Box:** Click on the text box that contains the text you want to add a shadow to. If you haven't already added a text box, you can do so by clicking on the **Text box** button in the toolbar, then click and drag to draw your text box on the slide.
2. **Open the Format Options:** With the text box selected, click on **Format** in the menu at the top of the screen, then select **Format options** from the dropdown menu. This opens a sidebar on the right side of the screen with various formatting options.
3. **Navigate to Text Options:** In the **Format options** sidebar, click on **Text** to expand the text formatting options if it's not already expanded.
4. **Adjust Drop Shadow Settings:** Look for the **Drop shadow** section within the **Text** options. Here, you'll find several settings that you can adjust:

# THE EFFECTS OF AI - AUGMENTATION

## AI Used: Chat GPT 4

Chat GPT is familiar with thousands of procedures and tutorials, and it can be taught many more, by you.

This custom GPT was trained by me to answer questions about Adobe Photoshop, Premiere, After-Effects etc. I use it several times a week to help me with complex processes in Adobe Creative Suite.



**You**

How do I color match layers in Adobe Photoshop?



**Editing Explained**

Color matching layers in Adobe Photoshop is a process typically used to ensure that the colors in different layers or images match or complement each other, creating a harmonious final image. Although I specialize in video editing software like Davinci Resolve, Adobe Premiere Pro, and Final Cut Pro, and the document you've uploaded is specific to Davinci Resolve 11 keyboard shortcuts, I can still guide you through a general approach to color matching in Adobe Photoshop:

1. **Open the Images:** Open both the source image (the one with the desired colors) and the target image (the one you want to adjust) in Photoshop.
2. **Use Match Color:**
  - Select the layer of the target image you want to adjust.
  - Go to **`Image` > `Adjustments` > `Match Color`**.



# THE EFFECTS OF AI - REPLACEMENT

## AI Used: Chat GPT 4

A combination request that involves writing a statement, specifying a date, and adding conditions.

GPT and other LLMs like it can sort through these factors and attempt to write what you envision.



**You**

Write an invite to my birthday this June 25th, 2024. I expect everyone to bring a present, I like chocolate cake, and I'll be very sad if no one shows up. Keep it very short.



**ChatGPT**

Absolutely! Here's a concise invitation for your birthday:



**You're Invited to My Birthday Bash!**



**Date:** June 25th, 2024



**Location:** [Details to follow]

Let's make this day unforgettable with laughter, joy, and a chocolate cake to die for! 🍰 Your presence means the world to me, and yes, a gift 🎁 would make it even sweeter. Can't wait to celebrate with each and every one of you!

RSVP by [RSVP date] - Let's not have any sad faces, especially mine! 😊

# THE EFFECTS OF AI - REPLACEMENT

## AI Used: Chat GPT 4

Chat GPT also understands human dimensions like changing the mood of a piece of text.

Asking for something to sound nicer, more detailed, or other specific changes are possible.



**You**

re-write it but make it more ominous



**ChatGPT**

Certainly, here's a more ominous twist:



**You Are Summoned to My Birthday Observance**



**When:** The 25th Night of June, 2024



**Where:** [Secret Coordinates Revealed Upon Acceptance]

This celebration transcends mere festivity. A gathering shrouded in mystery, illuminated by the glow of candles and a chocolate cake dark as the night itself. 🍰 Your presence is not merely requested—it is required, for an absence will cast a shadow over the joy we might harvest. Bring forth a tribute 🎁, lest you wish to see the sorrow of spirits unappeased.

Confirm your allegiance by [RSVP date]. The night awaits, and so does the specter of solitude should you forsake us. 🕯

# THE EFFECTS OF AI - REPLACEMENT

## AI Used: Chat GPT 4

You can talk to an LLM very much like you would talk to a person. It can converse with you.



You

MORE ominous



ChatGPT

🌟 **An Edict of Attendance: My Birthday Rite** 🌟

📅 **Date of Convergence:** The 25th Eclipse of June, 2024

🔮 **Realm of Gathering:** [Coordinates Veiled in Shadows, Disclosed to the Chosen]

As the moon ascends on this foretold evening, your presence is not merely desired—it is etched in fate. A conclave draped in velvet night, where echoes of laughter dare to defy the silence, and a chocolate cake as dark as the secrets we keep awaits. 🌟 Your offering 🎁 is the key to averting the gaze of the forlorn spirits that feast upon forgotten joys and neglected bonds.

Heed this call by [RSVP date], for the void is patient and hungry. A seat left empty is a curse invited, a sorrow profound. The abyss watches, yearning for those who might spurn this summons.

# THE EFFECTS OF AI - AUGMENTATION

**AI Used:** Chat GPT 4

LLMs like Chat GPT  
speak many  
languages.



You

translate my ominous birthday invite to french please



ChatGPT



**Un Édît de Convocation : La Cérémonie de Mon Anniversaire**



**Date de Convergence :** La 25ème Éclipse de Juin, 2024



**Royaume de Rassemblement :** [Coordonnées Voilées dans l'Ombre, Divulguées aux Élus]

Alors que la lune s'élève en cette soirée annoncée, votre présence n'est pas simplement souhaitée — elle est gravée dans le destin. Une conclave drapée dans la nuit de velours, où les échos des rires osent défier le silence, et un gâteau au chocolat aussi sombre que les secrets que nous gardons attend. 🎁 Votre offrande 🎁 est la clé pour éviter le regard des esprits mélancoliques qui se repaissent des joies oubliées et des liens négligés.



# THE EFFECTS OF AI - AUGMENTATION

## AI Used: Chat GPT 4

Chat GPT is at its best when its editing & improving your content.

While it can struggle to create content out of nothing or a simple request, it excels at altering existing content.

In this example, the statement I wrote is very emotional, very direct, and is in all capitals.

You'll see below that GPT has formalized and upgraded the statement immensely.



**You**

I HATE MY JOB. I'M QUITTING NEXT THURSDAY. THE PARKING HERE IS TERRIBLE, THE COFFEE IS ALWAYS COLD OR GONE. MY CO-WORKERS ARE ALL CUBS FANS. I CAN'T STAND IT ANY MORE! - please re-write the above into a friendly and professional letter of no more than 1 paragraph.



**ChatGPT**

Certainly, here's a professional and friendly rephrasing:

---

Dear [Manager's Name],

I am writing to formally announce my resignation from my position, effective next Thursday. It has been a memorable experience working here, though I've encountered a few challenges, such as the parking situation and the often elusive hot coffee, which have weighed on my daily comfort. Additionally, while the passionate sports discussions among our team have been spirited, I find myself seeking a different environment. I appreciate the opportunities for growth and the experiences I've had with the company, and I look forward to staying in touch in the future.

# THE EFFECTS OF AI - REPLACEMENT

Writing Computer Code

Translation

Generative Image AI

Tutoring

Customer Service Response

Legal & paralegal

Making Music

Sales and Marketing Analysis

Voice AI

Administrative & Scheduling Tasks

# THE EFFECTS OF AI - REPLACEMENT

**Used:** Midjourney

prompt: android, female, 30  
years old, purple hair, side of  
head shaved, high tech, future  
tech, science fantasy, glowing  
purple eyes without pupil or  
iris, d&d character,  
cinematic, desert  
background, mass effect art  
style



FOLKEN  
GAMES

# THE EFFECTS OF AI - REPLACEMENT

**AI Used:** Midjourney

Prompt: female tiefling in an action pose, floating in the air like superman, she has glowing eyes and black ram horns, half devil, she is a thief mage, d&d character, dark gothic fantasy setting, saga comic art style



# KOVIRA



# THE EFFECTS OF AI - REPLACEMENT

**AI Used:** Midjourney + Leiapix.ai

Leiapix does some clever tricks to portray depth & movement in a still image.

KOVIRA





# THE EFFECTS OF AI - REPLACEMENT



**AI Used:** Midjourney & Leiapix



# THE EFFECTS OF AI - REPLACEMENT



**AI Used:** Midjourney & Leiapix



# THE EFFECTS OF AI - REPLACEMENT



AI Used: Midjourney



# THE EFFECTS OF AI - MIRACLE

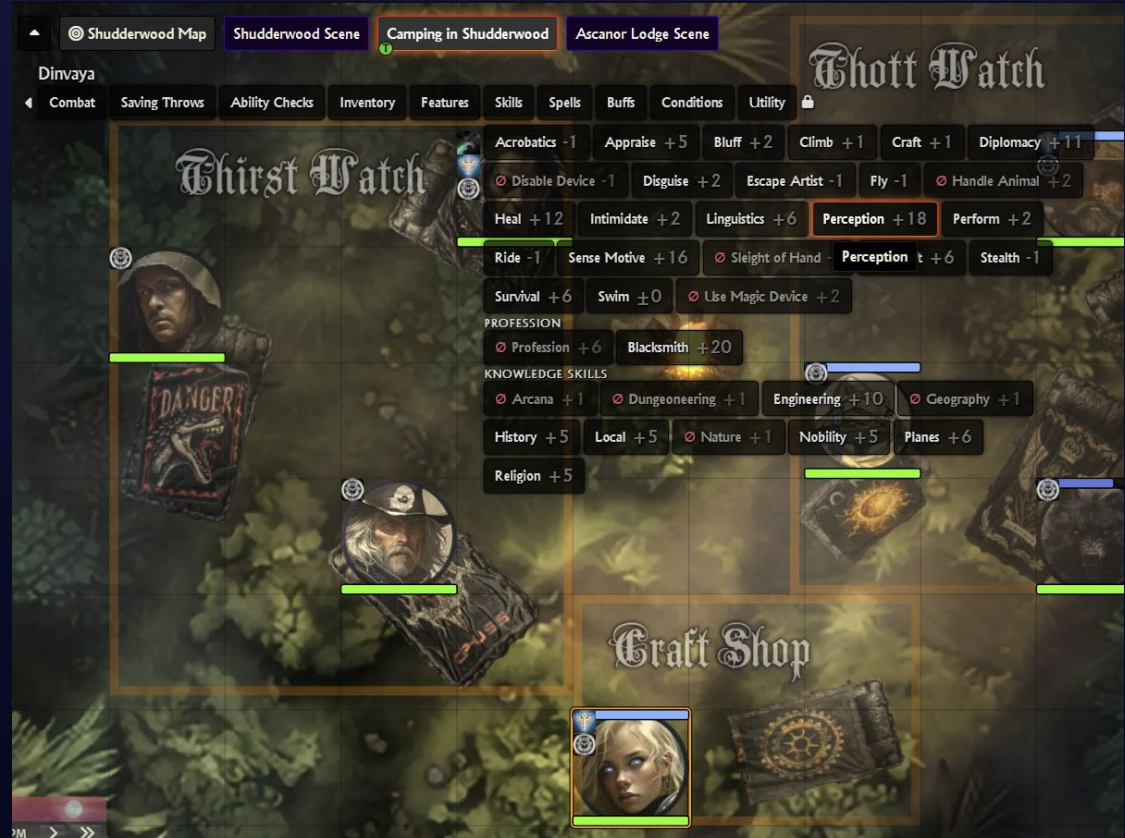
**Platform:** Foundry VTT

**AI Used:** Chat GPT 4

The interface of this web-based game platform is almost purely visual. It allows for modification via javascript coding, which was done by Chat GPT.

The code written by GPT enables blind players to interact with the platform in every way that other players can.

The blind player interacts via text, and the results of their choices are read back to them and only them.



# THE EFFECTS OF AI - MIRACLE

**Platform:** Foundry VTT

**AI Used:** Chat GPT 4

Chat GPT understands the situation. I have told it that we are writing code for a blind person to use Foundry VTT and that the language in question is Javascript.

It then creates code that I can install into the game to test. It does not always code exactly what we need on the first try. It takes testing & reporting back to Chat GPT to ask it for changes.



**You**

write a perception skill macro keyed off selected token for pathfinder 1e system in foundry vtt



**Foundry VTT Coder**

To create a macro in Foundry VTT for performing a Perception skill check for the Pathfinder 1e system, you can use the following JavaScript code snippet. This code takes into account the preference for using the assigned actor (i.e., `game.user.character`), with a fallback to the selected token's actor if no character is directly assigned to the user. Then, it performs a Perception skill check using the `rollSkill` method, avoiding the skill selection dialog with the `skipDialog:true` option.

javascript

Copy code

```
// Define the skill key for Perception according to the system's notation
const skillKey = "per";

// Try to get the assigned character or the first controlled token's actor
let actor = game.user.character || canvas.tokens.controlled[0]?.actor;

if (!actor) {
  ui.notifications.warn("No actor found. Please select a token.");
}
```



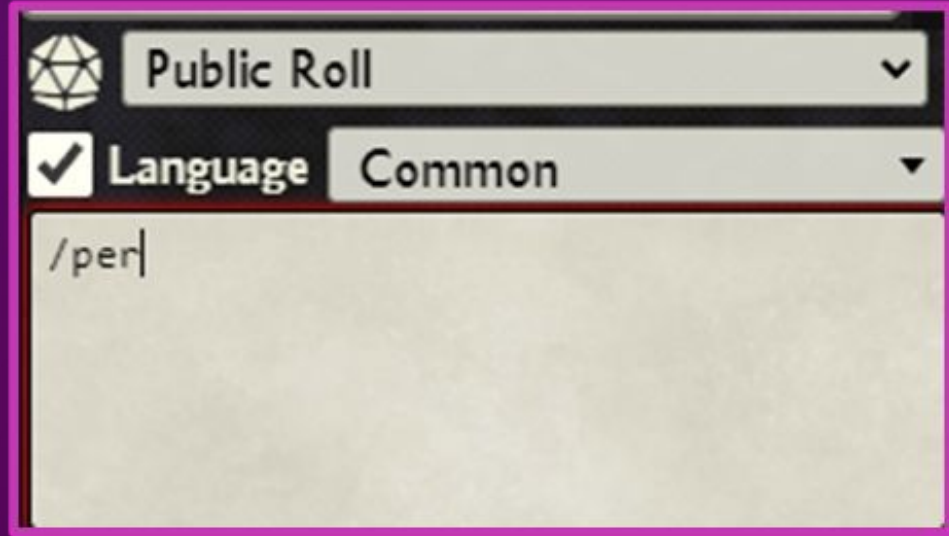
# THE EFFECTS OF AI - MIRACLE

**Platform:** Foundry VTT

**AI Used:** Chat GPT 4

The end result is a new functionality within the game platform that the blind player can trigger with simple chat commands. Here the player is asking the platform to roll a "Perception" check for their character, which is a frequent operation of the game.

The result will be place in chat for everyone but read-aloud (via text to speech) only to the player who triggered it.



# THE EFFECTS OF AI - MIRACLE



Dinvaya

Rodney "Danger" Smith

Perception Skill Check

Roll

17 (+12) ⇒ 29

Opposed by Stealth

Opposed by Sleight of Hand

Kai Gin

Perception Skill Check

Roll

15 (+11) ⇒ 26

Notes

+ 3 vs Studied Target.

Opposed by Stealth

Opposed by Sleight of Hand

Dinvaya

Perception Skill Check

Roll

13 (+18) ⇒ 31

Opposed by Stealth

Opposed by Sleight of Hand

# THE EFFECTS OF AI

New Capabilities

AI Operating Systems

<https://youtu.be/W2pYTRdX5LA?t=305>



# Examples

Now let's look at some real world examples of how AI has been used for folks with disabilities and their support teams.





# PLEASE NOTE

These platforms are very powerful, but they are not secure in a way that satisfies HIPAA, FERPA, or similar regulatory bodies. You should take care to manage any sensitive or confidential information with caution.





**FOR FOLKS  
WITH DISABILITIES**



# CUSTOMIZED COMMUNICATION TOOLS

**Platform:** DALL-E

**Original Prompt:** Generate an image of a cowboy with a sad expression. His eyes are slightly drooping and appear glossy, as if on the verge of tears. The eyebrows are gently curved upwards at the inner corners, creating a soft frown. The corners of his mouth are turned downward, and his lips are slightly parted in a sorrowful expression. His face looks a bit slumped, reflecting a sense of dejection. He wears a classic cowboy hat and attire.



HAPPY



SURPRISED



SAD



DISGUSTED



AFRAID



ANGRY

I WANT TO TALK  
ABOUT THIS

FOR FOLKS WITH DISABILITIES

# CUSTOMIZED COMMUNICATION TOOLS

**Platform:** Midjourney

**Original Prompt:** angry bunny, in the style of Sumikko Gurashi, white background



HAPPY



MAD



SAD



TIRED



I NEED HELP



SICK

FOR FOLKS WITH DISABILITIES

# PERSONALIZED COLORING PAGES

**Platform:** Midjourney

**Original Prompt:** a wwe wrestler riding  
a monster truck in an arena, adult  
coloring page



FOR FOLKS WITH DISABILITIES

# PERSONALIZED COLORING PAGES

**Platform:** Midjourney

**Original Prompt:** basket of patterned  
easter eggs, three chicks on the ground,  
tufts of grass, simple coloring page



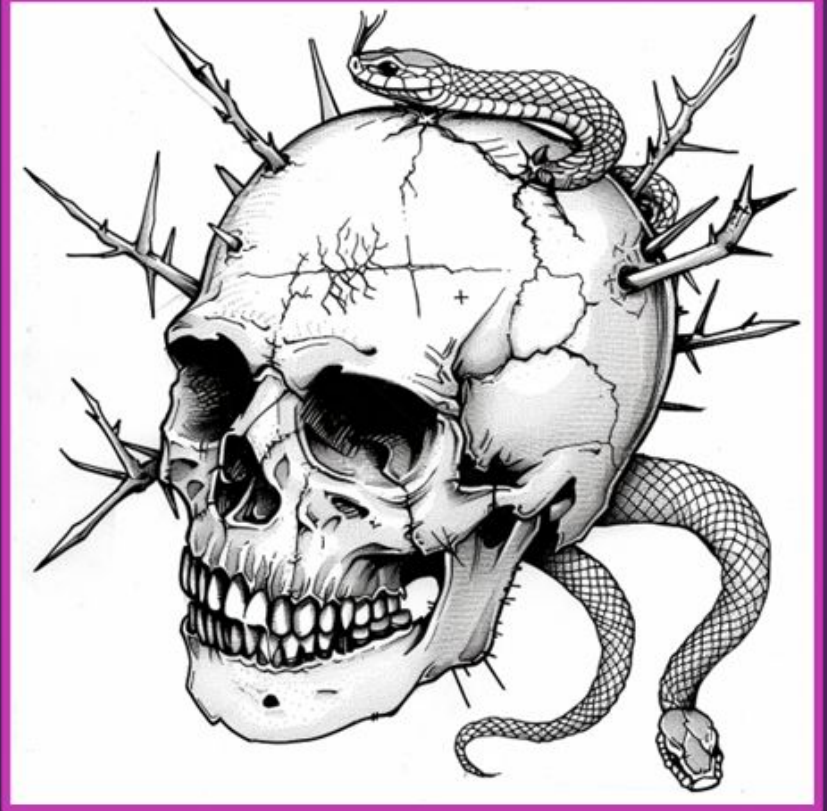
FOR FOLKS WITH DISABILITIES



# PERSONALIZED COLORING PAGES

**Platform:** Midjourney

**Original Prompt:** skull with thorns and  
a snake, simple coloring page



FOR FOLKS WITH DISABILITIES

# CONVERSATION STARTERS & RAPPORT BUILDERS

**Platform:** Midjourney

**Original Prompt:** giant chocolate cake with beautiful frosting, decorated with popcorn, with an adorable cat cake topper, in the style of disney pixar



**FOR FOLKS WITH DISABILITIES**

# CONVERSATION STARTERS & RAPPORT BUILDERS

**Platform:** Midjourney

**Original Prompt:** scooby doo in the style  
of wwe wrestling



**FOR FOLKS WITH DISABILITIES**

# RESUME BUILDING

**Platform:** ChatGPT 3.5

**Original Prompt:** Hey there! My friend John has moderate intellectual disabilities and needs help developing a resume. can you help him? John can't read or type very well, but he is here with me so I can answer any questions you have for him.



**You**

Hey there! My friend John has moderate intellectual disabilities and needs help developing a resume. can you help him? John can't read or type very well, but he is here with me so I can answer any questions you have for him.



**ChatGPT**

Of course, I'd be happy to help John develop a resume! Let's start by gathering some information. Please provide me with details about John's education, work experience (if any), skills, and any specific job or career goals he has in mind. Also, let me know if there are any accommodations or support he may need in a workplace. This will help me create a tailored resume for him.

**FOR FOLKS WITH DISABILITIES**



# RESUME BUILDING

**Platform:** ChatGPT 3.5

**Original Prompt:** Hey there! My friend John has moderate intellectual disabilities and needs help developing a resume. can you help him? John can't read or type very well, but he is here with me so I can answer any questions you have for him.



**ChatGPT**

Thank you for sharing that information. John's Special Ed certificate of completion is an important achievement to include on his resume. Here's a basic resume template we can start with, considering his education:

## **John's Resume**

### **Contact Information**

- Full Name: John [Last Name]
- Address: [John's Address]
- Phone Number: [John's Phone Number]
- Email: [John's Email Address] (if applicable)

### **Objective (optional)**

- While John may not need an objective section, you can include a brief statement about his career goals if he has any. For example: "To find a fulfilling and supportive work environment where I can contribute my skills and abilities."



**FOR FOLKS WITH DISABILITIES**

# RESUME BUILDING

**Platform:** ChatGPT 3.5

**Original Prompt:** Hey there! My friend John has moderate intellectual disabilities and needs help developing a resume. can you help him? John can't read or type very well, but he is here with me so I can answer any questions you have for him.



**You**

Let's work on writing the objective section together.



**ChatGPT**

Certainly! Let's create an objective statement for John's resume. Since John may not have specific career goals in mind, we can craft a general objective that focuses on his desire to contribute to a workplace. Here's a suggestion:

**Objective:**

"To join a supportive and inclusive work environment where I can use my unique abilities and strong work ethic to make a positive impact. I am eager to learn and adapt to new challenges while working as part of a team to achieve common goals."

This objective statement emphasizes John's willingness to be a valuable team member and highlights his openness to learning and growth in a work setting. If John has any specific preferences or ideas for the objective statement, please feel free to share them, and we can customize it further.

**FOR FOLKS WITH DISABILITIES**

# RESUME BUILDING

**Platform:** ChatGPT 3.5

**Original Prompt:** Hey there! My friend John has moderate intellectual disabilities and needs help developing a resume. can you help him? John can't read or type very well, but he is here with me so I can answer any questions you have for him.



**You**

John has stated that he values hard work that requires him to be strong. His favorite jobs have been janitorial, helping staff move large shipping boxes from deliveries, and helping staff bring in the groceries. Can we include some of these sentiments in the objective?



**ChatGPT**

Certainly, let's incorporate John's preference for physically demanding work and his enjoyment of tasks like janitorial work, moving large boxes, and helping with groceries into the objective statement. Here's a revised objective:

**Objective:**

"To secure a hands-on position in a dynamic workplace that values hard work and physical strength. I am passionate about tasks that involve janitorial duties, assisting with heavy lifting of shipping boxes, and supporting with grocery handling. I am committed to contributing my physical abilities to enhance the efficiency and success of the team."

This objective statement reflects John's specific interests and strengths, emphasizing his dedication to jobs that require physical strength and his desire to be a valuable team player. If there are any further adjustments or details John would like to include, please let me know, and we can refine it further.

**FOR FOLKS WITH DISABILITIES**

# RESUME BUILDING

**Platform:** ChatGPT 3.5

**Original Prompt:** Hey there! My friend John has moderate intellectual disabilities and needs help developing a resume. can you help him? John can't read or type very well, but he is here with me so I can answer any questions you have for him.



**You**

This language is beautiful, but it doesn't sound much like John. Can you simplify it so that it sounds like someone with moderate intellectual disabilities and can be understood by someone with moderate intellectual disabilities?



**ChatGPT**

Certainly, let's simplify the objective statement to make it more accessible. Here's a revised version:

**Objective:**

"I want to work in a job that's physical and needs strength. I like doing things like cleaning, lifting heavy boxes, and helping with groceries. I want to be part of a team and help make things better."

This version conveys John's preferences in a clear and straightforward way, making it easy to understand. If there are any other adjustments or details to add, please let me know.

**FOR FOLKS WITH DISABILITIES**



# SOCIAL SKILLS PRACTICE



You

Anna speaking. Can we run 5 more practice scenarios with varying outcomes? I'd also like John to practice what to do if Mike does not respond at all OR if Mike respond poorly.



ChatGPT

Of course, Anna! Let's run through some more practice scenarios with John, considering different outcomes. Here are five scenarios, including what John can do if Mike does not respond or responds poorly:

**Platform:** ChatGPT 3.5

**Original Prompt:** Hello! My name is Anna and I am here with my friend John. John is a 45-year-old man with mild intellectual disabilities. He has been having trouble with a coworker at his community day service (CDS) work place. Specifically, this coworker keeps sitting too close to John in the work room and at lunch, and John is getting in trouble for being verbally aggressive to this coworker. Can you help him practice better conflict resolution skills?

**FOR FOLKS WITH DISABILITIES**

# SOCIAL SKILLS PRACTICE

Scenario 1:

John: "Mike, can you give me some space?"

Mike: "Sorry, I like sitting close to you. Deal with it."

Scenario 2:

John: "Mike, can you give me some space?"

Mike: *ignores John and continues sitting close*

**Platform:** ChatGPT 3.5

**Original Prompt:** Hello! My name is Anna and I am here with my friend John. John is a 45-year-old man with mild intellectual disabilities. He has been having trouble with a coworker at his community day service (CDS) work place. Specifically, this coworker keeps sitting too close to John in the work room and at lunch, and John is getting in trouble for being verbally aggressive to this coworker. Can you help him practice better conflict resolution skills?

**FOR FOLKS WITH DISABILITIES**

# SOCIAL SKILLS PRACTICE

Scenario 3:

John: "Mike, can you give me some space?"

Mike: "Sure thing, John. I didn't realize it was bothering you."

Scenario 4:

John: "Mike, can you give me some space?"

Mike: "Why? What's your problem? You're always so sensitive."

**Platform:** ChatGPT 3.5

**Original Prompt:** Hello! My name is Anna and I am here with my friend John. John is a 45-year-old man with mild intellectual disabilities. He has been having trouble with a coworker at his community day service (CDS) work place. Specifically, this coworker keeps sitting too close to John in the work room and at lunch, and John is getting in trouble for being verbally aggressive to this coworker. Can you help him practice better conflict resolution skills?

**FOR FOLKS WITH DISABILITIES**

# SOCIAL SKILLS PRACTICE

Scenario 5:

John: "Mike, can you give me some space?"

Mike: *shrugs and moves a little but continues to sit somewhat close*

**Platform:** ChatGPT 3.5

**Original Prompt:** Hello! My name is Anna and I am here with my friend John. John is a 45-year-old man with mild intellectual disabilities. He has been having trouble with a coworker at his community day service (CDS) work place. Specifically, this coworker keeps sitting too close to John in the work room and at lunch, and John is getting in trouble for being verbally aggressive to this coworker. Can you help him practice better conflict resolution skills?

**FOR FOLKS WITH DISABILITIES**



**FOR PARENTS**



# SIMPLIFIED DHS SEARCHES

**Platform:** ChatGPT 4

**Original Prompt:** My adult son (56yo) just moved into a CILA in Southern Illinois. I'm trying to find information on the DHS website about BCBA services for him. Can you explain it to me in words that I can understand? It would be helpful if you include links to your information.



**You**

My adult son (56yo) just moved into a CILA in Southern Illinois. I'm trying to find information on the DHS website about BCBA services for him. Can you explain it to me in words that I can understand? It would be helpful if you include links to your information.



**ChatGPT**

Board Certified Behavior Analysts (BCBAs) and Behavior Therapists play a crucial role in providing behavioral intervention services to adults in Illinois, including those in Community Integrated Living Arrangements (CILAs). To offer these services through the Illinois Department of Human Services (DHS), professionals must have their credentials approved by the DHS Division of Developmental Disabilities. Here's a simplified breakdown of what you need to know:

**FOR PARENTS**

# SIMPLIFIED DHS SEARCHES

**Platform:** ChatGPT 4

**Original Prompt:** My adult son (56yo) just moved into a CILA in Southern Illinois. I'm trying to find information on the DHS website about BCBA services for him. Can you explain it to me in words that I can understand? It would be helpful if you include links to your information.

## For Board Certified Behavior Analysts (BCBAs):

- BCBAs need a Master's degree and certification as a Behavior Analyst by the Behavior Analyst Certification Board. Before they can receive payments for providing behavior intervention services, their credentials must be approved by the DHS Division of Developmental Disabilities. This process involves obtaining a National Provider Identifier, sending a copy of the BCBA certificate to DHS, and submitting an IMPACT provider enrollment application ([Illinois Department of Human Services](#)).

## For Behavior Therapists:

- Behavior Therapists should have a Bachelor's degree and at least 1,500 hours of training or supervised experience relevant to Autism Spectrum Disorder, as documented by a BCBA or Licensed Clinical Psychologist. Their credentials also need approval from the DHS Division of Developmental Disabilities, and the approval process involves completing specific documentation and submitting an IMPACT Provider Enrollment application after receiving approval ([Illinois Department of Human Services](#)).

# SIMPLIFIED DHS SEARCHES

**Platform:** ChatGPT 4

**Original Prompt:** My adult son (56yo) just moved into a CILA in Southern Illinois. I'm trying to find information on the DHS website about BCBA services for him. Can you explain it to me in words that I can understand? It would be helpful if you include links to your information.

## About the Services:

Behavior intervention and treatment services must be based on behavior assessments and included in the participant's personal plan. The services are categorized based on the provider's credentials, and providers can update their enrollment information if needed ([Illinois Department of Human Services](#)). Additionally, it's essential to consider various factors when implementing a Behavior Support Plan (BSP), such as medical assessments, environmental assessments, defining target behaviors, interventions, data collection, and staff training. All providers must collect data to support the use of any restrictive intervention, and all interventions should be evaluated regularly for effectiveness ([Illinois Department of Human Services](#)).

For detailed information and step-by-step guidance on the application process, document requirements, and service implementation, please visit the Illinois Department of Human Services website for Behavior Therapists and Board Certified Behavior Analysts.



# TRANSITION PLANNING

**Platform:** ChatGPT 4

**Original Prompt:** I'd like to know more about the experiences of a parent of a school-aged child with disabilities in Illinois. Can you tell me what they should do to successfully transition services when they age-out of public school? Include an approximate timeline if possible.



## ChatGPT

Supporting a school-aged child with disabilities in Illinois, especially as they transition out of public school services, involves a series of steps and planning activities. The transition process is aimed at preparing the student for life after high school, which may include further education, employment, and independent living. Here's a general outline of what the process might involve, including an approximate timeline:

### Early Stages (Before High School)

- **Early Intervention:** For children under 3, Illinois has early intervention services. It's important to start here and transition to preschool services at age 3.
- **Individualized Education Program (IEP):** Once in school, your child should have an IEP in place, outlining specific educational goals and the support needed to achieve them.

### Middle School to Early High School (Ages 12-15)

- **Start Transition Planning:** Federal law requires that transition planning begin by the time your child turns 16, but in Illinois, it's beneficial to start discussing this during IEP meetings as early as middle school or when entering high school.
- **Explore Interests and Strengths:** Use these years to help your child explore their interests, strengths, and potential career paths. This could include job shadowing, volunteering, or participating in community activities.

# TRANSITION PLANNING

**Platform:** ChatGPT 4

**Original Prompt:** I'd like to know more about the experiences of a parent of a school-aged child with disabilities in Illinois. Can you tell me what they should do to successfully transition services when they age-out of public school? Include an approximate timeline if possible.

## High School (Ages 16-18+)

- **Formal Transition Plan:** By age 16 (or earlier if deemed appropriate by the IEP team), the IEP must include a formal transition plan with measurable post-secondary goals in education, employment, and independent living.
- **Connecting with Adult Services:** Start connecting with adult services agencies, such as the Illinois Department of Human Services, Division of Rehabilitation Services (DRS), and other community resources. These connections are crucial for services after high school.
- **Vocational Training and Education:** Look into vocational training programs, post-secondary education, and job placement services that align with your child's interests and abilities.

## Ages 18-22

- **Continued Education and Training:** Students with disabilities in Illinois may be eligible to receive special education services through their local school district until age 22. Use these years to focus on achieving the goals outlined in the transition plan, including completing education and vocational training.
- **Legal Considerations:** When your child turns 18, they are considered an adult. If necessary, you may need to explore legal options such as guardianship or powers of attorney to continue making decisions on their behalf.
- **Finalizing Adult Services:** Ensure all necessary adult services and supports are in place before your child exits the school system. This includes finalizing arrangements with adult service providers and ensuring continuity of care.

# TRANSITION PLANNING

**Platform:** ChatGPT 4

**Original Prompt:** I'd like to know more about the experiences of a parent of a school-aged child with disabilities in Illinois. Can you tell me what they should do to successfully transition services when they age-out of public school? Include an approximate timeline if possible.

## Exiting the School System

- **Transition to Adult Life:** As your child exits the school system, they should be transitioning into the adult services that have been arranged, whether that's further education, employment, or other forms of community involvement.

## Ongoing

- **Review and Adjust:** Transition plans should be reviewed annually and adjusted as needed to ensure they remain aligned with your child's evolving needs and aspirations.

This timeline is approximate and can vary based on individual needs and circumstances.

Transition planning is a personalized process and involves collaboration between the student, their family, the school, and various adult service agencies. Starting the process early and staying informed about your rights and available services in Illinois will be key to successfully navigating this transition.

# **FOR MIDDLE MANAGEMENT & DIRECT CARE**

(House Managers, DSPs, QIDPs, etc.)





# DAY SERVICES CURRICULUM

**Platform:** ChatGPT 3.5

**Original Prompt:** I am the day service coordinator for adults who live in CILA services. I want to create a daily living curriculum. What topics should I teach, and can you recommend any supporting resources?

**Other topics included:** Money management, community engagement, safety skills, communication skills, cooking and meal prep, time management & organization, problem solving and decision making

## 1. Personal Hygiene and Grooming:

- Topics: Bathing, dental care, skincare, hair care, dressing appropriately.
- Resources:
  - Videos and tutorials from organizations like the American Red Cross or health departments.
  - Printable hygiene checklists and visual guides.

## 2. Health and Wellness:

- Topics: Nutrition, exercise, medication management, recognizing illness symptoms.
- Resources:
  - Educational materials from health organizations such as the Centers for Disease Control and Prevention (CDC) or the National Institutes of Health (NIH).
  - Cookbooks or meal planning guides tailored for easy-to-follow recipes.

## 3. Household Management:

- Topics: Cleaning, organizing, laundry, basic household repairs.
- Resources:
  - Instructional videos on cleaning techniques and household organization.
  - DIY repair guides for minor household fixes.

**FOR MIDDLE MANAGEMENT & DIRECT CARE**

# IDENTIFY ADAPTIVE TECH

**Platform:** ChatGPT 4

**Original Prompt:** Hey there, I need to recommend a door alarm for a client of mine. However, he is very likely to turn the alarm off, which is a major safety concern and not acceptable. Two questions for you: 1. Can you send me links to door alarms that perform like this? 2. If not, can you give me a good Google search phrase to weed out all the alarms that can be easily disabled?



## ChatGPT

For a door alarm that is difficult to disable, you might want to consider options that offer tamper-proof features. These features ensure the alarm remains operational even if someone attempts to tamper with it, providing an added layer of security.

One recommended product is the YoLink Smart Window Door Sensors, which are praised for their long-range communication capabilities up to  $\frac{1}{4}$  mile, thanks to LoRa technology. While they don't offer an audible alert from the sensors themselves, they do send alerts to a smartphone or Alexa device, which can be a valuable feature for monitoring. However, keep in mind that they require a smartphone or an Alexa device to receive alerts ([Bob Vila](#)).

Another option is the GE Personal Security Window and Door Alarm, which offers a very loud alarm function and is easy to install thanks to peel-and-stick pads. These alarms don't require Wi-Fi or smart devices to function, making them a straightforward choice for those seeking a basic but effective alarm system ([Bob Vila](#)).

For a more comprehensive system, the Ring Alarm Security Kit provides not only door and window contact sensors but also includes motion detection and a loud siren-type alarm. This system can be controlled via a keypad or smartphone, offering flexibility in monitoring and control. Additional sensors can be added to the system for expanded coverage ([Bob Vila](#)).

**FOR MIDDLE MANAGEMENT & DIRECT CARE**

# IDENTIFY ADAPTIVE TECH

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**Original Prompt:** Hey there, I need to recommend a door alarm for a client of mine. However, he is very likely to turn the alarm off, which is a major safety concern and not acceptable. Two questions for you: 1. Can you send me links to door alarms that perform like this? 2. If not, can you give me a good Google search phrase to weed out all the alarms that can be easily disabled?

For a search phrase to find door alarms that are not easily disabled, you might consider using "high-security door alarms with tamper detection" or "tamper-resistant door security systems." These phrases should help narrow down the search results to products that emphasize security and resistance to tampering.

To dig in deeper, check out these [search results](#).

FOR MIDDLE MANAGEMENT & DIRECT CARE

# SIMPLIFY LANGUAGE

**Platform:** ChatGPT

**Original Prompt:** I am trying to draft a client rights agreement with language that is appropriate for my client with moderate intellectual disabilities. I'd say she understands language at a grade school level. Can you help me simplify this language:



**You**

I am trying to draft a client rights agreement with language that is appropriate for my client with moderate intellectual disabilities. I'd say she understands language at a grade school level. Can you help me simplify this language:

Section Title: Mail/Phone Calls/Visitors

Text: "You have the right to communicate with other people in private, without obstruction or censorship by the staff. Communication by these means may be reasonably restricted, but only to protect you or others from harm, harassment, or intimidation."



**ChatGPT**

Certainly! Here's a simplified version for the section:

## **Talking, Writing, and Visiting**

"You have the right to send letters, make phone calls, and have visitors without anyone stopping you or looking at what you're saying. Sometimes, there might be rules about sending letters, making calls, or having visitors, but these are only to keep you and others safe and feeling good."

**FOR MIDDLE MANAGEMENT & DIRECT CARE**



# VALUES-BASED GOAL SETTING

**Platform:** ChatGPT 3.5

**Original Prompt:** I am working with a client who has some longterm goals and values that he is having trouble achieving. If I give you some relevant (but deidentified) information, could you help me brainstorm some reasonable smaller goals and milestones? I'd like to bridge the gap between where he is at now and where he wants to be longterm.



You

My client spends most of his days napping or playing video games while foregoing other valued activities like attending work and talk therapy sessions. If regularly attending scheduled activities is the longterm goal/value, what are some milestones that I can map out for him?



ChatGPT

Starting with the goal of regularly attending scheduled activities like work and talk therapy sessions is a great long-term objective. To help your client bridge the gap between his current behavior and this goal, here are some milestones and smaller steps he can work towards:

**1. Establishing a Daily Routine:**

- Milestone 1: Set a consistent wake-up time each day.
- Milestone 2: Create a daily schedule that includes designated times for meals, activities, and relaxation.

**2. Incorporating Physical Activity:**

- Milestone 3: Start with short, daily physical activities such as a 10-minute walk or gentle stretching exercises.
- Milestone 4: Gradually increase the duration and intensity of physical activities as he becomes more comfortable.

**3. Managing Video Game Time:**

**FOR MIDDLE MANAGEMENT & DIRECT CARE**



# **FOR OTHER PROFESSIONALS**

(Executives, Administrators, Clinicians, etc.)

# EXCEL HELP

**Platform:** ChatGPT 4

**Original Prompt:** So, this is a billing sheet that I have designed for my company. In my field, we have a tendency to burn ourselves out, so I want to record my and my employees' start and end times so that we can self-monitor how much time we are spending at work each day. I would like this to be reported in cells K14:N28.



You

ok ChatGPT, I'm going to try some complicated stuff with Excel and I need your help. Are you ready?



ChatGPT

Absolutely, I'm ready to help with your Excel tasks! Please go ahead and describe what you need assistance with.



You



XX Hours & Billing 00.2024 FOR TINKE...  
Spreadsheet

Here is the file I'm working on. For right now, I need you to focus on a sheet called "Billing Breakdown (1st-15th)"



ChatGPT

The sheet "Billing Breakdown (1st-15th)" is indeed present in your Excel workbook. What specific assistance do you need with this sheet? [\[>-\]](#)

**FOR OTHER PROFESSIONALS**

# EXCEL HELP

**Platform:** ChatGPT 4

**Original Prompt:** So, this is a billing sheet that I have designed for my company. In my field, we have a tendency to burn ourselves out, so I want to record my and my employees' start and end times so that we can self-monitor how much time we are spending at work each day. I would like this to be reported in cells K14:N28.



## ChatGPT

Got it, you need formulas to identify the earliest start time and the latest stop time for each day in the month, based on the data in columns W (dates), X (start times), and Y (stop times). Here's how you can set up these formulas in Excel:

### 1. Earliest Start Time for Each Day:

- Place this formula in the appropriate cell (for example, M14 for the 1st of the month):

excel

Copy code

```
=MINIFS(X:X, W:W, 1)
```

- This formula finds the minimum (earliest) start time in column X for rows where column W equals 1 (the 1st of the month). Replace `1` with the relevant day number for other cells.

### 2. Latest Stop Time for Each Day:

- Place this formula in the appropriate cell (for example, N14 for the 1st of the month):

excel

Copy code

```
=MAXIFS(Y:Y, W:W, 1)
```

- This formula finds the maximum (latest) stop time in column Y for rows where column W equals 1. Again, replace `1` with the corresponding day number for other cells.

**FOR OTHER PROFESSIONALS**



# SOCIAL MEDIA CONTENT

**Platform:** DALL-E

**Original Prompt:** image of total solar eclipse, green ferns, realistic nordic style art



FOR OTHER PROFESSIONALS

# DEFINE UNIQUE BEHAVIORS

**Platform:** ChatGPT 3

**Original Prompt:** Hello! I am a BCBA who works with adults with intellectual disabilities. I am trying to name and operationally define a behavior for one of my clients. Specifically, she seems to deliberately fins the longest or most obscure route from point A to point B. Can you help me out?



**ChatGPT**

Absolutely, I can help with that. For the behavior you've described, we might call it "Inventive Pathfinding." Here's an operational definition:

**Inventive Pathfinding:** The individual deliberately chooses a route from one specified location to another that significantly deviates from the most direct or commonly used path. This behavior is observed when the individual is instructed to move between two points, and the chosen path is notably longer or more complex than the typical route. This can be measured by the additional time taken, the number of extra steps involved, or the inclusion of less conventional or more circuitous paths compared to the standard route.

**FOR OTHER PROFESSIONALS**

# DEFINE UNIQUE BEHAVIORS

**Platform:** ChatGPT 3

**Original Prompt:** Hello! I am a BCBA who works with adults with intellectual disabilities. I am trying to name and operationally define a behavior for one of my clients. Specifically, she seems to deliberately fins the longest or most obscure route from point A to point B. Can you help me out?



You

This is great, but can you simplify that definition down to 2 or fewer lines? Also omit the word "deliberately". That was part of my thought process, but probably not appropriate in an operational definition.



ChatGPT

Certainly! Here's a simplified version:

**Inventive Pathfinding:** The individual selects routes from point A to B that are longer or more complex than necessary, as evidenced by extra steps or time compared to the direct path.

**FOR OTHER PROFESSIONALS**

# UPLOAD & REFERENCE DOCUMENTS

**Platform:** ChatGPT 4

**Original Prompt:** [attached ethical code] Hello! I am a BCBA, and I have an ethics question about conflict of interest. Here is our ethical code for your reference.

AN

You



BACB Ethics Code for Behavior Analyst...

PDF

Hello! I am a BCBA, and I have an ethics question about conflict of interest. Here is our ethical code for your reference.



ChatGPT

Please go ahead with your question about the conflict of interest based on the ethical code for behavior analysts.

AN

You

My co-owner is working with a fellow who requires additional supports from another agency (they are conducting a review of his psychotropic medications). The director of that agency is taking on his case and there are no other options for a variety of reasons that I will not expound upon here.

The director of that agency has a child in a theatre production that my co-owner participates in, AND my co-owner's husband is on the board of that theatre company. Her husband has already recused himself from certain decision making because of their child's involvement. My question is this: since there could be a perceived conflict of interest, can you help us develop a statement acknowledging the potential conflict and how they are mitigating the risks?



**FOR OTHER PROFESSIONALS**



# UPLOAD & REFERENCE DOCUMENTS

**Platform:** ChatGPT 4

**Original Prompt:** [attached ethical code] Hello! I am a BCBA, and I have an ethics question about conflict of interest. Here is our ethical code for your reference.



**ChatGPT**

To address the potential conflict of interest in your situation, it's essential to acknowledge the complexities of the relationships involved and outline clear steps to mitigate any perceived or actual conflicts. The BACB Ethics Code defines a conflict of interest as an incompatibility between a behavior analyst's private and professional interests that might risk the services provided or the professional relationship with clients, stakeholders, supervisees, trainees, or research participants. Conflicts may arise when personal, financial, or professional considerations have the potential to influence or compromise professional judgment in various professional activities [1].

Based on this definition, a statement acknowledging the potential conflict of interest and outlining mitigation strategies could look like this:

**FOR OTHER PROFESSIONALS**

# UPLOAD & REFERENCE DOCUMENTS

**Platform:** ChatGPT 4

**Original Prompt:** [attached ethical code] Hello! I am a BCBA, and I have an ethics question about conflict of interest. Here is our ethical code for your reference.

## Statement on Potential Conflict of Interest and Mitigation Strategies

In light of our commitment to uphold the highest ethical standards as outlined by the Behavior Analyst Certification Board (BACB), we recognize a potential conflict of interest due to personal and professional intersections involving our co-owner, the director of a collaborating agency, and their respective involvements outside of our professional services.

Given these circumstances, we are taking the following proactive measures to ensure that our professional judgments and services remain impartial and unaffected by any personal relationships or external affiliations:

1. **Transparency:** We will maintain open communication with all parties involved, including clients, stakeholders, and team members, about the nature of the relationships and potential conflicts of interest.
2. **Recusal:** Our co-owner's husband has already recused himself from decision-making processes in the theatre company to avoid any conflicts arising from his role and the involvement of the director of the collaborating agency's child in the theatre production. Similarly, any staff members who may find themselves in a position where their personal relationships could influence their professional decisions will be encouraged to recuse themselves from related decision-making processes.
3. **Oversight:** An independent oversight mechanism will be established within our organization to monitor the situation and ensure that all services and interactions with the collaborating agency remain objective and in the best interest of the clients we serve.

# OVERCOME WRITER'S BLOCK

AN

You



2023 Convention Program Book\_Final0...

PDF

AN

You

Hey, I want to write an abstract that is 30 words or less for a presentation to the Arc of IL. I have attached the 2023 convention program book so that you can see what the tone is like. We're already happy and ready to submit our longer description (quoted below), so the 30 word abstract just needs to complement it.

**Platform:** ChatGPT 4

**FOR OTHER PROFESSIONALS**

# Now it's your turn!

Did this give you any ideas that  
you would like to see come to life?







**Tobias Merriman**

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