


Reducing Demands Boosting Independence with Generative AI: Quick

Reference Handout

 *Empowering support through AI – simple, pressure-free, and always available.*






What Is Generative AI?

- AI that *creates* content (text, images, voice) based on your prompts.
- Works like a helpful companion that responds with ideas, info, and creativity.
- Think: storytelling buddy, organizing assistant, and emotional support tool all in one.






Why It Helps PDA Individuals:

- Offers **choice and control**, not demands.
 - Always calm, patient, and available 24/7.
 - Great for reducing anxiety and overwhelm.
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Top Ways to Use ChatGPT

1.  **Emotional Support** – Vent feelings, ask for calming strategies, get jokes or meditations.
 2.  **Executive Function Help** – Break down tasks, draft messages, make checklists.
 3.  **Creative Fun** – Co-write stories, poems, or generate pictures (with DALL·E).
 4.  **Social Skills & Scripts** – Practice conversations, write polite messages.
 5.  **Sensory Planning** – Prep for noisy places, build visual schedules.
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Access These Tools:


-  [ChatGPT \(Text, Voice, and Image\)](#)
 -  [DALL·E \(Image Creation\)](#) – Built into ChatGPT (Pro plan)
 -  [Midjourney \(Advanced Images\)](#)
 -  [Wired Article on Autistic Use](#)
 -  [Parent Blog on PDA & AI](#)
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Prompting Tips

- Be clear: "Help me plan my day."
 - Add context: "My child is 10 and hates loud noises."
 - Ask for tone: "Speak like a kind coach."
 - Iterate: "Try again, but make it funnier."
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Remember

- AI is a **tool**, not a replacement for people.
- It can reduce **demand sensitivity** by shifting power to the user.
- Use **with balance**, not dependency.

 **Try it together!** Explore ChatGPT with your child or client and discover what works for *them*.