

# THE ASC GOOD PRACTICE GUIDE

St. Nicholas Academy for Autism Trust  
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## WELCOME TO THE ASC GOOD PRACTICE GUIDE

Welcome to the March 2007 Edition of *The ASC Good Practice Guide*, a free monthly resource for individuals with an autistic spectrum condition, professionals, and parents.

### Which organisation does this Guide come from?

The Guide is written under the banner of the St. Nicholas Academy for Autism Trust, a non-denominational North-London based ASC and special needs charity.

### Who writes and edits the Guide?

The Guide is written by Christine Haugh, and edited by Chris Mitchell.

*Christine Haugh's* two sons are diagnosed with autistic spectrum conditions. She works at Middlesex University as Disability Development Officer for Aimhigher London North Partnership, a DfES-funded organisation. Her duties include Project Management of the Partnership's activities for learners with special educational needs, including autistic spectrum conditions. Christine is currently completing her MEd Autism (Distance-Learning) at University of Birmingham. She is very honoured to have this year been formally appointed a Trustee of the Asperger Syndrome Foundation.

*Chris Mitchell* was diagnosed with Asperger Syndrome at University, at the age of twenty. For the first twenty years of his life, Chris felt that he was someone who didn't exist, trying to fit into a social environment he couldn't understand. However, once diagnosed, he found a reason for who he was and his self-confidence returned. Since his diagnosis, Chris has completed his MA (Hons) in Information and Library Management at the University of Northumbria. He has also become an advocate for Asperger Syndrome. Most recently, he has published the autobiography *Glass Half-Empty, Glass Half-Full*. Currently, he works as a clerical assistant with Durham County Council's Special Educational Needs Department. He also speaks about his experiences of Asperger Syndrome at various events and conferences throughout the UK, including the 2005 Aimhigher "Transition to University" Summerschool for students with autistic spectrum conditions, where Chris and Christine met, and at an annual lecture at the University of Northumbria. Additionally, Chris coordinates training workshops for professionals who work with ASC.

To enquire if Chris is available to become involved as a trainer or a speaker at your event, please visit his new website, at [www.chrismitchell.org.uk](http://www.chrismitchell.org.uk), or contact him at [ChrisMitchell@mitchell17.wanadoo.co.uk](mailto:ChrisMitchell@mitchell17.wanadoo.co.uk)

***What is the purpose of the Guide?*** The purpose of this Guide is to provide practical support in the form of a one-stop-shop of information on existing good practice in the field of Autistic Spectrum Conditions, in relation especially to Transitions. "Transitions" is a broad term, encompassing phase transfer to nursery, primary, or secondary schools, as well as to further and higher education and even adult learning opportunities. "Transitions" also covers the area of transition between types of placement, for instance from specialist to mainstream, or from home education to school-based provision. Information provided in this guide will come from a range of reputable, identifiable sources, such as the DfES. Whenever possible, links to relevant websites will be included alongside the information provided. Always, the intention is to empower the audience by keeping them informed of existing good practice.

To ensure accuracy and relevance, prior to its publication, the Guide was read and feedback was contributed by a range of individuals including relevant education and health professionals from a number of different Boroughs, individuals with autistic spectrum conditions, and parents. Each issue of the Guide will continue to be "proof-read" in this way.

***How can you subscribe to the Guide?*** To receive the free monthly Guide, simply email [ahaughc@aol.com](mailto:ahaughc@aol.com) with the words "Subscribe to Guide" as the subject! If you would like the Guide posted rather than sent via email, simply include name and postal address in your email.

***How can you help this Guide?*** Any reader, whether a professional, an individual diagnosed with an autistic spectrum condition or a parent, who is aware of any existing best practice relating to autistic spectrum conditions and who would like to share this information with others, is welcomed to contribute an article to this Guide! Please email Christine on [ahaughc@aol.com](mailto:ahaughc@aol.com) if you would like to contribute an article. Also feel free to email if you wish to get involved with the Guide in another way, such as helping to reformat or distribute it! All help is greatly appreciated!

#### **EDITORIAL COMMENT- FROM CHRIS MITCHELL**

Chris Mitchell has very kindly written the following Editorial Comment for this month's edition of the Guide:

"A friend of mine diagnosed with Asperger's Syndrome once said of us "We are not broken." This statement largely relates to the purpose of the events and services detailed in this month's edition of *The ASC Good Practice Guide* and of the general purposes of the Guide itself. Though we have had praise from Wendy Lawson for plugging autism information gaps, we also exist to promote the benefits of what can be achieved through inclusion of adults on the autistic spectrum, and to try in a very small way to help children on the spectrum gain the right support so that they can go on to lead fulfilling lives.

Included in this month's edition is a feature on Durham County Council's ASD Support and Development Team and its work to ensure that children diagnosed with autism and Asperger's Syndrome early in life gain the right support in school, socially and academically. Though naturally parents of children on the autistic spectrum can experience much concern in relation to their child's education, hopefully, realizing how hard such services are working to ensure genuine inclusion of children with ASC in mainstream education will be a reassurance.

However, despite increased access to diagnosis of Asperger's Syndrome, it must not be forgotten that many people, myself included, were not diagnosed until adulthood, and no doubt in future years there will be other people not picked up early. To show what can be achieved with the right assistance and above all, if included in different aspects of life including university, employment, etc., one only has to look at the good practice discussed at Paradigm's successful conference last November in London, which will be repeated this Spring in May (please see this edition of the Guide for further details). Elsewhere, to find out

what people on the autistic spectrum can offer, or if you are a person on the autistic spectrum with an idea for a presentation, you may want to check out details of the Autscope conference taking place this August (details of which are included in this edition of the Guide). Once again, we hope you enjoy this month's offering and above all, find it useful."

### **CHILDREN'S SERVICES**

This month, readers are fortunate in that they are able to read about two separate Local Authority models of ASC provision for children and families. There is information on the models being used by Durham County Council and by Liverpool. It is hoped that the Durham/Liverpool models of good practice can be replicated across the country, in every LA.

### **THE AUTISM SPECTRUM DISORDERS AND COMMUNICATION DIFFICULTIES SUPPORT AND DEVELOPMENT TEAM (DURHAM COUNTY COUNCIL)**

#### **What is the Autism Spectrum Disorder Support and Development Team?**

The Team is a jointly managed service and consists of a Specialist Senior Educational Psychologist and Advisory Teachers from the Learning Support Service.

The Team was established in the summer of 2004 as part of County Durham Education's strategic response to meeting special educational needs.

#### **The Core aims of the Team are:**

To promote the educational inclusion, achievement and well-being of children and young people with Autism Spectrum Disorders (ASDs) or related communication difficulties.

#### **How the Team will work:**

We will work in partnership with children and young people, parents and carers and other professionals and agencies, in pursuit of the development of:

- Appropriate policies and guidance
- A service which values and respects children and young people with ASDs
- A service which is delivered accordingly to the principles of Equal Opportunities
- A service which is committed to early intervention and prevention
- A service committed to providing specialist support and interventions developed upon evidence-based practice
- A service which is targeted at clearly articulated priorities and has built-in quality assurance

#### **What the Team offers:**

To assist with increasing the capacity of schools to meet the needs of pupils with ASDs to raise achievement, maximise opportunities for inclusion and ensure that whatever their background or their circumstances, children and young people with ASDs will have the support they need to:

- Be healthy
- Stay safe
- Enjoy and achieve
- Make a positive contribution
- Achieve economic well-being

#### **The Team offers:**

- In-service training to schools and/or Communities of Learning, including one-off sessions, or a series of workshops, according to particular needs
- To support staff, children and their families in the development, implementation and evaluation of strategies to more effectively meet pupils' identified needs, relating to curriculum access, communication, social, behavioural and sensory issues, and emotional development.
- Resources, including teaching materials, as well as information about autism and associated communication difficulties
- Help to disseminate good practice and to facilitate exchange of information between schools working with children and young people with ASDs
- To assist in the planning and future development of policy, practice and resources for children and young people with ASDs within County Durham.

#### **We are committed to:**

- Promoting and supporting inter-agency working and participating in the multi-agency

assessment process, in line with the National Autism Plan for Children

#### [Who is on the Team?](#)

The Team consists of the equivalent of 3.1 full-time equivalent (fte) Advisory Specialist Teachers for ASD, .5 fte Specialist Senior Educational Psychologist. Current team members are as follows:

Janet Crawford, Specialist Senior Educational Psychologist

Chris Barber, County Advisory Teacher for ASD

Anita Franks, Advisory and Specialist Teacher for ASD

Judith Attewell, Advisory and Specialist Teacher for ASD

Nicky Farren, Advisory and Specialist Teacher for ASD

Marion Hodge, Advisory and Specialist Teacher for ASD/County Advisory Teacher for Early Years

For more information and details of how referrals can be made to the ASD Support and Development Team, parents, schools and professionals can contact:

The ASD Support and Development Team

Aykley Heads Centre

Aykley Heads

Durham DH1 5TS

Tel: (0191)384-8439

Fax: (0191)384-9902

Email: [janet.crawford@durham.gov.uk](mailto:janet.crawford@durham.gov.uk) or [chris.barber@durham.gov.uk](mailto:chris.barber@durham.gov.uk)

*The ASC Good Practice Guide* warmly thanks Chris Barber and the entire ASD Team for providing details of the Durham model for our readership.

#### **THE LIVERPOOL ASD PATHWAY (LIVERPOOL)**

##### [What is the Liverpool ASD Pathway?](#)

The Pathway is a multi-agency initiative designed to improve services and quality of life outcomes for children whose needs are on the Autistic Spectrum. It is a response to increases in the incidence of autistic spectrum in Liverpool's child population.

##### [What is the Pathway's Aim?](#)

The Pathway aims to provide integrated education, health and social care provision by modernising the way statutory agencies work together in partnership with families. It also addresses deficits in provision by providing funding for new and additional services.

##### [The Pathway's main components:](#)

- \* Multi-disciplinary assessment and diagnosis
- \* Training and information for parents/carers and professionals
- \* Signposting to other services

##### [Pathway Assessment Team \(Social Communication Clinic\)](#)

The Team is comprised of a Consultant Paediatrician, specialist Educational Psychologist and Senior Speech and Language Therapist. The Team aims to produce a profile of the child's abilities and needs, particularly in terms of social/communication development. This may or may not include confirmation of a diagnosis of ASD.

Whether or not ASD is confirmed, the team will provide information on the local resources and services which can help to meet the child's needs. A comprehensive report is shared with the family and with their consent, is also circulated to other professionals. The team will be as helpful as possible in clarifying the child's needs to aid the family and local agencies in agreeing the appropriate provision or arrangements to meet those needs.

Children scheduled to attend the Social Communication Clinic receive an Information Sheet prior to their visit. The sheet is entitled "What Might Happen At the Social Communication Clinic?" and contains simple text and many pictures of the Clinic, to help prepare the child as much as possible for the forthcoming visit.

### Pathway Training and Support Team

The Team is comprised of a training coordinator, a Speech and Language Therapist, Social Worker and Clinical Psychologist. The team deliver a range of courses for families, EarlyBird for pre-school age (developed by the National Autistic Society), and to the 5-7 yrs and over 11 yrs which the team have written and developed themselves. The team work with parents/carers and then children themselves. They have developed sibling workshops, puberty workshops, eating, sleeping and toileting. Within the Information Pack set to parents/carers there is a complete listing of all courses offered, which are as follows:

#### EarlyBird Programme

Parent/Carer Training for ages 5-7

Parent/Carer Training for ages 8-11

Parent/Carer Training for ages over 11

Social Stories Workshops

“This is Me” Workshop

Emotional Literacy Workshop

“More than Words” Workshop

“Your Child Can’t Tell You What He Wants? Pictures Might Help...”

Puberty (Speakeasy)

### Professional Training

The team also provides a comprehensive programme of training for professionals in Health, Education and Social Care, aiming to raise understanding and awareness of ASD across Liverpool’s services to children and families.

### What Support Are Children and Families Given Following Diagnosis?

Following the diagnosis of an autistic spectrum disorder (autism/Asperger Syndrome), The Liverpool Autistic Spectrum Pathway Team send the parents/carers a letter explaining that the Team have been working in Liverpool for five years and are highly experienced in autistic spectrum conditions. The letter also asks parents/carers to please contact the Team with any questions regarding further information or helpful guidelines about other services that might be able to help.

Along with this letter, parents/carers receive a highly detailed and very useful 32-page information pack about the Team’s service, which includes a helpful list of reading/web sites.

### How Can I Contact the Liverpool ASD Pathway?

The Pathway can be contacted as follows:

Liverpool ASD Pathway  
1-7 Brougham Terrace  
West Derby Road  
Liverpool L6 1AE  
(0151)225-4969

*The ASC Good Practice Guide* warmly thanks Sarah Austin, from Liverpool ASD Pathways, for providing the above information on the Liverpool model.

### **POLICY INFORMATION**

#### **MAJOR CHANGES TO MENTAL HEALTH LEGISLATION**

A very controversial new Mental Health Bill amending the Mental Health Act 1983 is being debated by MPs, and lobbied against by various human-rights, mental health, and disability organisations. This is an important issue for people affected by ASC, because it is the Act which allows clinicians to detain/section people who have mental health conditions, for compulsory treatment. Although autistic spectrum conditions are NOT a mental illness, the Bill would expand the definition of mental health conditions to include persons with disorders of the mind, hence persons with ASC, according to the diagnostic definition of autism and Asperger Syndrome. Therefore, the Bill could result in more persons with an autistic spectrum condition but without a mental health difficulty being unwillingly detained.

If you oppose the proposals in the Bill, it is important to write to your MP and inform them. If

you require further information on the proposed changes to Mental Health legislation, please visit: <http://www.autism.org.uk/nas/jsp/polopoly.jsp?d=824&a=12656> which is located on the website of the National Autistic Society.

*The ASC Good Practice Guide* warmly thanks reader Stephanie Moriarty for contributing this information.

### **“BETTER SERVICES FOR PEOPLE WITH AN AUTISTIC SPECTRUM DISORDER”- THE DEPARTMENT OF HEALTH’S POLICY CLARIFICATION NOTE**

Specialist Consultancy **Paradigm** has recently written a policy clarification note called “Better Services for People with an Autistic Spectrum Disorder”, on behalf of the Department of Health.

This policy clarification note is the first government communication exclusively on the issue of Autistic Spectrum Disorder. The note covers the policy implications for Valuing People and other associated legislation. The focus is on best practice in terms of policy implementation, and people being in control of their own lives.

“Better Services for People with An Autistic Spectrum Disorder” was published on the Department of Health website and can be found too on the policy page of Paradigm’s website, at: [www.paradigm-uk.org/policy.html](http://www.paradigm-uk.org/policy.html)

In November, Paradigm held a very successful Conference in London called “No Reason to Leave Us Out”, which examined current policy as it applies to people with an Autistic Spectrum Disorder and highlighting best practice examples from around the country. On 23<sup>rd</sup> May, Paradigm is repeating the Conference, in York. Persons with Learning Difficulties and carers can attend at no charge, otherwise the cost is £323.13 (including VAT) per person, with a discount available for group bookings of three or more persons. For further information or to reserve a place (please be warned the London event sold out rapidly!) please contact “Offshoot Events” at [info@offshootevents.com](mailto:info@offshootevents.com) or call Offshoot events on (0870)066-3627.

*The ASC Good Practice Guide* warmly thanks Paradigm’s Genevieve Edmonds for this information.

### **CONFERENCES, LECTURES, SEMINARS AND SESSIONS**

#### **AUTISM SOUTH TYNESIDE: SENSORY PERCEPTUAL ISSUES IN AUTISM AND ASPERGER SYNDROME- EXPERIENCING THE WORLD THE AUTISM WAY**

Tuesday 24<sup>th</sup> April 2007

Speakers:

Liz Ann Davison, Dip COT, SROT, OTR  
Olga Bogdashina, MA Education (autism), PhD (Linguistics)

Liz Ann is an experienced Occupational Therapist specialising in autism and children with mental health difficulties. She qualified in Newcastle in 1990 and has since undertaken post graduate training in Sensory Integration and Psychoanalytic Therapy for children.

Liz Ann has primarily worked in the NE England, and has also worked in Dallas, America. She has provided therapeutic input, training and consultation to education, health and social care establishments as well as independent and voluntary sectors.

Olga has worked extensively in the field of autism as teacher, lecturer and researcher, with a particular interest in sensory-perceptual and communication problems in autism. Since 1994, she has been the Director of the first Day Centre for autistic children in the Ukraine and the President of the Autism Society, Ukraine. Olga teaches and lectures around the world. She is currently a visiting lecturer at Birmingham University and Consultant Psychologist for Adults with Autism, based in Doncaster, UK. Olga has written several books on autism, including *Sensory Perceptual Issues in Autism and Asperger Syndrome: Different Sensory experiences-different perceptual worlds* (2003); *Communication Issues in Autism and*

Asperger Syndrome: Do we speak the same language? (2004); Theory of Mind and the Triad of Perspectives on Autism and Asperger Syndrome: A view from the bridge (2005). Olga has a teenage autistic son.

The contact for tickets is:

Autism South  
Tyneside  
P.O. Box 118,  
SOUTH SHIELDS  
NE33 4WX

Telephone: Sharon Mordain 0191 4217859 or Lesley Richardson 0191 5191953

Ticket prices are: £6 unwaged family member, family member/person with autism £20 each, professional non-member £40 each. Places must be booked by 10 April 2007. Cheques to be made payable to Autism South Tyneside

*The ASC Good Practice Guide* warmly thanks Sharon Mordain of Autism South Tyneside and Helen Geldard of CDASG for the above information.

### **"ALMOST AN ADULT" CONFERENCE**

21<sup>st</sup> June 2007, Sheffield Marriott Hotel, Sheffield

This conference focuses on Sex and Relationship Education for Young People on the Autistic Spectrum. Speakers include Luke Beardon and Jean Gawlinski. The conference also includes exhibitions and practical workshops demonstrating resources. The cost per person is £141, including VAT. For further details or on-line booking, please visit: <http://www.me-and-us.co.uk/almostanadult>

*The ASC Good Practice Guide* warmly thanks Hilary Dixon from Me-and-Us Ltd, for contributing this information.

### **THE ASPERGER SYNDROME FOUNDATION SEMINAR SERIES PRESENTS PRACTICAL STRATEGIES FOR DIFFICULT MOMENTS: "SENSORY ISSUES AND ANGER MANAGEMENT"**

**Presented by Luke Beardon and Stephen Allen PLEASE BE AWARE THIS EVENT HAS SOLD OUT**

Luke Beardon is Senior Lecturer in Autism, The Autism Centre, Sheffield Hallam University. He will offer practical strategies relating to sensory issues and anger management, which work with individuals who have Asperger's Syndrome. Stephen Allen is a young adult with Asperger Syndrome, currently completing a Computing degree at Birkbeck University. Stephen will discuss the impact that sensory issues and anger management have from the perspective of an individual with Asperger Syndrome

**AIMED AT:** Professionals in Education, Parents and Carers

**DATE:** Friday 11<sup>th</sup> May 2007, 10am-3:30pm, registration from 9:30am

**VENUE:** RIBA LONDON, 66 Portland Place, London W1B 1AD

### **THE ASPERGER SYNDROME FOUNDATION SEMINAR SERIES PRESENTS PRACTICAL STRATEGIES FOR DIFFICULT MOMENTS: "RELATIONSHIPS AND ASPERGER SYNDROME"**

**Presented by Sarah Hendrickx and Keith Newton**

Sarah Hendrickx and Keith Newton are co-authors of *Aspergers Syndrome: A Love Story* (Jessica Kingsley Publishers, June 2007). Keith has Asperger's Syndrome (self-diagnosed). Sarah is his partner and also a Training Consultant in AS ([www.asperger-training.com](http://www.asperger-training.com))

**AIMED AT:** Individuals and couples involved in a relationship where either partner has AS and professionals working in adult support and counselling.

**DATE:** Monday 29th October 2007, 10am-3:30pm, registration from 9:30am

**VENUE:** RIBA LONDON, 66 Portland Place, London W1B 1AD

**FOR EITHER ASPERGER SYNDROME FOUNDATION SEMINAR:**

**COST: £25 professionals, £15 parent/carers, free for individuals with Asperger Syndrome** (please make cheques payable to the "Asperger Syndrome Foundation")  
Sandwich lunches and refreshments are included in the cost.

Please email [seminars@aspergerfoundation.org.uk](mailto:seminars@aspergerfoundation.org.uk) OR download a booking form from the Asperger Syndrome Foundation website [www.aspergerfoundation.org.uk](http://www.aspergerfoundation.org.uk). This form needs to be returned to the Asperger Syndrome Foundation along with cheque payment, to reserve a place at the Seminar. The Foundation's address is:

Asperger Syndrome Foundation  
The Kensington Charity Centre  
4<sup>th</sup> Floor, Charles House  
375 Kensington High Street  
London W14 8QH

*The ASC Good Practice Guide* warmly thanks Asperger Syndrome Foundation's Founder, Beatrice Buisseret, for contributing this information.

**AUTSCAPE: CALL FOR PROPOSALS**

Many thanks to Autscape's organiser Yo Dunn for contributing the information on this fantastic and very successful annual event.

Autscape 2007: Accessing Our Worlds  
Tues-Fri, 7-10 August 2007

Proposal submissions now being accepted. Please see this webpage for more information:  
<http://www.autscape.org/proposals/>

If you have any problems or questions, e-mail: [autscape@paradox.freemove.co.uk](mailto:autscape@paradox.freemove.co.uk), and your email will be replied to by Yo Dunn, organiser of Autscape.

What we are looking for:

We are now accepting proposals for seminars and workshops to be presented at Autscape 2007. Proposals for poster presentations, leisure group leaders, videos, leaders for structured or semi-structured evening discussions, and other ideas will be sought in the near future. Only major workshops are eligible for the presenters' subsidy; a small rebate of £10 will be offered to other types of presentations.

Theme: The theme for this year's Autscape is Accessing Our Worlds. Presentations which conform to the theme will be given priority. In general, we are looking for positive ways of living with autism and navigating an alien world.

Audience: Although we welcome non-autistic professionals and family members, the aim of this event is primarily for autistic people, not about us! Workshops geared towards parents

and professionals may be accepted, but must be positive in their support for autistic people and their right to be different.

Examples: For some examples of what has been presented at Autscope in the past, see last year's programme. We are also likely to enjoy similar workshops to those that have been presented at Autreat, in the USA, which has a much longer history.

#### Non-Verbal Workshops

Although many of the autistic people who are attracted to an event such as Autscope are highly verbal, others may have difficulty with an event so centred around language. However, we want to welcome and fully include all kinds of autistic people, including less 'wordy' ones.

We are also seeking workshops which are not primarily focused on the spoken word. (Presenters may still use speech, it is just not the main content of this type of workshop.) Some examples would be: dance, relaxation, music or art. These should have an autistic focus and conform to the theme, if possible, as with any other workshop. We expect much more of a non-verbal workshop than a leisure session (which does not qualify for free attendance). Some of the differences are: structure, preparation (from the presenter), relevance to autism and the event's theme, and duration.

A few notes of caution:

Cures: Workshops about curing or preventing autism are likely not to go over well at all and are best avoided altogether, unless it is from an advocacy standpoint.

Problems: The problems of non-autistics coping with autistic people could inadvertently reinforce negative attitudes.

Personal Experience: We all have personal experience of autism. If your presentation is primarily based on your personal experience, think carefully about its relevance here; the story needs to be one which can help attendees to find new understanding of their own situation. Please let us know what you're hoping those present will gain from your presentation.

Suitability: Every workshop, no matter who it is targeted towards, should be suitable for autistic people to attend without feeling objectified or put down.

What do we expect from you?

Attendance: If you submit a proposal, we do expect you to be there! Please be prepared to attend Autscope and give your presentation on the day and time scheduled. You will be joining our retreat on an equal basis. If you cannot attend for the whole 3 days we will do our best to fit the schedule around your needs. Travel is the responsibility of each individual presenter. We cannot subsidise travel or off-site expenses for anyone. If your proposal is accepted, we will send you a formal letter of invitation if this will help you to secure your own funding.

Discussion groups: Presenters may be expected to run an evening discussion group on their topic, for those who would like to explore the issue further. Volunteer leaders may be available for presenters who need assistance with this.

An article: Please send copies of any handouts or other material and an article for inclusion in the programme. These will be required well in advance of the Autscope event.

Recording: Please allow us to video or otherwise record your presentation. These records may be made available to others by Autscope.

If you submit a proposal we will assume you are happy with these expectations. If you have any questions or objections, please let us know so we can discuss it.

What can you expect from us?

Free attendance: Presenters will have free full-board accommodation for the duration of Autscape. Only one place can be subsidised for each presentation. We cannot subsidise any other attendees, including carers or assistants for presenters.

Attendance: Whenever you are not presenting you can enjoy the event, including other workshops and the setting, just as any other participant.

Involvement: One thing you can expect by joining us is the opportunity to shape an emerging self-advocacy event and autistic community. There will be opportunities at the event to get involved in the future of Autscape.

### **AUTISM WEST MIDLANDS/AUTISM AWARENESS CENTRE-TRAINING FOR PARENTS AND PROFESSIONALS**

Many thanks to the University of Birmingham's M Ed Autism programme for this information:

**Dates: 17<sup>th</sup> and 18<sup>th</sup> May 2007**

**Venue: Ramada Hotel and Resort, Penns Lane, Walmley, Sutton Coldfield, West Midlands**

**Thursday, May 17, 9:45 am - 12:30 pm**

**DR. TEMPLE GRANDIN**

***Life Experiences, Visual Thinking, Social Interaction and Careers***

Dr. Temple Grandin will speak about her life experiences with autism and how she began her career in the cattle handling industry. Dr. Grandin's presentation will cover a number of topics related to autism such as sensory issues, learning language, visual thinking and how it works, and the importance of developing an individual's strengths. She will stress the role of mentors, social interaction through shared interests, and discuss appropriate career choices for individuals with autism spectrum disorder. This presentation will address a broad range of ages and issues for individuals with autism spectrum disorder and is suitable for both professionals who work in the field of autism, parents, and those who want to acquire more information about autism spectrum disorders.

Temple Grandin, Ph.D., is inarguably the most accomplished and well known adult with autism in the world. She has been featured on major television programs, and written up in national publications, such as Time magazine, People magazine, Forbes, U.S. News and World Report, and New York Times.

Dr. Grandin has designed the facilities in which half the cattle are handled in the United States, consulting for firms such as Burger King, McDonald's, Swift and others. She presently works as an Associate Professor at Colorado State University but also speaks around the world on both autism and cattle handling. Dr. Grandin's most recent book, co authored by Sean Barron, is *Unwritten Rules of Social Relationships: Decoding Social Mysteries through the Unique Perspective of Autism*. She has also written – *Animals in Translation, Developing Talents, Thinking in Pictures, Emergence: Labeled Autistic* and produced the videos – *Visual Thinking, Sensory, Careers and Medications (VHS)*; and *Dr. Temple Grandin(DVD)*.

**Thursday, May 17, 1:30 pm - 5:00 pm**

**KARI DUNN BURON**

***When My Autism Gets Too Big!***

A hallmark of ASD is the inability to interpret social situations accurately or consistently. This learning disability can lead to high levels of nervousness and anxiety in social situations. In this presentation, Kari Dunn Buron will discuss the issue of social anxiety in autism spectrum disorders and how the direct and systematic teaching of relaxation can help the person cope more effectively in highly social and unpredictable settings such as school or extended family gatherings.

Topic Outline:

1. An overview of how social situations can cause increased stress and anxiety in people with ASD.
2. Teaching relaxation in the home and at school.

Learning Objectives:

1. Understand the concept of systemizing and how that relates to teaching and learning.
2. Describe the anxiety curve model of functional behavior assessment and name 3 ways to teach relaxation proactively to highly anxious individuals with ASD.

This session will continue on Friday, May 18 at 9:45 am.

**Friday, May 18, 9:45 am - 2:45 pm**

**KARI DUNN BURON**

***Addressing Problems of Social Thinking, Learning and Behaving in ASD***

Understanding social expectations and learning social skills is a major challenge for children and youth with autism spectrum disorders. The failure to understand the social framework of life can decrease a person's ability to achieve and possibly result in challenging behavior. At this workshop, Kari Dunn Buron will review what we can learn from the research regarding social thinking and autism learning styles to help us more effectively support and teach social and emotional information to individuals with ASD.

Topic Outline:

1. An overview of current research in the area of social cognition and related learning theories in ASD.
2. The impact of social cognitive problems on social anxiety and behavior
3. Teaching social understanding to people with ASD.
4. Systematically thinking about challenging behavior and developing plans for teaching individuals the skills needed to act and interact in more effective ways.

Learning Objectives:

1. Define social cognition and explain what research says about the relationship between cognition and autism spectrum disorders.
2. Understand the concept of systemizing and how it relates to teaching individuals with ASD.
3. Describe 5 elements of nonverbal social communication that impact social success and list 3 ideas for directly addressing this deficit in ASD.
4. Demonstrate the use of a system for thinking about the behavior we observe in ASD that can lead to a proactive and positive teaching or support plan.

Kari Dunn Buron has been working with students with autism for over 25 years. She has recently retired as the Autism Resource Specialist for ISD #916 in White Bear Lake Minnesota. She is the Designer of and Coordinator for the Autism Spectrum Disorders Certificate program at Hamline University (a graduate program for educators). Kari is one of the founding members of the Minnesota Autism Network, a state-wide network of ASD educational consultants. In 1995, Kari developed and continues to work as the coordinator for Camp Discovery, a camp for youth with Asperger Syndrome. In 2003, Kari received a Self-designed Fellowship that allowed her to spend a year interviewing and working with a number of therapists and researchers in the area of social cognition and Autism. Kari is the co-author of the book, *The Incredible 5-Point Scale*, the author of *When My Autism Gets Too Big*, and the co-editor of a text currently in press titled *Educating Learners on the Autism Spectrum: Translating Theory into Meaningful Practice*.

**Friday, May 18, 3:15 pm - 5:00 pm**

**JOHN SIMPSON**

***Understanding Myself and Finding the Right Kind of Employment.***

John Simpson is a young man with Asperger Syndrome who had mental health problems while at secondary school and was hospitalised in a psychiatric unit for 6 months where he eventually got a diagnosis of AS. He subsequently went to college and tried a part time job but found things extremely difficult. He found he needed to both understand and accept his own diagnosis and then learn to work with it and not against it. This led to him joining a discussion group for adults with AS and also getting some support from a specialist employment service for people with AS.

Currently John works part time as a Support worker in one of Autism West Midlands residential homes for people with ASD and learning difficulties. This has been remarkably successful in lots of ways and John will talk about his own history and finding a job that suits him that has been a surprise.

**REGISTRATION FEE SCHEDULE**

**DEADLINE FOR REGISTRATIONS May 05, 2007**

**Parent Rate Before April 25, 2007**  
1 Day Only £65.00 + 11.38 VAT = £76.38  
2 Days £125.00 + 21.88 VAT = £146.88

**Professional Rate Before April 25, 2007**  
1 Day Only £165.00 + 28.88 VAT = £193.88  
2 Days £ 275.00 + 48.13 VAT = £323.13

REGISTRATION INCLUDES: Sessions, Session materials, lunch, refreshment breaks.

SEND COMPLETED FORM WITH PAYMENT TO:

autism.west midlands  
18 Highfield Road  
Edgbaston, Birmingham, UK B15 3DU

Telephone: 0121-450-7576 Fax: 0121-450-7581  
Email: [ianc@autismwestmidlands.org.uk](mailto:ianc@autismwestmidlands.org.uk) OR [vharris@shaw.ca](mailto:vharris@shaw.ca)

**AUTISM SPEAKS: WALKS FOR AUTISM RESEARCH - 13<sup>th</sup> MAY 2007 (NORTH OF ENGLAND)**

*The ASC Good Practice Guide* warmly thanks Autism Speaks' Lynn Hart for contributing the following information:

"Autism Speaks ([www.autismspeaks.org.uk](http://www.autismspeaks.org.uk)) was founded two years ago by Dame Stephanie Shirley as an affiliate of Autism Speaks in the United States where \$50m have been raised for autism research in 10 years ([www.autismspeaks.org](http://www.autismspeaks.org)) Walks for Autism Research are our signature event - we held our second Walk in Windsor Great Park in July this year raising over £35,000 for autism research.

This is our first venture into the North of England and we are delighted that the Duchess of Northumberland has offered us the use of Alnwick Garden for a Fund-raising Walk on Sunday, 13<sup>th</sup> May 2007.

Thank you very much for your help and support."

Kind regards,

**Lynn Hart**  
Head of Events and Community Fundraising

**AUTISM SPEAKS**  
Tel: +44(0) 1491 412311

Mob: +44(0) 788 423 2592  
Email: [lynn.hart@autismspeaks.org.uk](mailto:lynn.hart@autismspeaks.org.uk)  
Web : [www.autismspeaks.org.uk](http://www.autismspeaks.org.uk)

**CENTRE FOR THE DEVELOPMENT OF AUTISM PRACTICE (CDAP) PRESENTS:**  
**"A COMPLETE GUIDE TO ASPERGER'S SYNDROME"**

With Professor Tony Attwood and Chris Mitchell  
9<sup>th</sup> May 2007, 9:30am-4:30pm  
The Newcastle Marriott Hotel MetroCentre, Gateshead

CDAP is delighted to bring Professor Tony Attwood to the North East for this inspirational Seminar, and for Chris Mitchell to be involved for the first time in the CDAP Seminar programme.

This intensive Seminar will explore Asperger's Syndrome (AS) in terms of both clinical practice and personal experience. A range of topics will be discussed from the pathways and processes involved in diagnostic assessment, to the manifestation of common difficulties and differences, and practical strategies to support personal development and fulfillment through the lifespan. Topics will include:

- \*Current understanding of AS
- \*Diagnosis and the impact on the individual
- \*Social understanding and friendships
- \*Teasing, bullying and vulnerability
- \*Theory of mind
- \*The understanding and expression of emotions
- \*Special interests
- \*Language and communication
- \*Cognitive abilities
- \*Motor and sensory differences
- \*An individual perspective on living with AS
- \*Continuing education and careers
- \*Relationships

There will also be a dedicated time to ask questions on any aspect of AS at the end of the Seminar. This Seminar will be of particular interest to clinicians in all disciplines aligned to autism spectrum disorders, educators, support staff and parents.

Professor Tony Attwood is an internationally renowned clinician and founder of the Minds and Hearts Clinic in Queensland, Australia. He is an outstanding communicator of developments in research and practice in the field of autistic spectrum disorders and lectures throughout the world on all aspects of autism, but is particularly known for his work on AS. He is the author of *Asperger's Syndrome: A guide for parents and professionals* (JKP, 1997) and *The Complete Guide to Asperger's Syndrome* (JKP, 2006).

Chris Mitchell was diagnosed with AS at the age of 20. He has an MA (Hons) in Information and Library Management and works for Durham County Council. Chris is a strong advocate for the positive aspects of AS and has written his first book, *Glass Half-Empty, Glass Half-Full: How Asperger's Syndrome changed my life* (Lucky Duck Publishing, 2005).

Costs: £125 for professionals, £80 per parent of children with an ASD. Costs include lunch, refreshments, seminar pack and certificate of attendance. To reserve a place or for further details, please contact CDAP on (01246)583826 or [autismcentre@virgin.net](mailto:autismcentre@virgin.net)

Centre for the Development of Autism Practice (CDAP): CDAP coordinates the UK and Ireland speaking schedules of Professor Tony Attwood (Australia), John Clements (UK), Wendy Lawson (Australia), as well as Luke and Jacqui Jackson (UK). In addition, CDAP have built a strong working relationship with Dr. Gary Mesibov of Division TEACCH.

The Director of CDAP is Bryan Craig- he developed a Centre for Education and Training in

Autism for the Scottish Society for Autism before taking up a lecturing post in autism at Birmingham University. In 2002, Bryan developed his own consultancy and has developed excellent links with speakers from all over the world. Due to the practical experience and clinical skills of the CDAP team, seminars are regularly evaluated and refined to represent the current state of best practice.

### **HELP! 2 PARENT SEMINARS (MIDDLESBROUGH)**

In April, the National Autistic Society's Help! 2 Team is running 2 separate Parents Seminars: on 18<sup>th</sup> April, the Seminar is "An Introduction on How to Write Social Stories", and on 19<sup>th</sup> April, the Seminar is on "Managing Anger in Adolescents with Asperger Syndrome". Both Seminars run from 10:30am-2:30pm, at the following address:

TAD Centre, Ormsey Road, Middlesbrough, TS3 7SF

Please note that the Seminars DO NOT include an introduction to autistic spectrum conditions, and therefore, it is recommended that parents/carers attending already have some prior knowledge.

For more information or to obtain booking forms, please contact:

The Help! 2 Team Central and North  
Castle Heights, 6<sup>th</sup> Floor  
72 Maid Marion Way  
Nottingham NG1 6BJ

*The ASC Good Practice Guide* would like to thank the National Autistic Society's Lisa Pitkeathly for contributing this information.

### **NATIONAL AUTISTIC SOCIETY ADULT SURVEY**

The National Autistic Society is carrying out a survey on the experiences of adults on the autistic spectrum, as part of its research for an adult campaign. The National Autistic Society hopes to make this the biggest adult survey to date, in order to help to campaign to improve services.

The survey can be filled in at [www.autism.org.uk/questionnaire](http://www.autism.org.uk/questionnaire)

An easy-read version and a glossary of terms is also available from the same website address.

Hard copies of the survey are also available, please email [policy@nas.org.uk](mailto:policy@nas.org.uk) or call 020 7903 3558 if you would like a copy.

*The ASC Good Practice Guide* warmly thanks the National Autistic Society's Lisa Pitkeathly for contributing this information.

### **NATIONAL AUTISTIC SOCIETY SOCIAL GROUPS (NORTH)**

The National Autistic Society has active Social Groups running in Sunderland, Scarborough and East Lancashire, with outings scheduled on almost every month. For information on joining any of these Social Groups, please contact Linda Kenny, Social Programmes Manager (North), National Autistic Society, on (0191)226-3610.

*The ASC Good Practice Guide* warmly thanks Linda Kennedy for this information.

### **WENDY LAWSON- UK BOOKINGS IN 2007**

*The ASC Good Practice Guide* warmly thanks Wendy Lawson for sharing her 2007 tour dates with our readers. Wendy's range of presentations and audiences- from a talk with parents to training for County Council staff- is amazing! The list below does not include Wendy's Singapore, Australian, or other international tour dates, although details are available upon request.

### **UK Spring**

April 17 (Shillingstone, Dorset) All day training & 18<sup>th</sup>. (2hr. public morning session)  
[Gay.Waters@cambiagroup.com](mailto:Gay.Waters@cambiagroup.com) Forum school.

- April 18 (Portsmouth) Autism Support Group talk, in the evening. Contact: [jenndp4@yahoo.co.uk](mailto:jenndp4@yahoo.co.uk)
- April 19-21 (Wales) Two half day seminars on 19<sup>th</sup> and 20<sup>th</sup> April

19<sup>th</sup> April (Cardiff) – subject 'Understanding and working with ASD – take a walk in our shoes' (11am – 2pm)

20<sup>th</sup> April (Wrexham) – subject 'Life and Learning with Autism and Aspergers' (11am – 2pm) Contact: [jennie@autismcymru.org](mailto:jennie@autismcymru.org)

- April 23rd (Nottingham) Training for Notts County Council staff. Contact: Susie Holt [sen.training@education.nottscc.gov.uk](mailto:sen.training@education.nottscc.gov.uk)
- April 24th (Cheadle) Workshop at the Together Trust Centre. Contact: Joanne Halliwell [inca@togethertrust.org](mailto:inca@togethertrust.org)
- April 25 leave UK for Singapore

#### **Autumn**

- October 15th (Cornwall) Contact: Judy Shoten [jshorten@cornwall.gov.uk](mailto:jshorten@cornwall.gov.uk)
- October 19th (Middlesbrough) Anna Wood [themainproject@hotmail.co.uk](mailto:themainproject@hotmail.co.uk)

#### **RESEARCH REQUESTS**

##### **INFANT SIBLINGS STUDY, THE BABYLAB AT BIRKBECK, UNIVERSITY OF LONDON**

The Babylab at Birkbeck, University of London, has launched the first study in the UK looking at infant siblings of children with autism. Using newly developed techniques for studying brain and behaviour in infants, the team is investigating whether there are any differences in development between infants who have brothers or sisters with autism and those who do not. It is hoped that this will help identify the early signs of the disorder, allowing for earlier and more effective intervention aimed at improving the quality of life of children with autism.

If you have a baby aged 0-12 months who has an older sibling diagnosed with autism and wish to take part in the "Baby Sibs Project", please contact us for more information.

Dr. Mayada Elsabbagh or Ms. Holly Garwood  
The Babylab, Centre for Brain and Cognitive Development  
FREEPOST RRGX-ARGH-SESR  
Henry Wellcome Building, Birkbeck College  
Malet Street  
London WC1E 7HX  
Tel: 020 7079 0754  
Email: [asd@bbk.ac.uk](mailto:asd@bbk.ac.uk) or visit: [www.cbcd.bbk.ac.uk](http://www.cbcd.bbk.ac.uk)

*The ASC Good Practice Guide warmly thanks The Babylab for contributing this information.*

##### **STUDY ON AS ADOLESCENTS' UNDERSTANDING OF THEIR DIAGNOSIS**

The ASC Good Practice Guide warmly thanks Beth Johnson for contributing the following information:

"I am a Trainee Clinical Psychologist at Southampton University. As part of my doctorate in Clinical Psychology, I am conducting a study, which looks at how adolescents come to know about and understand their diagnosis of Asperger's Syndrome and how it affects their lives. By carrying out this study, I hope to inform professionals (such as Doctors, Educational Psychologists, Teachers and Clinical Psychologists) so that they have a greater understanding of the issues faced by adolescents with Asperger's Syndrome, which may then serve to improve service provision."

Can any persons interested in participating in this study please contact:

Beth Johnson  
Trainee Clinical Psychologist  
Doctoral Programme in Clinical Psychology University of Southampton  
34 Bassett Crescent East  
Highfield  
Southampton  
SO16 7PB  
E-Mail: [bj104@soton.ac.uk](mailto:bj104@soton.ac.uk)

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