



Supporting people with autism in challenging situations and environments in the wider community





Aims for Today

- To develop an awareness of autism
- To consider how autism may present to others
- To determine what may constitute a challenging situation/environment in the community for someone on the autistic spectrum
- To demonstrate practical approaches to support those with autism under those circumstances



How are we going to do it?

We will look at: -

- What is autism?
- The characteristics of autism that lead to diagnosis
- Identifying what may constitute a challenging situation for a person with autism in the wider community
- How to support - Practical approaches

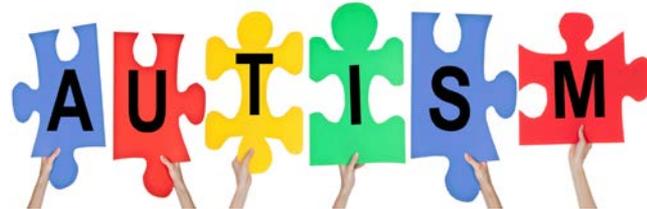


Developing an awareness of autism



What is autism?

- A different way of seeing the world in which we live
- It is a lifelong spectrum condition which is generally identified in early childhood
- Asperger syndrome is part of the autism spectrum
- 700,000 people in the UK have autism
- More males are diagnosed with autism than females
- It increases the likelihood of having co-morbidities



- It is more common than Down's Syndrome and Cerebral Palsy
- It is called a “hidden condition”
- People with autism may use different methods of communication which can be difficult for others to understand.
- Everyone with autism is unique - just like you and I.
- 78% of people with autism have significantly more sensory differences



Diagnosis

- Differences in communication
- Differences in social understanding
- Differences in processing
- Sensory differences



Differences in Communication

- How people use and understand language
- Taking language literally
- Behaviour as a communication
- Delay in processing
- Body language and facial expressions
- Eye contact
- Humour, irony and sarcasm
- Voice - tone, pace and cadence
- Typical rules of conversation
- Echolalia (immediate/delayed)



Differences in Social Understanding

- Social situations
- Their own and other people's emotions
- Friendships and relationships
- Mate crime
- Their own and other people's thoughts and intentions



Differences in Processing information

- Delay – can be seconds, minutes, hours, days, weeks, years
- Extra time may be needed by people with autism to respond to situations
- Visual information appears to be processed more easily by people with autism
- How someone adapts to change
- How well someone predicts outcomes



SENSORY DIFFERENCES





Seven Senses

- Sight
- Hearing
- Touch
- Taste
- Smell
- Proprioception (Body awareness)
- Vestibular (Balance)





Sensory Processing

- Many people with autism respond differently to sensory experiences
- They can be under-responsive and/or over-responsive
- When people experience **sensory overload**, they become more anxious and this may cause a stressful reaction resulting in distressed behaviours.

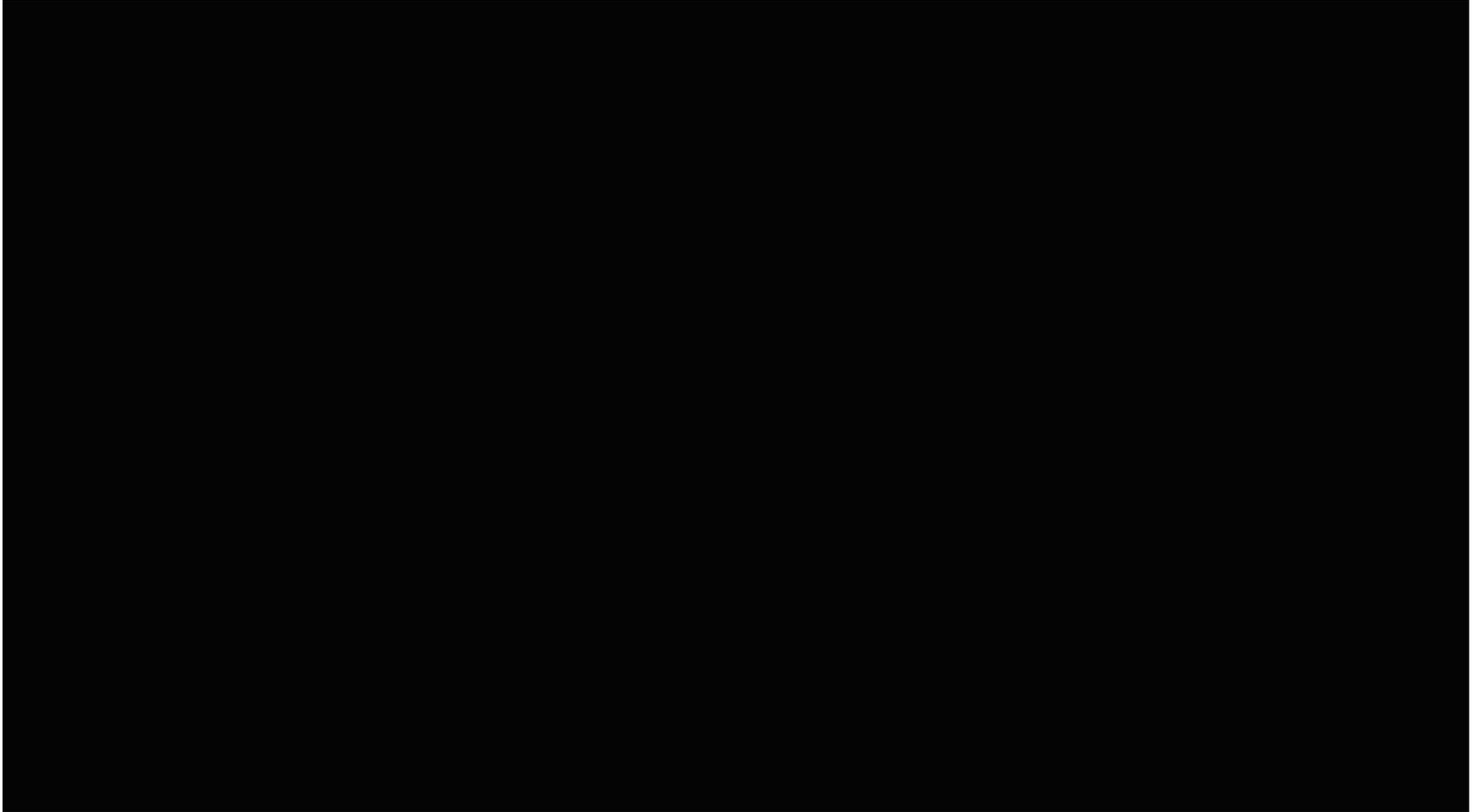


What **DO** you
think sensory
overload is?



Autism in Practice

Advice & Training for the workplace





Effects on Emotional Wellbeing

- For people with autism there is an increased risk of heightened anxiety
- This may develop into a mental health condition such as depression
- Can lead to lessening confidence and self-esteem
- 16-35 % adults with autism have a mental health condition (NAS, MIND 2015)



Stress and anxiety affects everyone

Some ways include....

- Irrationality / disagreeable
- Decision making becomes more difficult
- May display defensive behaviours
- May lead to isolation/withdrawal
- Physical representation
- Families

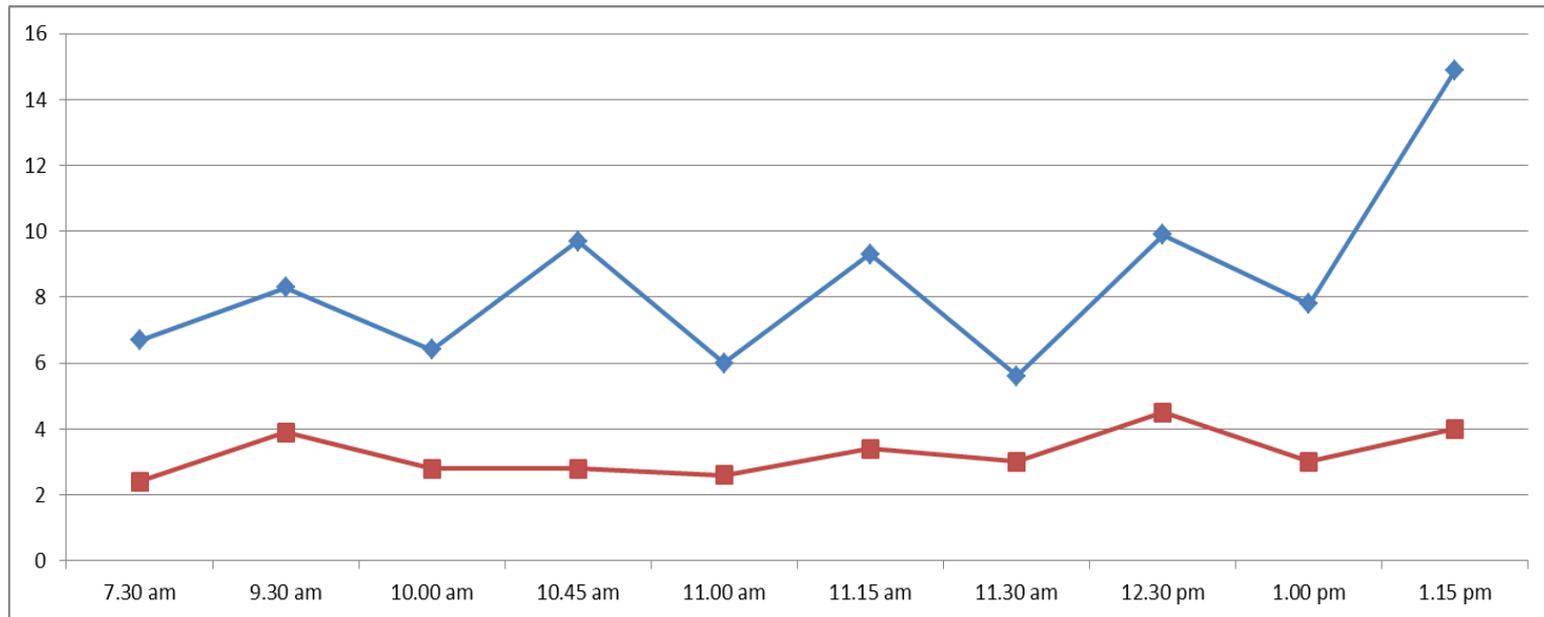


Common stressful situations

- Accessing the everyday community
- Dealing with authority
- Meeting health needs
- Making friends and forming relationships
- Leisure activities
- Employment



Simulated example



Blue line represents people on the spectrum. Red line represents neuro-typical persons
Vertical represents the level of anxiety experienced during the time period indicated.



How I can help...

Autism Specific Support





Building confidence

- Be aware of how sensory issues may be impacting
- Use their preferred communication method
- Inform - using visual information if possible
- Always have a contingency plan e.g. send photos ahead
- Support to deal with change, anticipation and the unexpected
- Supporting through the use of coping strategies



Common resources

- Be aware of how sensory issues may be impacting



KISS! Keep It Short and
Simple (language)



Support recap.....

- Allow extra time to process information
- Written and visual information can help
- Even people who are very articulate need you to use the support listed above
- Let the person know what to expect and
- what is expected of them.





Creative Thinkers

“If it wasn't for people with Asperger Syndrome we would still be living in caves”

Temple Grandin





Strengths in Autism

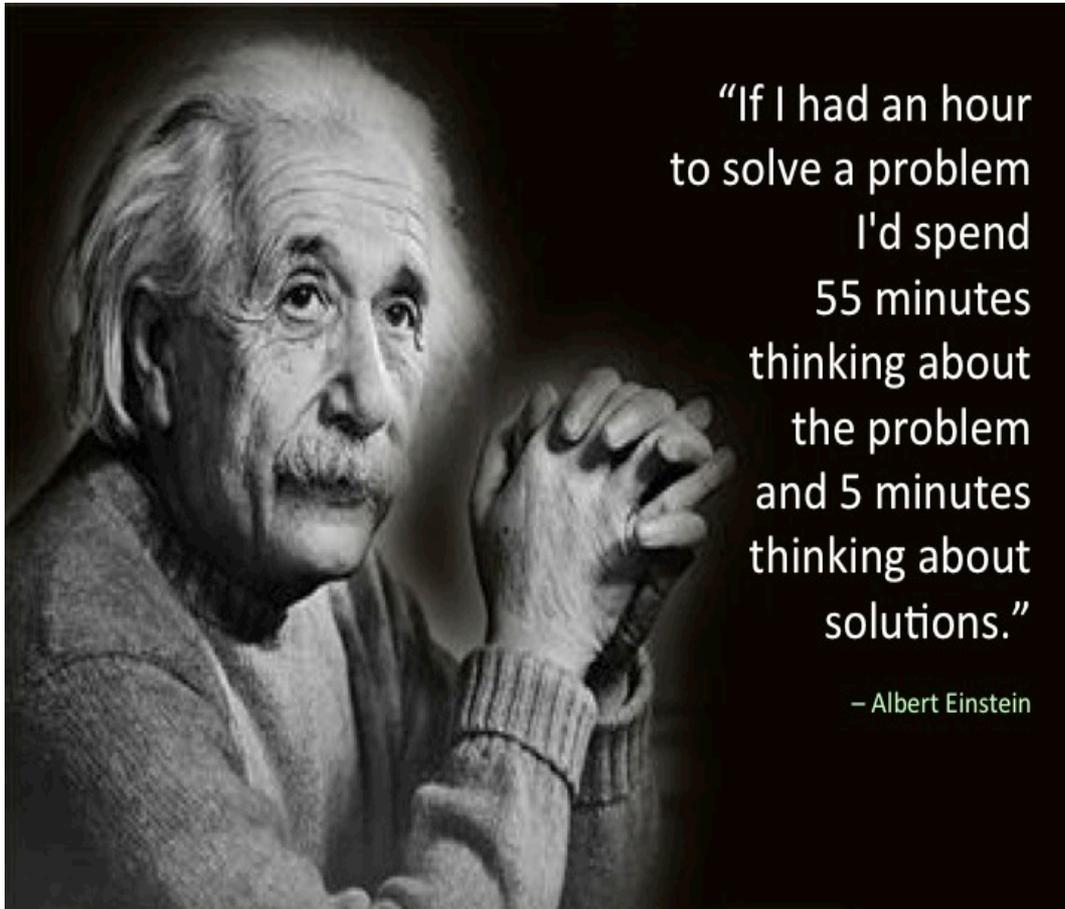
- Visual thinking
- Ability to notice detail
- Honesty
- Reliability
- Special knowledge and interests
- Ability to concentrate on a task to a high standard
- Ability to accurately follow information if presented in a way the person understands





Autism in Practice

Advice & Training for the workplace





Apps for iPads



Visual planner



Visual routine



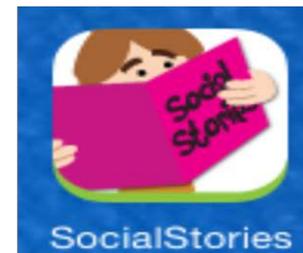
Choiceworks



Calm counter



Visual routine



Social Stories



More apps for iPads, iPods and iPhones

Proloquo2Go £170.00 Award winning. For people that are non-verbal or limited speech. Make up sentences and it speaks them. Has large vocabulary and can be personalised to suit the individual.

Pictello 1.5 A simple way to create talking photo albums and talking books, share important events with people that live far away. Verbally helps people with limited to no speech. Tap on the pictures and it speaks for you. Simple design.

Sono flex lite Easy vocab—turns symbols into clear speech.

Discover my voice Designed for easy set up by support givers. Its like a digital PECS £49.99

Voice 4U Fun and memorable images help improve language £49.99

My Talk Tools Mobile Text to speak apps with a choice to how you communicate—images, photos, video, symbols, audio files, human voice £34.99

Augie AAC structure Text to speak with built in/preloaded words used regularly for home, school and work. Has built in schedules and other visual structure £159.99



More apps for iPads, iPods and iPhones

Dragon Dictation Easy-to-use voice recognition application that allows you to easily speak and instantly see your text or email messages.

LanguageBuilder Use of audio clips promotes auditory processing. Auditory playback of the user's voice offers reinforcement for language development. £5.99

Kids Learning—My First Numbers Counting Game. A great and exciting introduction to learning numbers 1 to 20.

OneVoice Claims to be as easy to set up as it is easy to use £199.99



iPads, covers and screen protectors

- **Ipads:** From £189 - £450 May 2015. On line at John Lewis, Amazon and other reputable stores. <http://www.johnlewis.com> or http://www.amazon.co.uk/s/ref=nb_sb_noss_2?url=search-alias%3Daps&fieldkeywords=apple+ipad+air&rh=i%3Aaps%2Ck%3Aapple+ipad+air
- **IPad covers:** From £30.00. Sturdy and durable “Big Grips” from on-line Big Grips Company or Amazon. Other covers from £10 upwards. <http://www.bing.com/search?q=big+grips&form=IE11TR&src=IE11TR&pc=DCJB>
- **Screen protectors:** From £10 upwards
Mei defender (shatterproof and waterproof) http://www.amazon.co.uk/Apple-iPad-2nd-3rd-4th/dp/B00KZYT5W/ref=sr_1_5?ie=UTF8&qid=1407870127&sr=8-5&keywords=ipad+2+shatter+proof+screen+protector
Gorilla screen covers (shatterproof) http://www.amazon.co.uk/Latest-Explosion-Proof-Tempered-Screen-Protector/dp/B00HUMR09K/ref=sr_1_3?ie=UTF8&qid=1407870127&sr=8-3&keywords=ipad+2+shatter+proof+screen+protector
- **iPad Cases:** From £9.00 upwards. Amazon, Curry’s shops or similar



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Autism in Practice
is the training and development section of

