

Positive About Autism™



Positive About Autism™ is a training company providing workshops on autism. Our training is active, visual and fun and reflects our positive style and positive philosophy.

We provide training for teams on all aspects of understanding and supporting people with autism.

Workshops: Autism: The Basics | Communication | Making Sense of Sensory | Learning Disability Awareness | What Do We Do about Difficult Behaviour? | Autism: The Basics Plus

WHAT IS AUTISM?

Children and adults with autism might:

- Learn differently
- Think differently
- Communicate differently
- See, hear and experience the world differently

All people with autism are slightly different from each other: different in terms of their levels of need, and cognitive ability but also different in terms of their highly individual pattern of characteristics associated with autism. So, in each and every person on the 'autism spectrum' there is a different mix of characteristics, needs and abilities. *Continues...*



RESOURCES

Visit our website for free resources, course notes and links.



E NEWSLETTER

Subscribe to receive all the latest news and views from the world of autism. Completely free.



LEARNING COMMUNITY

Link up with other practitioners and share autism news and ideas

[linkedin.com/groups/8607487](https://www.linkedin.com/groups/8607487)



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CALL

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People with autism have said that the world, to them, is a mass of people, places and events which they struggle to make sense of, and which can cause them considerable anxiety. In particular, understanding and relating to other people, and taking part in everyday family and social life may be harder for them. Other people appear to know, intuitively, how to communicate and interact with each other, and some people with autism may wonder why they are 'different' (National Autistic Society 2008).

Autism is a developmental condition. As yet there seems to be no specific cause although there is a complex pattern of inheritance that we don't fully understand yet. Most recently certain genes have attracted interest. It's unlikely that there is one 'gene for autism'. It's far more likely that genetic differences, together with other factors, increase the risk of autism. The condition affects about one in every eighty people. In the UK that means there are over 800k people on the autism spectrum.

As autism is a spectrum condition, not surprisingly there isn't one single approach, therapy or intervention that works for everyone. A mix is good. Finding what works, through patience and partnership, and putting it to good and consistent use seems to be the thing. Before getting in to the business of intervention it's vital to understand the person in terms of their unique version of autism. There are no short cuts. Autism is a condition that challenges peoples understanding of communication, cognition, and human difference. Sometimes, in order for people with autism to learn, have fun, achieve independence, other people have to do things differently.

People with autism have positive strengths. People with autism have unique and sometimes complex needs. Working with strengths and meeting needs promotes learning, independence and well being.

THE FACTS

Autism is much more common than many people think

Autism doesn't just affect children. Autistic children grow up to be autistic adults

34% of autistic children say they are bullied

17% of autistic children have been suspended from school; 48% of these have been suspended three or more times; 4% have been expelled from one or more schools

Seventy per cent of autistic adults say that they are not getting the help they need from social services

One in three adults are experiencing severe mental health difficulties due to a lack of support

Only 16% of autistic adults in the UK are in full-time paid employment, and only 32% are in some kind of paid work

Find out more at:-

positiveaboutautism.co.uk/resources

CHRIS BARSON

Chris Barson founded Positive About Autism in January 2009. Chris has a long involvement with disability and autism.

Chris trained as a learning disabilities Nurse at University Hospital Wales. Chris gained experience in intensive support for people who present a severe challenge to services. Chris joined the National Autistic Society (NAS) in 1996 working with the NAS Regional Development Team promoting service development throughout the UK. Chris became NAS External Training Manager in 2005.

Chris is a contributing author to 'The Autism Spectrum in the 21st Century: Exploring Psychology, Biology and Practice' Jessica Kingsley Press 2010 (Highly Commended 2011 BMA Medical Book Awards).



WORKSHOP TITLE

DATE

MY NOTES 

ACTION PLAN

To implement what I have learnt I will: ✍️

To continue my learning I will:

More reading: positiveaboutautism.co.uk/articles

GROUND RULES FOR WORKSHOPS

Try to stick to time

Phones on silent

Avoid side conversations

Respect confidentiality - we'll need to talk about individuals but we will do so with respect

Join in - You are your own best resource! Much of the content of the training will be coming from you

Everyone should contribute to a safe/non-judgemental environment

Ask Questions - there are no silly questions. If you do have a question you don't want to ask in front of others, ask it privately during a break



Stay in touch by subscribing to our free, monthly Autism E- Newsletter

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READING LIST

The Autism Spectrum in the 21st Century, Jessica Kingsley Publishers

Understanding Autism for Dummies, Wiley

Reaching and Teaching the Child with Autism Spectrum Disorder, Jessica Kingsley Publishers

People With Autism Behaving Badly, Jessica Kingsley Publishers

Autistic Thinking: This is The Title, Jessica Kingsley Publishers

Autism and Asperger Syndrome: The Facts, Oxford

Valuing People With a Learning Disability, M&K

Lives With Autism, M&K

The Asperkids Secret Book of Social Rules, Jessica Kingsley Publishers

WEBSITES

autism.org.uk

dimagine.com

bild.org.uk

mencap.org.uk

openfuturelearning.org

spectrumnews.org