

AUTISM WORKSHOP

Autism from a personal perspective

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SOCIAL/EMOTIONAL

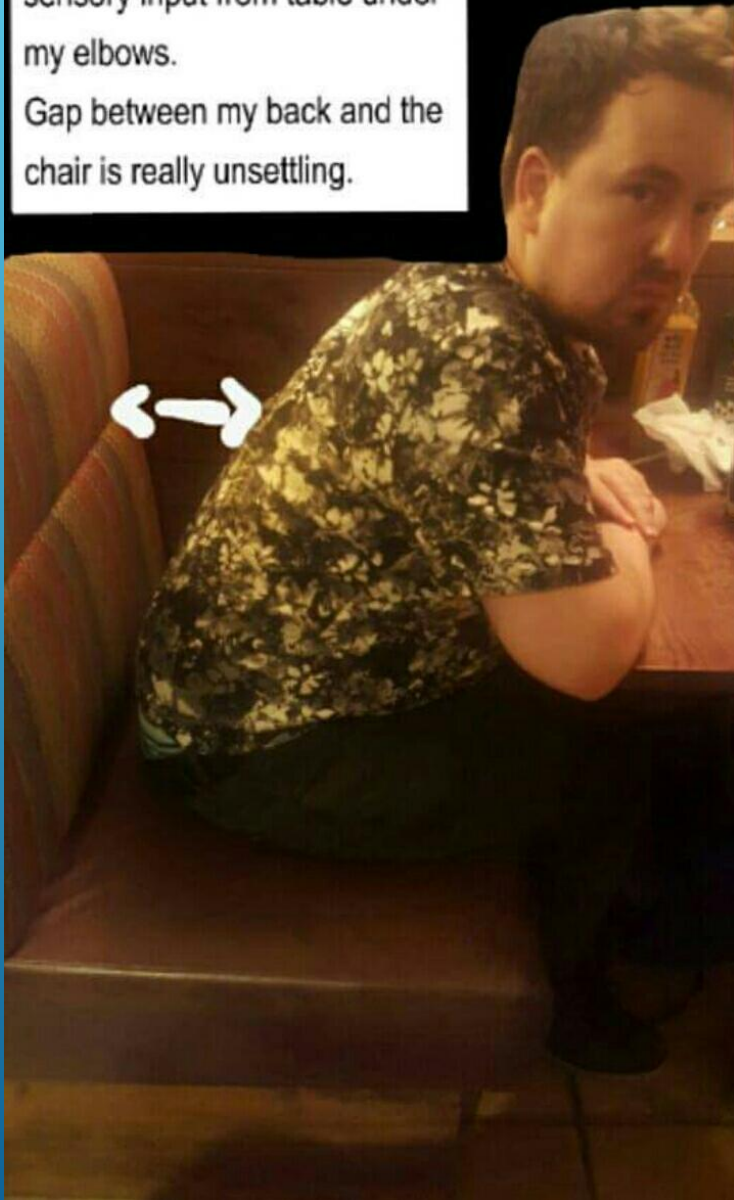
- Teaching social knowledge (as opposed to skills) is essential- but BE HONEST. We are not trying to mould autistic people into being more 'non-autistic', we are endeavouring to demystify the socially illogical world that non-autistics live in
- Knowing the difference between 'bullying' and 'banter'- may need teaching as some autistics may struggle to know difference
- Social clubs? Is there a better name? The word 'social' can cause anxiety for those who find social environments stressful- perhaps call it 'lunchtime club', 'DVD club' etc. make activity the focus and not the social element. This reduces pressure.
- Humour- autistic people have barrel loads of it!
- Alexithymia- the difficulty in identifying your own feelings
 - Help us to identify our own feelings before teaching us about other peoples'
- Social breaks

1) How does this relate to the autistic people you work with?

2) In what ways have you tried to support these needs?

A series of white lines of varying lengths and angles, located in the bottom right corner of the slide, creating a modern, abstract graphic element.

No back support but some sensory input from table under my elbows.
Gap between my back and the chair is really unsettling.




Some back support but not close enough to table to get sensory input on front of body.
Gap between body and table feels like a canyon.



ANXIETY

Why are autistics more likely to experience anxiety?

- Too much imagination
 - Less ability to filter threat?
 - Context can confuse situations
 - In my case. I'm only reassured by definates
 - As a black and white thinker, the grey areas of life induce anxiety
 - Meltdowns & Shutdowns – anxiety presents in a number of ways
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ANXIETY cont. WHAT HELPS? FOOD FOR THOUGHT...

- Take it seriously- its real for us
- Golden duo: fact backed up with evidence
- Reduce social pressure when discussing anxiety
- Person will often wait until you are at your busiest- no coincidence- less social focus when you're busy
- Find other ways for us to communicate anxiety- art, music etc. - outlets are important
- DONT let autistic person google their anxieties unattended
- Inject the day with predictability to balance out grey areas
- Be careful when using humour with a person who is in the midst of anxiety
- Say little but mean more- few words, maximum meaning
- Try to be clear and explicit with requests etc.
- Give time to process

SPECIAL INTERESTS



