




AUTISM SPECTRUM CONDITION (ASC) session for parents



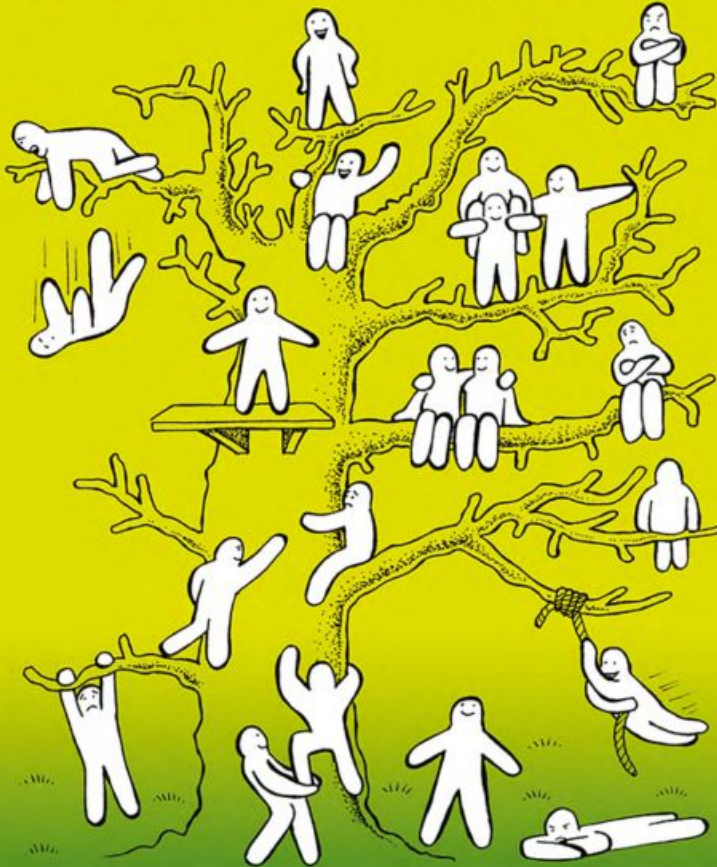
Hannah Jones Child, Community and
Educational psychologist

One of the links for Woodberry Down
community school

Hackney Education



BLOB TREES



How are you today?



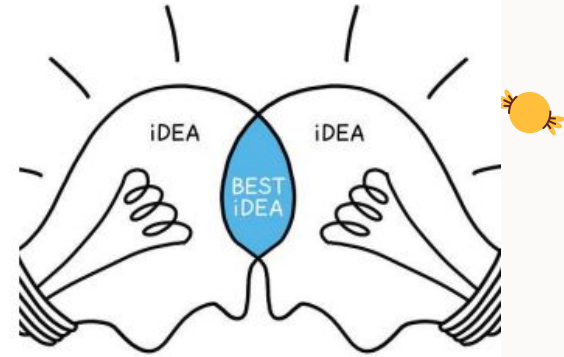
Make sure your sitting somewhere comfortable.
Get yourself a tea or coffee if this fits for you. .

Input will finish hopefully before 3 for time
for questions and discussions



Setting up the space

- Hearing from everybody
- Collaboration as parents with Lived Experiences
- Discussion and a SAFE SPACE
- The diagnostic process
- Neurodiversity
- Sensory needs



NO
judgement
ZONE

The journey to get here



SEEKING A DIAGNOSIS

- Some people have different experiences or relationships to their child being 'labelled' as an autistic person

THE PATHWAY TO DIAGNOSIS

- The waiting list and assessment process can take a long time
- Even if you have been expecting it, it can still feel like a big shock. It may take time to take on board what this may mean for you and your child.
- You may find you have more questions over time. School and other services can work to try and help you with these.
- There is further advice and support out there for all parents/carers
- The diagnosis can support with understanding alongside helping with gaining extra support.

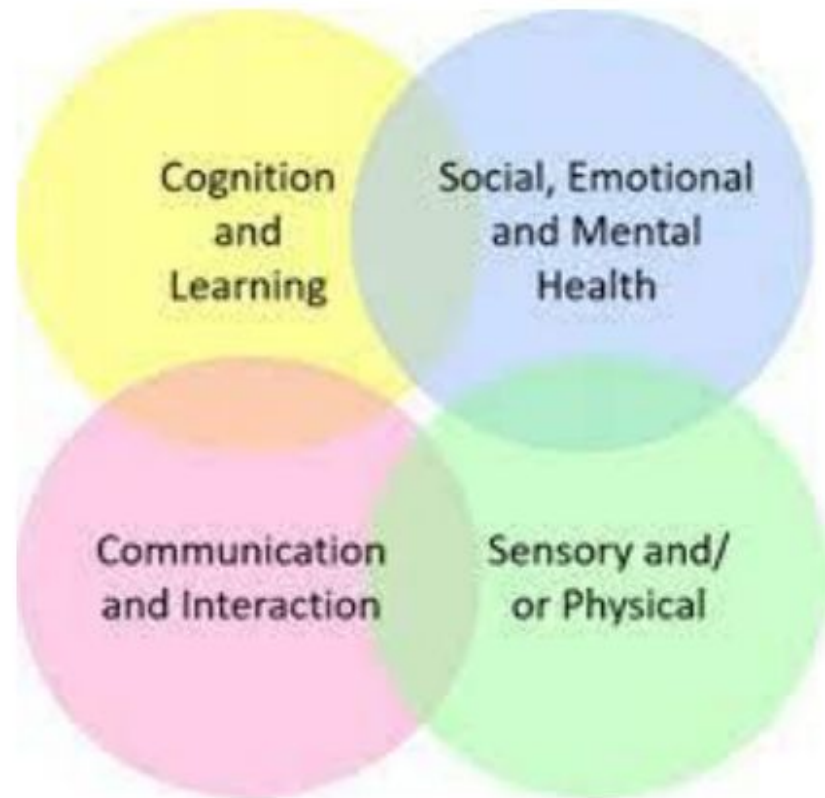
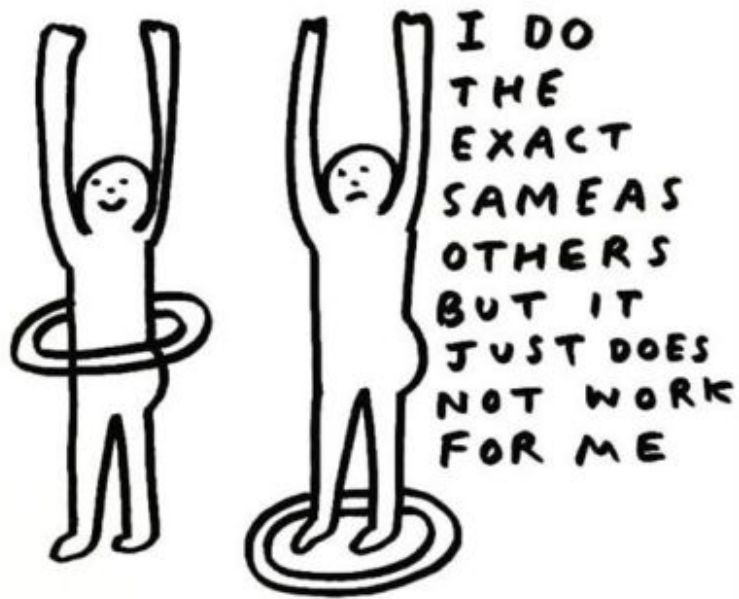
Finding out your child has additional needs

- Whatever your situation, you may have lots of different thoughts, feelings and worries.
- Different family members may cope differently and have different experiences.
- There are no wrong feelings. Different feelings may happen all on the same day.
- Be patient with yourself.
- Find family and friends that you can talk to.
- Understand that partners may not be feeling the same at that point in the journey.



SEND Code of Practice 2015

- The SEND Code of Practice provides practical advice to Local Education Authorities, maintained schools, settings and others in carrying out their statutory duties to identify, assess and make additional provision for children's special educational needs
- Children with Special educational needs will often have their needs met in mainstream settings like this
- The views of the child or young person are important to include and take into account in terms of their support
- Parents have a vital role to play in supporting their child's education through knowing your child best



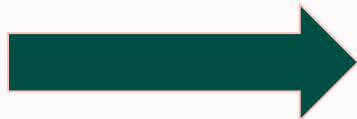


Neurodiversity as a concept

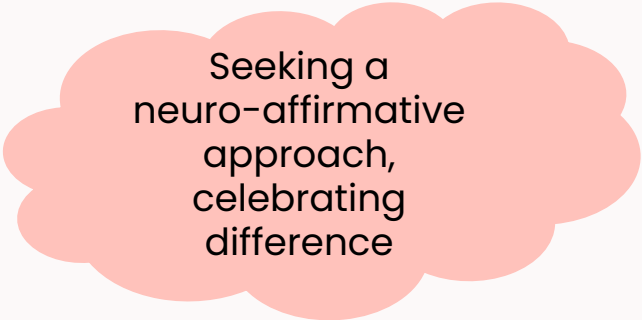


Understanding the concept of neurodiversity is key to reframing thinking from:

Talking about
autism in a
medicalised
way



To recognising and
understanding the
autistic experience as
a natural and innate
part of human
experience



Seeking a
neuro-affirmative
approach,
celebrating
difference



AMAZING THINGS HAPPEN



The ASD Iceberg

WHAT?

Enjoys repetitive activities

Likes trains & computers

Won't clean teeth

Has tantrums in shops

WHY?

AUTISTIC SPECTRUM CONDITION

Social Communication, Flexible Thinking/Thinking style

Sensory sensitivities:
sound - smell - taste
vision - touch - pain

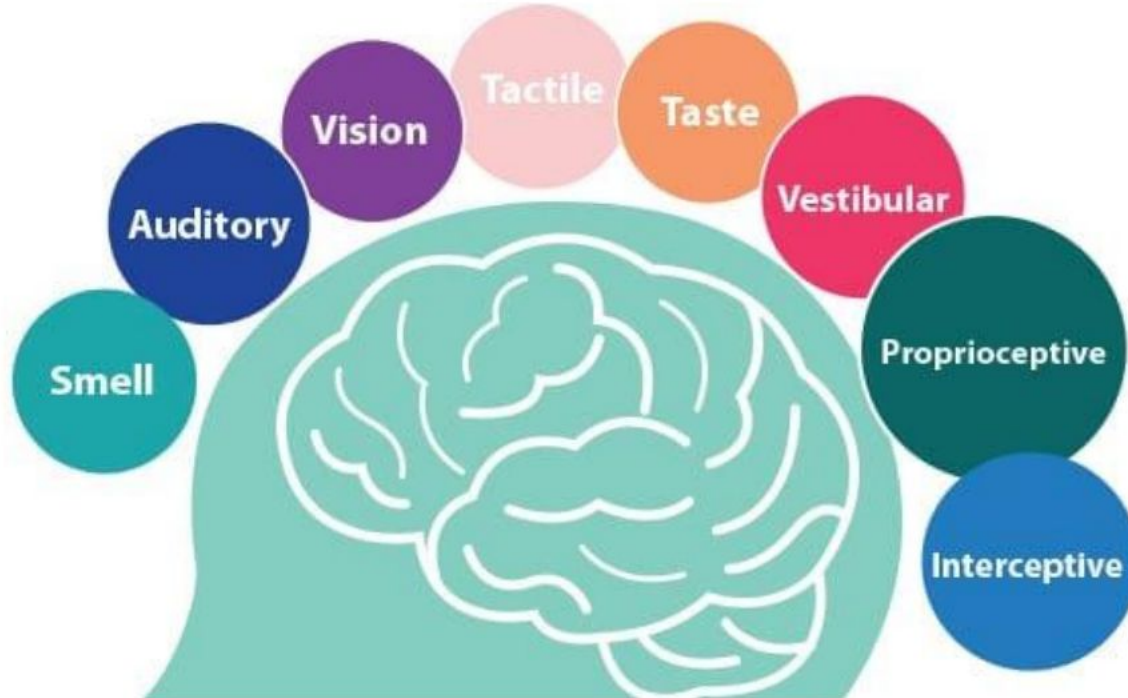
Making Sense of the World:
Focus on detail
Desire for sameness
Double empathy problem
Monotropism (one focus)

What is sensory processing?

We are doing it all of the time

80% of our brain activity is used processing sensory information

How we process sensory information has an impact on physical development, social and emotional development and cognitive development



SENSORY PROCESSING

Making sense of behaviour

Over sensitive

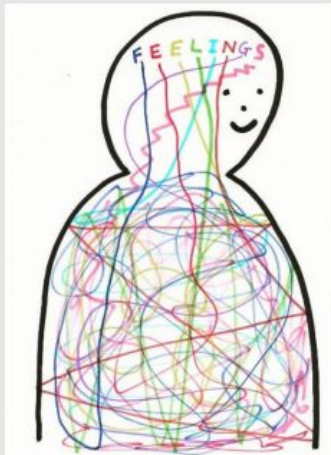
May be more easily distracted, dislike loud noises, dislikes feel of certain clothes, moves away from people.

Under sensitive

Seeking things out, needing to feel things, seeking stimulation from flickering lights, bang doors, seek sounds, chewing, eating things.



REMEMBER: TAKE CARE OF YOURSELF



Hobbies

Exercise

Relationships

Sleep

Support
Groups

Gathering
Information

Remember:
Your child....



Will make progress in
their own way

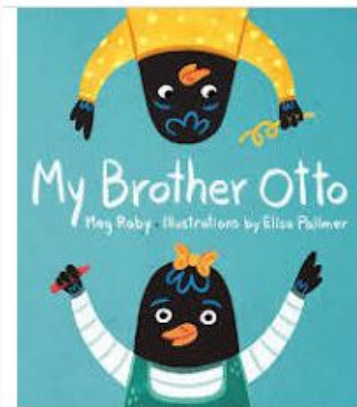
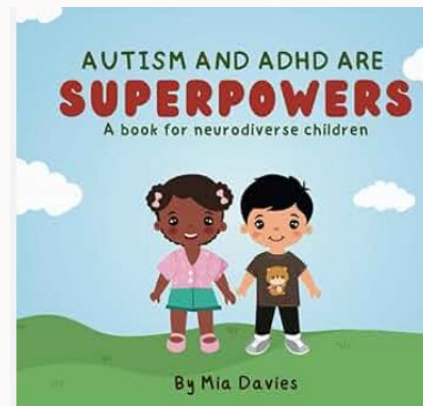
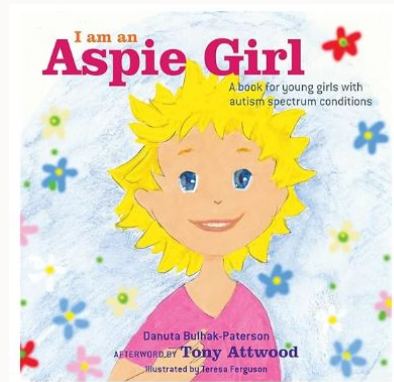
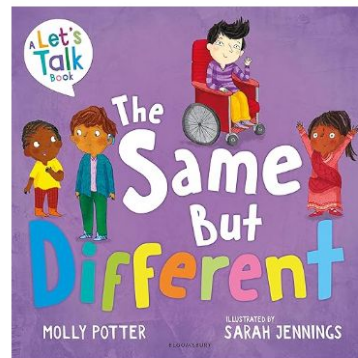
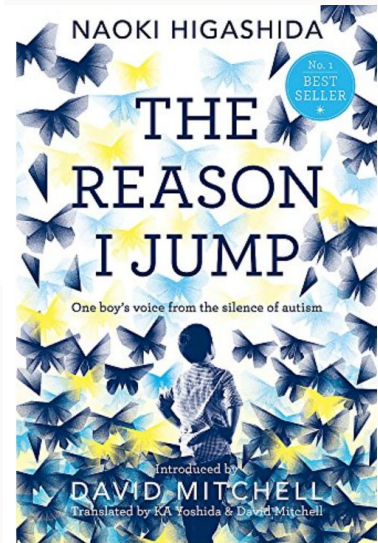
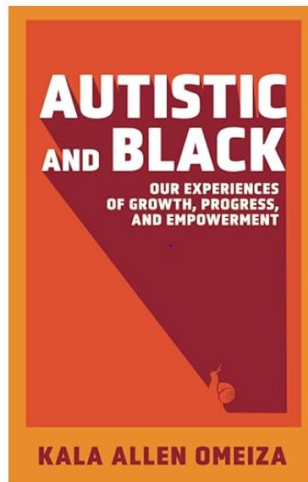


Tries their best
everyday



Should be supported
in a way which suits
their individual needs
and strengths

Book recommendations





Contacts and references

Hackney Local Offer www.hackneylocaloffer.co.uk

CAMHS Disability at Hackney Ark re Early Bird, Early Bird Plus or Cygnet 0207014 7071



Neurodevelopmental Team Coffee Mornings online last Thursday of every month.

Main email contacts: Jacqueline.macaulay@nhs.net duygu.bozkurt@nhs.net

Food explorers workshop: 07917 552276 or 07468 761931

Or email jamila.quintyne@nhs.net or beth.dowie@nhs.net

Sensory processing and regulation workshops: huh-tr.childrensotptevents@nhs.net or 02070147025

Support for siblings: www.sibs.org.uk



Autism Education Trust www.autismeducationtrust.org.uk