

# Asperger Syndrome Awareness

A one day course

Whether you already know something about this group, or are a newcomer to the work, the course aims to really put you in touch with the issues faced by people with Asperger Syndrome, and to offer ways of working with them that will both improve your knowledge and increase your confidence.

## Who is this course for?

This programme is aimed at anyone who works with, or needs to know more about people with Asperger Syndrome.

## What the course covers

- How people with Asperger Syndrome perceive the world differently, and how this throws up issues for the way we work with them
- The key issues involved in diagnosing both Autism and Asperger syndrome - the “Triad of Impairments”
- How Aspergers affects people’s lives, the lives of their families and those around them
- The characteristics and behaviour of people with Asperger Syndrome
- The Autistic world – sensory overload and the environment
- What does a diagnosis of Asperger Syndrome mean?
- What is the difference between Autism and Asperger syndrome? What is “high functioning Autism”?
- What are the barriers in society that people with Aspergers face?
- Communication – hints and tips
- Understanding best practice approaches, and strategies for working with people with Aspergers
- The Government’s legislation and strategy on Autism (the Autism Act 2009)
- Reviewing our own working practices to feel more confident in working with people with Aspergers
- Who to contact for further information/support

**Timetable** (may be subject to amendment)

**Session 1** Introductions

Quick quiz – paired exercise

Defining Autism Spectrum Disorder

The Triad of Impairments – the key to diagnosis

**Session 2** What causes autism and Asperger's?

The difference between Autism and Asperger Syndrome? – and high functioning Autism?

Barriers in society

Models of Disability – social and medical models

Small group exercise

Understanding the world of Asperger Syndrome

**Session 3** Working with people with Asperger's

Video - "A is for Autism"

Strategies for working with people with Asperger's - Best practice

**Session 4** Legislation – a brief overview of the Government's new Autism Bill and the National Adult Autism Strategy

The affect of legislation on the place of work? –Changing the way we work