

AIM

To be able to recognise autistic traits in a person, meet their communication needs and understand when and how to implement adjustments in a Person-Centred way

DURATION

Full Day Course (6 Hours)

LEARNING OUTCOMES

By the end of this course, you will:

- Recognise that Autism is a type of neurodiversity
- Know that Autism is a spectrum disorder
- Understand that some autistic people will be diagnosed with other neurodivergent disorders
- Recognise that autistic people have strengths and abilities
- Know that some people have misconceptions relating to Autism
- Understand that every autistic person's spectrum is unique
- Know the three areas of difference
- Understand that autistic people face challenges with social communication, interaction and imagination
- Know that autistic people will have repetitive, restrictive and self-regulating behaviours
- Recognise that autistic people will have differences in sensory processing
- Understand that an autistic person's senses may get overloaded
- Know that alternative communication methods can be used to meet an autistic person's needs
- Be aware of signs that may indicate that a child is autistic
- Recognise the importance of an adult getting an autism diagnosis
- Know ways to support an autistic person and their family

LESSONS AND TOPICS

Understanding Autism

- Terminology
- Autism Spectrum Disorder
- Other Neurodiverse Conditions
- Facts and Statistics
- Common misconceptions about Autism
- How to talk about Autism
- Strengths and abilities of Autistic People
- Famous Autistic People
- Misconceptions of the Spectrum

Social Communication, Interaction and Imagination

- Three Areas of Difference
- Social Communication
- Social Interaction and Rules
- Social Imagination

Restrictive/Repetitive or Self-Regulating Behaviours

- Restrictive Behaviour
- Restrictive Interests
- Restrictive Interest Case Study
- Repetitive and Self-Regulating Behaviour
- Repetitive Behaviours That Become Restrictive

Sensory Processing

- Sensory Processing
- Lesser-Known Senses
- Sensory Overload
- Reasons for Behaviour of Concern
- Distraction
- Hyposensitivity

Communication

- Communication Challenges
- Alternative Methods of Communication
- Communication Tips

Diagnosis

- Diagnosis in Children
- Diagnosis in Adults
- Diagnostic Overshadowing

Supporting Autistic People

- Person-Centred Care
- Bullying
- Mental Health
- Reasonable Adjustments
- Passports
- Signposting