

Live Well with Autism Project 2019

Giving Autism a Voice



The project working group are ...

- ▶ Dawn Brown
- ▶ Euan Hood
- ▶ Diane King
- ▶ William Rae
- ▶ Dawn Ranson
- ▶ Lisa Ranson
- ▶ Linda Singer





With grateful thanks to our funders ...

- ▶ The R S MacDonald Charitable Trust
- ▶ The William Grant Foundation



Our project is for autistic people who ...

- ▶ Live in Aberdeen City
- ▶ Live in Aberdeenshire



We want to help autistic people to be ...

- ▶ Listened to
- ▶ Respected
- ▶ Understood



This is to help autistic people to ...

- ▶ Understand their condition and how it affects them
- ▶ Be empowered to plan to live better lives within their communities



We want to help autistic people to ...

- ▶ Have better access to information in a format they understand
- ▶ Better manage and understand their condition



We want to help autistic people to ...

- ▶ Recognise warning signs and plan to take breaks
- ▶ Feel included and involved in their communities
- ▶ Have more control in their lives



Our project includes issues that autistic people said are important ...

- ▶ Social communication and relationships
- ▶ Sensory processing
- ▶ Motor processing
- ▶ Anxiety issues
- ▶ Cognitive processing



Learning about your own autism

We are running some facilitated discussion groups throughout March, April and May 2019 for autistic people about issues autistic people said were important

We hope this will help them to learn more about themselves and help other people to understand how autism affects each autistic person differently



Session 1: Sensory Processing Issues

Presented by Catherine Morris, Specialist OT

- ▶ Sharing information
- ▶ Strategies that may help me
- ▶ Learning about under and over sensitivities
- ▶ Helping others understand me better
- ▶ Creating a personal passport / profile



Session 2: Motor Processing Issues

Presented by Catherine Morris, Specialist OT

- ▶ Sharing information
- ▶ Learning about movement and coordination difficulties, dyspraxia and organisational skills and difficulties
- ▶ Finding strategies that may help me
- ▶ Helping others understand me better
- ▶ Creating a personal passport / profile



Session 3: Cognitive Functioning/Processing

Presented by John Forrester, Autism Consultant

- ▶ Learning about how my brain works
- ▶ Helping other people to understand me better
- ▶ Gaining some personal understanding to help me to manage my own condition
- ▶ Creating a personal passport / profile



Session 4: Anxiety and Autism

Presented by John Forrester, Autism Consultant

- ▶ Sharing information
- ▶ Learning about what causes me anxiety
- ▶ Finding strategies that may help me
- ▶ Identifying and building coping skills
- ▶ Creating a personal passport / profile



Sessions 5/6: Presentation/Communication Skills

Presented by Sue Hope, Autism Voices Project at iwork4me (to be confirmed)

- ▶ Learning about presentation skills
- ▶ Gaining more confidence
- ▶ Speaking out so my voice is heard
- ▶ Having more control of my life
- ▶ Creating a personal passport / profile





To find out more information or to book your place, please contact ...

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