

# ASD Helping Hands

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## Initial Just Diagnosed? course report



### Just Diagnosed?

**A 4 week parent workshop for parents and carers who children are suspected of having ASD or have recently been diagnosed**



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# Executive summary

## Executive Summary

As a result of the Health Watch report, 2018, looking at services across Norfolk that provide both pre and post diagnostic support for those on the Autism Spectrum and those that care for them, they noticed a distinct lack of support for those who are currently waiting for or have just received a diagnosis of Autism Spectrum Disorder.

We at ASD Helping Hands formulated a four-week parent and carer workshop that covers the four main concerns raised by parents and carers;

- What is autism?
- Understanding and managing behavior.
- Sensory integration
- Aiding in communication

In June/July 2019 we ran our first full workshop, this was intended by 12 individuals all parent of children with autism or waiting for an assessment. This report will outline the course, feedback to gained from the course and our future plans to roll out the workshop across the whole of Norfolk.



# Course outline

## Week 1: Understanding Autism

This week will cover:

- Triad of impairment
- The autism spectrum
- Co-morbid conditions and mental health

Week 1 focuses on introducing the cohort to the world of autism, outlining the key difficulties in those with autism as well as exploring some of the other conditions that are associated with the spectrum disorders.

## week 2: understanding behaviour

- The anger mountain
- The brain
- Understanding how parenting can affect behaviour
- How to support during a meltdown
- ABC charts and monitoring behaviour

Week 2 looks at the biological reasons for behaviour and how parents/carers can support and deescalate these situations.

## Week 3 the sensory world

This week will cover:

- The seven senses
- Hyperactive vs hypoactive
- Arousal states
- Supporting sensory difficulties

Week 3 introduces the group to the idea of sensory integration and difficulties. During this week we allow the participants to experience sensory overload using our own original exercise and we also discuss the best ways to support sensory integration within the home environment.

## Week 4-communication

This week we will cover:

- Difficulties with communication
- Visual aids
- Supporting the development of social skills

Week 4 concentrates on the specific difficulties in relation to communication and autism. We introduce and discuss various communication aids and the best way to implement these at home and the community.

# Teaching

*“Behaviour is communication. Change the environment and behaviours will change,”*

Lana David, Autism Unites

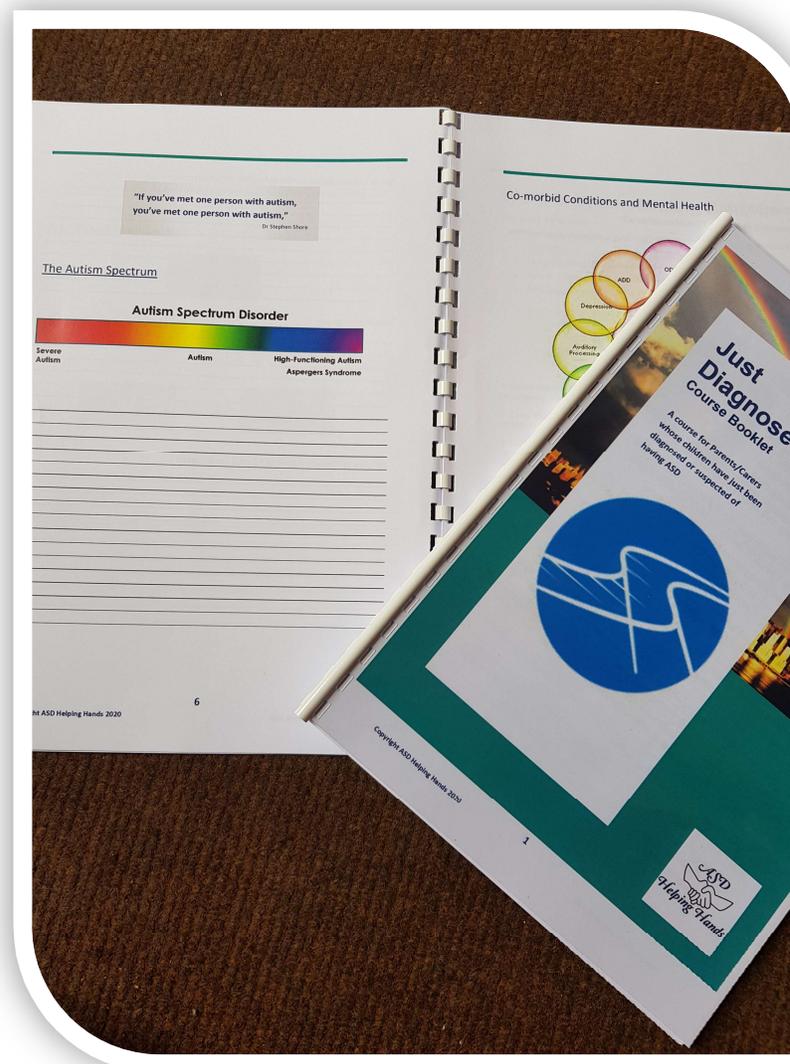
## Learning aids used

Each session contains a varied array of teaching methods and aids ranging from:

- Group activities
- Video and multimedia
- Tutor lead discussions
- Group lead discussions
- Physical activity
- Homework tasks

## The work booklet

Each participant is given a thirty-one-page work booklet which contains all the information, exercises and space for notes that they will require for the 4 week programme.



Course work booklet

# Financial breakdown

for course running June 2019 to July 2019

## Profit and loss

<b>Outgoing</b>	(£)
Printing	93
Admin	30
Total	123

## Income

Course fees	180
Total	180

**Profit/loss**                      57

# Feedback

Feedback gained from 8 of the 12 participants

	Strongly agree	agree	disagree	Strongly disagree	Not relevant
The objectives of the training were met	7	1	-	-	-
The presenters were engaged	7	1	-	-	-
The materials were relevant	7	1	-	-	-
The course content was organized and easy to follow	6	2	-	-	-
The trainers were well prepared and ready to answer all questions	6	2	-	--	-
The course length was appropriate	4	4	-	-	--
The pace of the course was appropriate	5	3	-	-	-
The activities were relevant and helpful	6	2	-	-	-
The venue was appropriate for the event	5	3	-	-	--

## What was most useful?

“Learning about the behavior and how the brain works, including how to deal with meltdowns.”

“Learning about different aspects of ASD and relating them to my own child, and experiences.”

“How to deal with meltdowns and sensory issues, the whole course was useful.”

“Being told/ explained what ASD is and means as no one had ever done that for us before.”

“The communication advice and understanding of the anger mountain.”

“I found the whole course extremely useful and informative covering all areas”.

## What was least useful?

“The communication session, but only because I already knew a lot of it and we use visuals at school.”

“Nothing found very helpful “

“There wasn’t anything I didn’t find helpful.”

“All relevant”

“None of it!”

## **Would you recommend this course to colleagues/other parents?**

“I will be trying to get hubby on one so we both know what where are talking about.”

“Yes, I am going to advice grandparents attend. “

“I have already recommended this course to family and some friends who would benefit from it.”

“Yes/provided me with more knowledge about the condition and how to help my ASD child.”

## **Any other comments?**

“The classroom setting, and Lee’s (the trainer) working approach made it easy to absorb information. I didn’t worry about answering questions. Considering that after diagnosis you are just left, this is a lifesaver and much more helpful than reading a book at home alone trying to understand the vast world of autism.”

“Our daughter was recently diagnosed, and we were feeling very confused and overwhelmed by everything (we still do) but it has helped us massively to have a better understanding and started to clear the fog on how it affects he everyday life and her future. “

“Great course matter, great delivery! Very informative.”

We plan on rolling out this course across six areas within Norfolk, running one course each half term.

These six areas and provisional dates are:

- Dereham- September 19
- Norwich – November 19
- Kings Lynn- January 2020
- Great Yarmouth and Waveney- April 2020
- Aylsham – June 2020
- Thetford- March 2020

We hope that this will then become a rolling course ran each year in the above locations and go towards a pre and post diagnostic support package alongside our family support service to ensure that families and carers affected by ASD receive they need, when they need it, and prevent situations escalating and requiring the interventions of statutory organisations such as mental health teams and social services and children services.

## 2020 Dates



# Just Diagnosed?

**A 4 week parent workshop for parents and carers who children are suspected of having ASD or have recently been diagnosed**

<b>Kings Lynn</b>	<b>Thetford</b>	<b>Great Yarmouth</b>
10:00-12:00	10:00-12:00	10:00-12:00
16th January 2020	5th March 2020	30th April 2020
23rd January 2020	12th March 2020	7th May 2020
30th January 2020	19th March 2020	14th May 2020
6th February 2020	26th March 2020	21st May 2020

**£15.00 per person include work booklet and light refreshments**