

**Autism and Social Communication
Team**

ASCURE

**A.S.C. Strategies, Understanding, Realisation and
Emotional wellbeing**

A course for parents of a child with autism



ASCSURE—Exploring Autism and strategies to promote positive behaviour and relationships

Are you a parent/carer of a child or young person, aged 9-16 years, who has autism and have not attended an ASCSURE course before?

The ASCSURE course is an excellent source of information for those new to Autism or for those requiring a little more in-depth knowledge. The course is free of charge to families of children in West Sussex maintained schools, at this time.

Course aims:

- to give a broad and balanced view of how autism and social communication difficulties may impact on the child/young person's life and that of the family
- to explore key practical strategies that can support autistic children
- to provide a forum for families to share their experiences and expertise together

Course outline:

The six recorded sessions will be focused on both theoretical and practical aspects of autism and the resulting strengths and challenges. There will be opportunities to participate in discussions and ask questions in group sessions on a weekly basis.

Applications to be received by 27th May 2022



In order for participants to fully benefit from this course we ask that they attend **all** sessions.

Topics covered in ASCSURE course by session:

• **Session 1: Autism: What does it mean?**

Develop understanding of autism, discuss experiences of getting a diagnosis and identify how autism can affect families

• **Session 2: Communication:** Develop understanding of communication difficulties and strategies to improve communication and interaction skills for the autistic child/young person (CYP).

• **Session 3: Sensory Needs**

Consider how sensory information and sensory experiences may be processed differently by autistic CYP, share strategies to help with sensory needs

• **Session 4: Anxiety**

Improve understanding of the signs of distress that autistic children may display and consider approaches to support self-regulation.

• **Session 5: Socialisation**

Explore the difficulties autistic CYP may have with socialising and developing relationships including siblings and strategies to develop their understanding of others and social situations and interactions

• **Session 6: Adolescence and Independence**

Consider ways to encourage independence and manage adolescence

Session No.	Topic	Team Member	When to watch recorded session (From- to)	Discussion Group Date. (Invitation to be received for a virtual session)	Discussion Topic and Questions for online group sessions.
WEEK 1	Autism: What does it mean?	Rachel	31 st May – 7 th June	7 th June 2022: 12-1.00	Autism: What does it mean?
WEEK 2	Communication and bonus session on visuals	Christine & Barbara	7 th June – 14 th June	14 th June: 12-1.00	Communication
WEEK 3	Sensory	Helen and Christine	14 th June – 21 st June	21 st June: 12-1.00	Sensory
WEEK 4	Anxiety	Rachel, Jessica and Sasha	28 th June – 5 th July	5 th July: 12-1.00	Anxiety
WEEK 5	Socialisation	Sasha, Becky, Sharon	5 th July – 12 th July	12 th July: 12-1.00	Socialisation
WEEK 6	Adolescence and Independence	Jane and Katherine	12 th July – 19 th July	19 th July: 12-1.00	Adolescence

For an application form and further details please contact:

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Please note there are a limited number of places on this course, which will be allocated on a first come first served basis.