

Working with autistic adults and children

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Timetable

9.15am-9.30am	Getting connected
9.30am - 9.45am	Introductions and how this works
9.45am - 10.45am	Session 1: Understanding and adapting for autism
10.45am – 11.00am	Break
11am - 12noon	Session 2: Practical communication strategies
12noon - 1.15pm	Lunch Break
1.15pm - 2.15pm	Session 3: Sensory Issues and Coping with change
2.15pm - 2.30pm	Break
2.30pm – 3.30pm	Session 4: Mental Health, Social skills and Behaviour
3.30pm	Finish

Throughout: Quiz questions, interactive opportunities, Q & A



Session 1: Understanding and adapting for autism

3



So what is autism?

A fundamentally different way of being in the world (as a result of different neurology) →

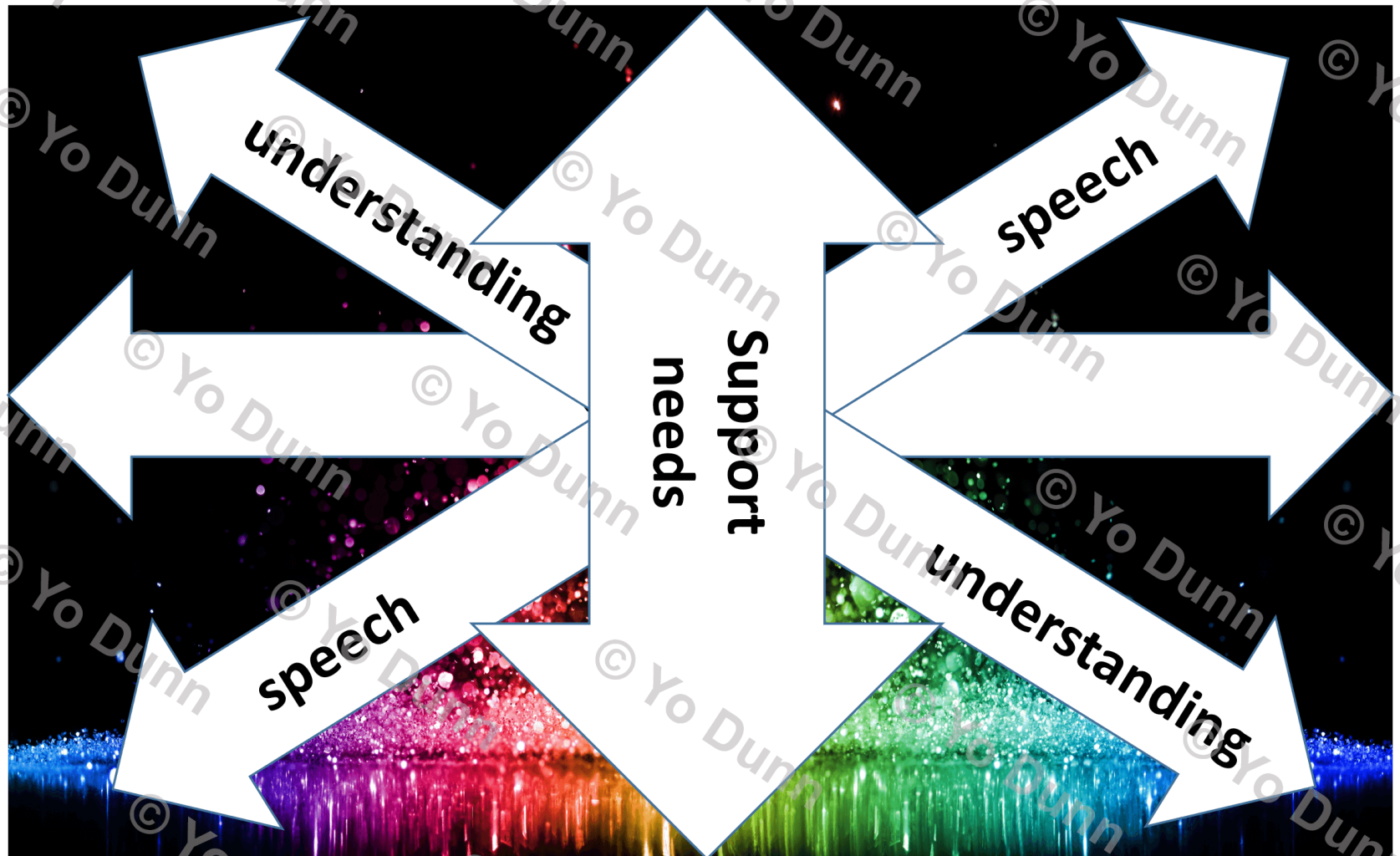
- Social Issues
- Communication
- Rigidity

And also

- Processing differences
- Sensory Issues
- Inertia, difficulties with initiative
- Other differences



The Autistic Spectrum



Creating a communication friendly environment

6

- Slow down



- One thing at a time

Processing: input

Hear

- Sound enters ear

Connect

- Word to concept

Meaning

- Understand word

Context

- How does this relate to other information?

Literal?

- Is the literal meaning possible/logical?

Analysis

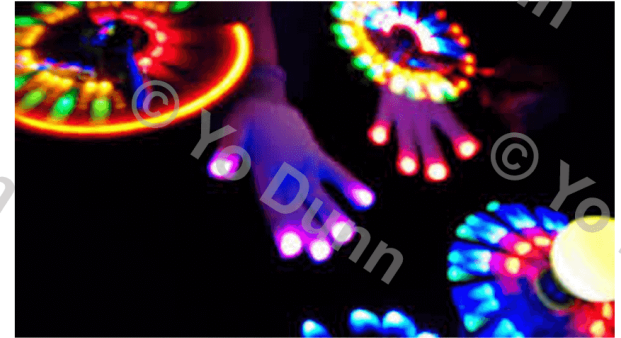
- Pulling it all together and making sense



Meeting sensory stimulation needs (for under sensitivity)

8

- Provide/encourage stimming
 - Chew toys
 - Fiddle/fidget gadgets
 - Blue tak!
 - Light-up toys



- Sensory stimulation opportunities including:
 - Large movement (e.g. trampolines, time outdoors)
 - Sensory rooms – important that child/young person has control or environment is carefully suited to their needs (don't bombard)

Supporting positive mental health



- Recognise and accommodate stress
- Strengths and Challenges
- Resilience – being the actor in your own life
- Developing a positive autistic identity

Overload: Fight, freeze or flight

- When distressed, some autistic people shut down, others become aggressive or run away
- The autistic person may well be perceiving what they are experiencing as life-threatening
- Overload can trigger an overwhelming “autonomic storm” – a neuro-biological massive overreaction



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