



Supporting the autistic person in your family – PBS (positive behaviour support) workshops for parents & carers of autistic people of all ages

Being the parent or carer of an autistic person can be many things – exciting, challenging, inspiring, frustrating, overwhelming and much much more. A primary goal for parents and carers whatever age their children are, is to support them to have the best quality of life possible. We also want our children to succeed in realising their full potential. But it can at times be difficult to put ourselves in our childrens' shoes – to understand their perspectives and experiences. This can be particularly challenging when the person we are trying to understand and support is autistic. While every autistic person has different needs, we know certain things will support the thinking and learning styles that characterise the autistic brain.

This 2-day, face-to-face, interactive workshop will address the common thinking and learning differences in autistic people and explore strategies to support their successful development in all spheres of life. So if you are the parent or carer of someone with autism and want to enhance your understanding and support of your autistic child, this workshop will help you achieve this.





Workshop Goals

The content and practical activities within this two day workshop will:

- 1. Outline the differences in thinking, learning and behaviour of autistic individuals.**
- 2. Introduce evidence-informed supports that can help an autistic person to realise their potential and live life well.**
- 3. Teach the use of practical tools designed to:**
 - Describe the individual strengths of, and barriers for, a person with autism.
 - Identify specific supports to address the identified barriers.
 - Determine the function of a behaviour of concern and suggest alternative behaviours that have the same function.
 - Work out what can be changed in your child's different environments to support them better.
 - Outline behaviour escalation and how to increase the likelihood that everyone can remain calm and in control.
- 4. Discuss two different models of disability and how these affect the experience of autistic people.**
- 5. Summarise positive behaviour support (PBS) and discuss how it can improve quality of life for everyone.**



Overview of workshop content

Introduction to Autism
- the observable differences - the underlying differences in thinking and learning (the iceberg of autism)
The Person Profile
- overview of the person profile form - the purpose of the person profile form - completing the left column
The Main Principles of Support
- a focus on relationships - visual supports - the use of structure to scaffold - completing the right column of the Person Profile
Behaviour of Concern
- definition - the Functional Behaviour Assessment form - objective description of behaviour - setting conditions - triggers - response to behaviour and reactions to responses - functions of behaviour - identifying alternative behaviours with the same function - environmental adjustments - new skills - rewards
The Integrated Experience
behaviour influences behaviour
The Behaviour Response Plan
- the stages in escalation - what the autistic person needs - what the support person needs
Models of Disability
- The social model - The medical model
Positive Behaviour Support
- definition - uses - punishment
Review & Questions



AUTISM ABILITIES

Empowering and supporting autistic people to live life well.

Dates, Times & Locations

These workshops are delivered in person, face-to-face across 2 days on the dates in the table below. Workshop times are 9.30am – 2.30pm on both days. It is important that you can attend all sessions. Final locations will be confirmed nearer the time.

Western suburb location (Melbourne)	13 – 14 June 2023
Northern suburb location (Melbourne)	5 – 6 September 2023
Eastern suburb location (Melbourne)	21 – 22 November 2023

Cost

The total cost for this 2 day workshop is \$700. Parents and carers of NDIS participants with available funding in their Improved Daily Living (CB Daily Living) budgets can utilise their funding for this workshop.

For NDIA managed participants - we will require some information about the participants NDIS Plan to create a service booking so we can invoice the NDIA directly.

If you are plan managed please advise us who your plan manager is so we can invoice them directly.

If you are self-managed or are paying privately, please advise us so we can invoice you directly. The funding can be claimed from the following item: Training for parents and carers 15_038_0117_1_3.

How to Register

To register for a workshop please complete the short online form on our website page 'REGISTER FOR A WORKSHOP': <https://autismabilities.com.au/register-for-a-workshop>

Please note that your place is not secured until payment has been received.

Bookings are capped at a maximum of 20 participants so please register early to avoid disappointment.