



Autism-Specific Positive Behaviour Support (PBS) Workshop – a workshop for all parents and carers of autistic people

Being a parent or carer is many things – joyful, challenging, frustrating, frightening, overwhelming, to name just a few. As a parent or carer one of your primary goals is to support your child to live their best life and realise their full potential. But it can be difficult as a parent to put yourself in your child's shoes – to understand their perspective and experience.

Whatever age your child is, if they are autistic and you are struggling to understand their unique experience of the world and how this works or you do not know how to interpret what their behaviour is communicating, it can be particularly challenging.

While every person is an individual and has different needs, we know that certain things support the thinking and learning styles that characterise the autistic brain.

This workshop will develop your knowledge of some of the main thinking and learning differences in autistic people and apply this to your own child by exploring strategies to support their development in all spheres of life.

Autism Abilities is an autistic and neurodiversity affirming organisation. Nothing we will ever do includes information or strategies that are intended to 'fix' anyone, make anyone mask their autistic traits or suppress their stimming behaviours that help them stay regulated. We do not endorse punishment or any unnecessary restrictive practices in any form.





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Workshop Goals

The goals of this workshop are to:

- Outline the differences in the thinking, learning and behaviour of autistic people.
- Introduce evidence-informed supports that really work for autistic people.
- Teach practical tools to help you as the parent or carer of an autistic person:
 - Describe your child's strengths.
 - Describe the barriers they face.
 - Identify specific supports to address these barriers.
 - Work out the function of behaviours of concern and explore replacement behaviours.
 - Identify changes that can be made in different environments to help your child.
 - Describe how behaviour can escalate and explore strategies to help stay calm, safe and in control.
- Learn about two different models of disability and how these affect the experience of autistic people.
- Explain what positive behaviour support (PBS) is and discuss how it can improve quality of life.

Dates, Times & Locations

This 2-day workshop is available in online and in-person formats. Workshop times are 9.30am – 2.30pm on both days. It is important that you can attend all sessions.

Cost

The cost is \$700. NDIS participants can use Improved Daily Living (CB Daily Living) budget. The line item is: Training for parents and carers 15_038_0117_1_3.



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- **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.
- **Plan managed participants** – please tell us who your plan manager is so we can invoice them directly.
- **Self-managed participants or if you are paying privately** – please tell us so we can invoice you directly.

How to Register

Please complete the short online form on our website 'REGISTER FOR A WORKSHOP':

<https://autismabilities.com.au/register-for-a-workshop>

Further information

Please do not hesitate to contact us if you have any questions or would like further information. We look forward to welcoming you to one of our workshops soon.

THANK YOU FOR YOUR INTEREST IN AUTISM ABILITIES.

Autism Abilities is an autistic and neurodiversity affirming organisation. Diversity and inclusivity are important to us, and we are committed to ensuring our workplace and services reflect this. Everyone is welcome at Autism Abilities regardless of their background, race, culture, gender identity or sexual orientation.



Autism Abilities provides a range of autism specific services including Support Coordination, Specialist Support Coordination and Positive Behaviour Support. Visit our website for more information www.autismabilities.com.au