



# Adelaide Autism Adventures

Educate • Advocate • Love • Support

Hello and welcome to the February issue of Adelaide Autism Adventures.

Another newsletter and another milestone reached this month with my big boy starting school for the first time. My little man is also out of the house with pre-entry kindy this term, and so I am finding myself alone in my house, and as much as I love my kids—it is bliss! Mel's older boys all went back to school this week as well, and in a few terms little TJ will join his brothers and go out in to the big wide world too.

This month we introduce you to Family Advocacy Inc and we learn about one family's experience with craniosacral therapy as well as the adventure that is travelling with ASD kids. We get a lot of great feedback from readers on the personal stories in our newsletter and sharing your experience is a great way to

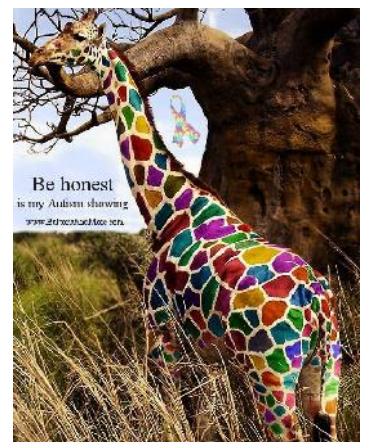
connect with the ASD community, help others realise that they are not alone on their journey and also gives our readers from professional backgrounds insight in to the ups and downs of raising an ASD family. So please do consider writing up a piece in the near future.

The monthly calendar is packed with workshops and events this month, and there are a few exciting developments listed in the 'What's New in SA' column. Mel fills us all in on the ASD family day and there's lots of Angels news too.

So forget the fact that you have kids lunch boxes which you need to pack with exactly the same foods as yesterday and that you will be starting the day around 5am, and escape by enjoying the February issue of Adelaide Autism Adventures.

~ Tara and Mel

Issue 7—February 2012



## In Focus— Family Advocacy Inc



Family Advocacy Inc aims to enable people with disabilities and their families who care for them to fully participate in decision making, and to work together with professionals as true partners to achieve better life opportunities. It was established in 1985 (under Parent Advocacy Inc) and has a membership of over 800 families across the state and is especially active in country areas.

The organisation provides arrange of services including provision of information to people with disabilities and their families, help in gaining access to services, provision of parent support groups and networks, assistance in lobbying for new/improved services, provision of training programs for parents/carers and promotion of community involvement.

Family Advocacy Inc is a small organization with a central office in Bowden and four regional offices. A country office in Clare covers the far/mid north, Riverland and Yorke Peninsula areas, another in Mount Gambier and the southern office covers the Adelaide Hills, Murray Bridge, the Murray Mallee, Kangaroo Island and the Fleurieu Peninsula.

Membership is free and forms are available via their website. So contact Family Advocacy Inc today and see how they can support your family.

Central Office  
5 Ninth Street, Bowden SA 5007  
Phone: 8340 4450 or 0402 147 433  
Email: [fa Adelaide@familyadvocacy.org.au](mailto:fa Adelaide@familyadvocacy.org.au)  
Website: <http://www.familyadvocacy.org.au>

## South Australian Families — Zoe Sandell



Harley & Brodie

In September 2011 myself and my family spent three weeks traveling to Singapore, London, Paris and then around England. We visited all the tourist spots and packed our days full of fun and adventures.

Yes, lots of people are lucky enough to travel, but what makes our

family holiday so special is we traveled with our two boys; Harley 15 diagnosed with Aspergers and Brodie (12 at the time) diagnosed with severe Autism.

Each child has a different set of challenges and when traveling this need to be factored into the holiday. Harley being both 15 and having Aspergers is of course addicted to playstation and all other electronic devices. He finds change difficult and has issues in social situations where there are a lot of adults talking to him AND he hates to be bored. Brodie is non verbal and while he loves the excitement of going new places, he can become overwhelmed and anxious if he is not totally engaged. Brodie's biggest challenge is that as he is non verbal he has no other way to express disappointment, frustration, lack of understanding etc. other than to hit, scream, bite, scratch and head bang; he slams his head into himself, walls, the ground and others.

So, just how do you holiday with such challenges???? This was our second overseas trip, the first being about three years earlier when my mum and I took both boys to America, Detroit, LA Disneyland and Hawaii, so we had some idea of how things would go and probably were a little more relaxed this time around!

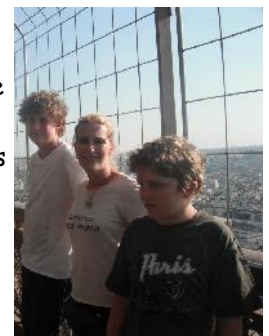
So first things first, we make sure the trip has lots of things included that will make it FUN and stimulating for the boys, so for us that means theme parks and rides and lots of them! Our itinerary contained; Universal Studios in Singapore, Disneyland Paris and some HUGE rollercoaster's in Blackpool! This way even through the events the boys don't find so exciting they know excitement is just around the corner. And of course to ensure the boys know the excitement is included in the holiday a social story is made (Google images can give you exact pics of the hotels you will be staying in etc.). We make the social story for Brodie and read it to him often, and I always make sure Harley has a quick read of it too, just so he knows. This time around Brodie's school also photocopied the story and showed it to him at school! We include the things we know (or think) Brodie might find challenging. For us these challenges include airports as we know if Brodie is in an airport he gets worried he might not get to go on a plane, and so he finds the

waiting around in airports difficult. To cover this we make sure the story says "we will have to wait for our plane". We also know Brodie "knocks" on the security things (for want of a better word) that you walk through and so we have a picture of one of these, with "hands down no knocking"

I try and include both the boys in the packing a little too, just to reinforce the idea that the holiday is coming. Essentials for us include portable DVD player, books for Harley to read, and food for Brodie. Brodie is on the SCD diet GF/CF sugar free, preservative free, starch free, and so this means that most of his food travels with us and we book accommodation where we can do some of our own cooking. In London we had an apartment with a kitchen and laundry and once back in England we had my Nan's house to do some more cooking and washing! So all prepared off we went!

When traveling with a child with Autism the air carries will let you one first to get a seat; sometimes if we have found Brodie has been waiting too long, we might do this, other times we find it just means he is sitting in the plane for longer before it takes off and so it doesn't always help us. We do order Brodie the GF meal; usually he cant eat a lot of it and we have his own food, BUT it does come out first and so there is no waiting around for food and he can eat and then go off to sleep if he wants to (dad says next time he is ordering himself a special meal too!). Our best flight this time was the one from Singapore to London where we spent the last day in Singapore at a water park and then flew out at 10:00pm that night. After an initial toilet incident (the seat belt sign stayed on for a long time due to turbulence and so Tim and Brodie had to get special permission from the pilot to go to the toilet lol) Brodie ate his meal and then slept for 8 hours! (We don't use anything other than Melatonin to help Brods sleep on the plane)

We had issues on the trip but of course we did - we have issues if we stay home, or go to the supermarket, but all in all the experience was positive and the trip AMAZING! Severe Autism on top of the Eiffel Tower in Paris is something we will all remember for the rest of our lives!



Harley, Zoe & Brodie on the Eiffel Tower

~ Zoe Sandell

## South Australian Families — Simone Balestrin

### Craniosacral Therapy for Autism - Joshua's Story

Early last year, Josh (then aged 6yrs old) started waking up earlier from his sleep. 6am starts turned into 4am, then 2am and eventually midnight. My husband and I were taking it in turns sleeping and after about 4 months were desperate for help. We tried giving him Melatonin because so many of our friends said it worked for them, but Josh had an allergic reaction. We were also concerned with introducing medication. A friend suggested we try seeing a Chiropractor that specialised in Craniosacral Therapy; this had helped her son when he wasn't sleeping.

We went to see Dr Steven Boord at Balance Integrated Health, Rose Park. At our initial consult he explained to us that Josh's head was misshapen and bulging on the back left hand side, a condition known as *Plagiocephaly*. The cranial movement along the joints (or sutures) was also extremely tight, acting like a vice with very little movement between the plates. He also explained how poor cranial function can have an effect on brain function leading to the Retention of Neonatal (or primitive) Reflexes, and how these reflexes can contribute to behavioural problems, learning difficulties, sensory processing issues, language disorders etc. I'm not an expert on this topic so I won't try go into detail, but you can go to his website for more information ([www.bih.com.au](http://www.bih.com.au) - under 'conditions' - then 'childhood behavioural, developmental and learning disorders'). Craniosacral Therapy helps encourage the higher cortex of the child's brain to integrate and help suppress these reflexes by relieving pressure on the brainstem (the most primitive part of the brain) that may inhibit normal neural pathway development in the brain. He mentioned that Josh's retained reflexes could also affect his sleeping patterns.

After just one month, Josh started sleeping until 3-4am. At that time he comes into our bedroom and goes back to sleep with one of us. Most mornings he now sleeps until 6-7am without waking. We've been having Cranio

sacral Therapy every fortnight for about 6 months now and have also noticed other improvements. He is much more compliant, the self-harm has reduced dramatically, his speech has improved slightly, his eye-contact has improved significantly and he sits for longer periods of time now so the hyperactivity has reduced. He interacts with us more and is just starting to initiate games with his sister and other children. It's funny how we went to see Steve for his sleeping problems and ended up getting so much more. This treatment is the only thing we have changed with Josh recently, so I know it is this treatment that has contributed to his growth.

Life isn't perfect, we still have some meltdowns to deal with and new behaviours and stims creep in at times. But it's so much easier now and lovely to see him happy more often. His anxiety has gone down so much and it's easier for us to visit people and go out in public. Because his hyperactivity has reduced, he is now able to use his iPad for longer periods of time and is enjoying educational games. He's also much more tolerant. I'm so happy that we stumbled on this type of therapy, I don't think its one that is often talked about in the Autism community, we only really think of Chiropractors for spine alignment etc. This isn't a new type of treatment, if its something you are interested in then do some internet research... Google 'Autism + Retained Reflexes' and see all the info out there.

This is something that has worked for Josh, I hope by sharing my story that other families might benefit as well.



~ Simone Balestrin

**NOTE:** Last month we featured a personal story from local mother and writer, Dianne Hill and unfortunately we missed a line. You can read Dianne's full story on our website under the *articles* section of *resources* area, as well as some other fantastic writing which she has shared with us.

Would you be willing to share your story?

There is no right or wrong way to write a personal story; it can be an overall intro to your family or can focus on a specific part of your journey, like diagnosis or a milestone achievement. It can focus on the highs or the lows. Stories can be between 400-600 words. Let us know if you would feel more comfortable remaining anonymous.

Send your contributions or feedback to [adelaideautismadventures@gmail.com](mailto:adelaideautismadventures@gmail.com)

# February Calendar 2011

## NOTE ON AUTISM SA TRAININGS & WORKSHOPS

Autism SA workshops and trainings have limited places, and professionals have a priority of access in bookings for sessions in the professional development training series. All workshops and trainings are also subject to last minute changes and cancellations so please do call before you leave to attend.



### DIRC Forum - "Post School Options Panel Presentation"

Panel includes Bedford and Phoenix Society Inc, SA Career Consultants and Personal Employment. Morning tea with gluten free options provided and there is limited parking available on site.

When: Thursday 2<sup>nd</sup> February from 10:30am - 12:30pm

Venue: DIRC 195 Gilles St, Adelaide City

Cost: gold coin donation

Contact: [library@dircsa.org.au](mailto:library@dircsa.org.au) or call 8236 0555

Website: <http://www.dircsa.org.au/>



### MATE (Making Aquatics a Terrific Experience) Community Seminar by AUSTSWIM

Innovative community seminar aimed at optimising health and wellness opportunities for people with disabilities or medical conditions. This seminar has been designed to provide participants with the information, skills and confidence to take a person with a medical condition and/or disability to the pool for recreation activities, and targeted at disability support organisations, support carers and staff, swim school coordinators or anyone with an interest.

When: Saturday 4<sup>th</sup> February from 9:00am-1:00pm

Venue: The State Aquatic and Leisure Centre, 443 Morphett Rd, Oaklands Park

Cost: \$70

Contact: AUSTSWIM SA on 8354 0873 or [juliewilson@austswim.com.au](mailto:juliewilson@austswim.com.au) to book or for more info.

Website: <http://www.austswim.com.au/>



### ASD Family Picnic @ Marshmallow Park

Come along for a community picnic and meet other ASD families. The park is fully fenced and has access to public toilets. No need to RSVP just come along on the day

Host: Simone Balestrin from Autism Adelaide Mum's Group on Facebook

When: Sunday 5<sup>th</sup> February, from 11am

Venue: Marshmallow Park, Glen Osmond Rd, City

What to bring: chairs and a plate of food to share

### Southern Family Connections Support Group

Support group for families whom have family members with an ASD

When: Monday 6<sup>th</sup> February, from 10am-12pm

Venue: Hackham West Primary School, Glynville Drive Hackham West.

Cost: free

Contact: Mel Mitton on 040 779 1875 or email [opalblue@adam.com.au](mailto:opalblue@adam.com.au) for further information



### An Introduction to Autism for Families with a New Diagnosis - Autism SA Family Workshop

An introduction to autism and an opportunity to meet other parents.

Dates: Monday 6<sup>th</sup> February, from 7:00-9:00pm

Venue: Autism SA, 262 Marion Rd, Netley

Price: \$15 per session per family (payable at door)

Contact: call info line on 1300 288 47 to book or for more info

Website: [www.autismsa.org.au](http://www.autismsa.org.au)



### MusicWorks Dynamic Day Gig

Disability and family friendly event. Presented by Tony Doyle Visions, this is a disability inclusive event which often features musicians with disabilities.

When: Tuesday 7<sup>th</sup> February, from 10:30am-2:30pm

Venue: The Governor Hindmarsh, 59 Port Rd

Cost: \$6 entry (support workers free)

Contact: 8212 0390 or [tdoyle.visions@bigpond.com](mailto:tdoyle.visions@bigpond.com)

Website: <http://www.tonydoylevisions.com.au/>



### Social Skills Group @ Headstart Intervention Services

Six session social skills group facilitated by provisional psychologist for children with ASD aged between 4-6 years old and 7-9yrs old, which will target conversation skills, empathy, emotion awareness and management, body language, sharing, helping others and turn taking. Program runs on Tuesdays for five consecutive weeks. When: Starting Tuesday 7<sup>th</sup> February till 6<sup>th</sup> March, from 2.30pm-3.30pm (4-6yrs) and 4:00 - 5:00pm (7-9yrs)

Where: 78 Goodwood Rd, Wayville

Cost: \$200 per child for the six session program. HCWA funding use approved.

Contact: 8373 4531 or [admin@headstartis.com.au](mailto:admin@headstartis.com.au)

Website: <http://www.headstartis.com.au/>



### Autism Spectrum Disorder: An Introduction - Autism SA Professional Learning Series

The workshop outlines the diagnostic criteria, explores the unique characteristics of ASD and identifies strategies to help support individuals in the home, school and community environment.

# February Calendar 2011

When: Wednesday 8th February, from 9:30am-12:30pm  
Venue: Autism SA Offices, 262 Marion Rd, Netley.  
Cost: \$70 financial members, \$75 non-financial members  
Contact: call info line on 1300 288 47 to book or for more info

Northern Regional Council on Intellectual Disability AGM  
If you wish to improve conditions for a family member or a friend with an intellectual disability you are invited to attend.

When: Friday 10<sup>th</sup> February from 2pm onwards  
Venue: Disability SA Salisbury Office, 46 Commercial Rd, Salisbury  
Contact: 8258 7749

## Families Australia & Siblings Australia 'Sibling Focus Group'

Focus session to explore the RANZCP position statement and recommendations on supporting siblings of individuals with disabilities and chronic health issues. Siblings, parents and teachers are invited to contribute. The discussion and feedback will contribute to future advocacy for siblings, and the hope is that these focus groups can also identify practical strategies to underpin the RANZCP paper recommendations and can contribute to a clearer understanding of the needs of siblings of people with disabilities/chronic health issues.

When: Friday 10<sup>th</sup> February from 5:00 - 6:30pm  
Saturday 11<sup>th</sup> February from 10:00 - 11:30am  
Venue: Uniting Care Wesley, Adelaide, 2nd Floor, 10 Pitt Street, Adelaide.  
Contact: Kate Strohm (Siblings Australia) on 0408720558 or [kate@siblingsaustralia.org.au](mailto:kate@siblingsaustralia.org.au)  
Website: <http://www.siblingsaustralia.org.au/>



## Understanding Sensory Integration - Autism SA Professional Learning Series

A fun, practical session designed for a range of professionals who work with an individual on the Autism Spectrum! Participants will be guided through a range of hands-on activities to enhance their understanding of sensory integration and the impact that it can have on an individual's ability to engage with their environment. Participant will develop confidence in identifying and implementing specific sensory strategies to increase engagement from their student.

When: Monday 13th February, from 9:30am- 4:00pm  
Venue: Autism SA Offices, 262 Marion Rd, Netley.  
Cost: \$140 financial members, \$150 non-financial members  
Contact: call info line on 1300 288 47 to book or for more info  
Website: [www.autismsa.org.au](http://www.autismsa.org.au)

## Girls Konnection

A group for girls with Aspergers Syndrome aged 6-12years, with semi-structured activities. Girls must be accompanied by a parent/carer, who are given the opportunity to network and provide support to each others. Siblings are not to attend this group (babies are ok).  
When: Monday 13<sup>th</sup> and 27<sup>th</sup> of February, from 4-5:30pm  
Venue: Jubilee Way Community Centre, 1 Jubilee Way, Wynn Vale  
Cost: \$5  
Contact: Leanne 0439451645 or Cheryl 8280 9421



## Enhancing Communication using Visual Supports for Students with an ASD - Autism SA Professional Learning Series

A Speech Pathologist will outline the challenges that individuals may face understanding and communicating with others in the school environment. Participants will then explore strategies to enhance communication including modifying language and using visual supports. Participants work to create their own visual supports to assist with communication, social understanding, increasing engagement and reducing challenging behaviour for their particular student.

When: Tuesday 14<sup>th</sup> February, from 9:30am- 4:00pm  
Venue: Autism SA Offices, 262 Marion Rd, Netley.  
Cost: \$140 financial members, \$150 non-financial members  
Contact: call info line on 1300 288 47 to book or for more info  
Website: [www.autismsa.org.au](http://www.autismsa.org.au)

## TUTTI Kids Teen Special Needs Drama Class

Drama class for teens aged between 14-16yrs old who have special needs. Depending on numbers, teen siblings may be able to participate FREE. And if enough interest is shown from additional age groups more classes may be established.

When: Wednesdays starting from 15<sup>th</sup> February, from 4:30 - 5:30pm  
Venue: Enfield Community Centre,  
Cost: \$100 per term  
Contact: Vilma Jurkovic 0403961331, facebook or [plava.more@gmail.com](mailto:plava.more@gmail.com)  
Karen Inwood (TUTTI Kids) 0412548889  
Website: <http://www.tutti.org.au/>

## International Asperger Day

When: Saturday 18th February  
A day to celebrate individuals with Aspergers and their achievements.

# February Calendar



## Asperger Services Australia's 2nd National Conference

This year's theme is "Living side by side, connecting with people on the Autism Spectrum" and the keynote speakers will include Prof Tony Attwood, Dr Wendy Lawson and SA's own Katherine Annear!

When: Thursday 16th—Saturday 18th February

Venue: Bardon Conference Centre in Queensland

Cost: single day \$200 or \$500 for all three days.

Website: <http://www.asperger.asn.au/>



## Introduction to Asperger Syndrome for Families with a New Diagnosis (up to 13yrs) - Autism SA Family Workshop

Focused on families of younger children with Asperger syndrome, this session describes the characteristics, possible causes and helpful strategies.

Dates: Monday 20th February, from 7:00-9:00pm

Venue: Autism SA, 262 Marion Rd, Netley

Price: \$15 per session per family (payable at door)

Contact: call info line on 1300 288 47 to book or for more info

Website: [www.autismsa.org.au](http://www.autismsa.org.au)



## Pads and Apps for Children with Special Needs - Autism SA Awareness Training

A hands-on workshop which will introduce participants to navigating the iTunes store, compare current teaching tools to available apps, explore case studies and appropriate strategies when using apps. This workshop has a focus on visual scheduling, social skills and Assisted and Augmentative Communication (AAC).

When: Tuesday 21<sup>st</sup> February, from 9:30am - 12:30pm

Venue: Autism SA Offices, 262 Marion Rd, Netley.

Cost: \$70 financial members, \$75 non-financial members

Contact: call info line on 1300 288 47 to book or for more info

Website: [www.autismsa.org.au](http://www.autismsa.org.au)

CHECK HCWA FUNDING STATUS!!!!!!!!!!!!!!



## "Sons & Mothers" - No Strings Attached Theatre of Disability Production @ Fringe

Seven vulnerable and imperfect Sons - disconcerting in their survival, unsettling in their humour, humbling in their take on the world - celebrate their Mums. Alirio Zavarce directs Abner, Ben, Damien, Duncan, Kym, Ricki, Ryan as they explore the most complex and intimate relationship they may ever have with a woman.

When: Runs from Saturday 25<sup>th</sup> February - Sunday 11<sup>th</sup> March

Venue: Queen's Theatre, Crn Gilles Arcade and Playhouse Lane

Cost: \$12-25 pp. Companion Cards welcome

Website: <http://www.nostringsattached.org.au/>



## The Power of Peers: Raising awareness of the Autism Spectrum in the classroom - Autism SA Professional Learning Series

This half day workshop will guide participants through 'The Power of Peers' (peer awareness) program and will explicitly demonstrate how to implement the program to classes in school environments to develop peers understanding, support and acceptance of ASD. Participants will leave the workshop with a greater understanding of the program and will feel confident implementing the program in their schools.

When: Tuesday 28<sup>th</sup> February, from 9:30am- 12:30pm

Venue: Autism SA Offices, 262 Marion Rd, Netley.

Cost: \$70 financial members (\$115 with DVD), \$75 non-financial members (\$120 with DVD)

Contact: call info line on 1300 288 47 to book or for more info



## Positive Partnerships Online Workshops

The Positive Partnerships online learning courses are fully funded by DEEWR (Australian Government Department of Education, Employment and Workplace Relations). They cover topics such as 'using evidence to guide decision making,' 'positive behaviour support,' 'transitions,' 'communication,' and 'bullying.'

You can register and access the workshops at

<http://www.autismtraining.com.au>

Heard about or planning an event or workshop?

Let us know about it at

[adelaideautismadventures@gmail.com](mailto:adelaideautismadventures@gmail.com)

---

## Registrations Open!

---

### "Apps for Autism and Learning: Making an Informed Choice"

Discover how the most popular form of technology, the iPad/iPod Touch can make a difference in supporting a child with autism to learn. Discuss how to apply current research in autism to this new technology. This workshop will cover how to evaluate apps for their quality, flexibility, motivation and suitability to teach social and emotional skills, behaviour and sensory, and language and literacy skills. You can view the flyer which contains a list of the apps discussed by visiting the Adelaide Autism Adventures website.

When: **Tuesday 27th March, from 9:30am—3:00pm**

Venue: West Adelaide Football Club, 57 Milner Rd, Richmond.

Cost: Parents—\$245 (see note), Professionals—\$269

Includes handouts, morning tea and lunch

Contact: [bsutton@bmsholdings.com.au](mailto:bsutton@bmsholdings.com.au)

Register: online via the website

Website: [www.suttonspeech.com.au](http://www.suttonspeech.com.au)

Note: Families with access to the Federal HCWA funding can use this to pay for attendance under 'resources.' Please contact your early intervention panel provider for approval before registering.

Selection of apps for use in AAC requires an individual assessment by a Speech Pathologist and is beyond the scope of this seminar.

### "Autism & Aspergers Across the Lifespan: Current Understanding and Practice" with Prof Rita Jordan.

This workshop will cover an exploration of the latest understanding of Autism & Aspergers, including how we characterise/define them, biological bases, psychological understanding, views of people on the spectrum, best practice in education and care, and interventions and support systems. Confirmation of registration along with tax receipt will be sent via email.

When: 7th May, from 9:00am—4:00pm

Venue: The Adelaide Pavilion, South Tce, Adelaide

Cost: \$225 which includes lunch and tea break catering, as well as workshop notes

Contact: 1800 673 385 or

[office@compassaustralia.com.au](mailto:office@compassaustralia.com.au)

Website: <http://www.compassaustralia.com.au/>

Note: Registration forms are available from the website.

### Understanding Behaviour: Conducting a Functional Behaviour Assessment for People Using Unwanted Behaviours.

This programme is designed for attendees to gain an understanding of behaviours used by self or other people using a scientific behaviour assessment model! Please read the flyer to see if this course is suitable for your family (available from website).

When: Thursday 29th March, from 9:00am- 4:00pm

Venue: The Bay Function Centre, Glenelg

Cost: Full price \$198pp, Early Bird (by 05/03) \$176 or \$165 pp for couple. Helping Children with Autism Package Price \$550 (incl 2 x 50min follow up consult with fabic behaviour specialist to individualise course material).

Registration: forms available from website

Contact: (07) 5530 5099, [info@fabic.com.au](mailto:info@fabic.com.au)

Website: [www.fabic.com.au](http://www.fabic.com.au)

### Changing Behaviour: Behavioural Strategies to Increase Positive Behaviours

The focus of this workshop will be on learning skills-building behaviour strategies (teaching new positive behaviours) and preventative strategies as opposed to reactive strategies (only responding once the unwanted behaviours have occurred). Form more info view the flyer on the fabic website

When: Friday 30th March, from 9:00am- 4:00pm

Venue: The Bay Function Centre, Glenelg

Cost: Full price \$198pp, Early Bird (by 05/03) \$176 or \$165 pp for couple. Helping Children with Autism Package Price \$550 (incl 2 x 50min follow up consult with fabic behaviour specialist to individualise course material).

Registration: forms available from website

Contact: (07) 5530 5099, [info@fabic.com.au](mailto:info@fabic.com.au)

Website: [www.fabic.com.au](http://www.fabic.com.au)

Heard about or planning an event or workshop?  
Let us know about it at  
[adelaideautismadventures@gmail.com](mailto:adelaideautismadventures@gmail.com)

# Community Noticeboard

## **Army of Autism Awareness Angels FLASH MOB!!!!**

The Army of Autism Awareness Angels are looking for people who would like to participate in their secret upcoming flash mob to raise public awareness for ASD. For those of you who may not be familiar with flash mobs, it is basically when a group of seemingly unrelated people assemble in a public place and suddenly stage a surprise choreographed performance. We can't wait to see the footage when it's released! To join the Angels flash mob please visit their facebook page at <https://www.facebook.com/armyofautismawarenessangels> and follow the prompts to join the secret group.

## **Expression of Interest - Autism SA Peer Mentor Program**

In 2012 Autism SA Peer Mentor Program will again be running a 6 month Intensive Healthy Living and Cooking Program at Diamond House, Woodville Park. The program will provide an opportunity for 10 people to engage in cooking and life skill program. The program will involve learning a range of cooking techniques and skills, as well as growing their own produce. Autism SA is currently seeking both boys and girls aged 15- 18 years with a diagnosis of Asperger syndrome to be involved in program. Participants will need to:

-Commit to the six month program held fortnightly on Wednesday night 5.30-7.30 pm from 22nd February 2012.

- Have a keen interest in cooking or a willingness to engage in this style of activity.

Parents are required to attend an Information Session held at Autism SA on Wednesday 8th February 6-7pm.

If your teenager is interested in participating in this program please express your interest via the Autism SA Infoline on 1300 288 476 by COB Friday 3rd February 2012

## **Spreading ASD Awareness with The Army of Autism Awareness Angels Bumper Stickers**

Nikki Moore, has generously donated 500 stickers with the Angels logo and slogan, "I'm autism aware, are you?" on them and these are available to the public for purchase. From \$1 each (minimum order of 10 stickers). Nikki herself, not the Army of Autism Awareness Angels, will be selling these stickers and all proceeds are being donated to the O'Sullivan Beach MyTime Group. To order yours send Nikki an email at [njderoos4@bigpond.com](mailto:njderoos4@bigpond.com). Hurry up as these are sure to sell out quickly! For more information on the MyTime Program and to see where your local group is run, please visit <http://www.mytime.net.au/>



## **Have you heard of the Commonwealth Respite and Carelink Centre?**

The Commonwealth Carelink and Respite Centre, auspiced by Uniting Care Wesley Bowden provides information and respite support for carers of people with a disability, including those living with Autism or Aspergers Syndrome, according to the individual support needs of the carer.

The Centre is able to offer you information and respite support to assist you in your caring role, in addition to a range of carer information forums and events & activities to bring carers together. We can provide referrals and linkages to other services should you require additional assistance or information to support you in your caring role.

We also have a Footprints Program which is a range of fabulous school holiday activities designed specifically for children with ASD and staffed by people who are experienced in working with children on the spectrum. In home or out of home respite can also be arranged should you require a short or planned break from your caring role. Support worker staff are experienced in working with people with Autism and Aspergers Syndrome and a 'Meet and Greet' can also be arranged to ensure you and your family have an opportunity to meet with the matched support worker prior to any services commencing.

If you are interested in knowing more about the services that the Commonwealth Respite and Carelink Centre at Uniting Care Wesley Bowden offer, please call us on 1800 052 222 to discuss your specific support needs.

Registrations are open to all carers looking for some additional support.



## **TalkAbility @ Talk Speech Pathology**

Penny Miller from Talk Speech Pathology will be running the Hanen Centre's "TalkAbility" course for parents of children with Aspergers or high functioning Autism. This course will run on Wednesdays from 10am and will run over 8 weeks. Currently there are not enough families registered for this course to go ahead, so if you would like to learn how to support your aspie in increasing their social, communication and imaginative play skills, contact Talk Speech Pathology on 8367 6766 or email [reception@talkspeechpathology.com](mailto:reception@talkspeechpathology.com). For more info on the course content visit [www.hanen.org](http://www.hanen.org)

**Want to get a message out?  
Send it to us at  
[adelaideautismadventures@gmail.com](mailto:adelaideautismadventures@gmail.com)**

## What's New in South Australia

### NEW Facebook Group - "A Healthy SA the ASD Way"

A new facebook group has been started up for ASD parents, individuals or partners of ASD individuals, who want to do something proactive about getting on the right track to living a healthier life. As many of us are aware, having a child with ASD can certainly take its toll on both your body and your spirit at some times, and this group provides a safe place for us to come together and support each other on our journey. The group is set to private and you will need to apply to join. We hope that everyone will understand the need to respect the privacy of others and that no personal details from the group itself will be shared.

<https://www.facebook.com/groups/277191395669230/>



### Calling all Cooks! Contributions needed for ASD Family Cook Book

What special tricks do you use to get nutritious meals in to your ASD kids? A group of dedicated parents are compiling a fun cook book for ASD families and are looking for tips, tricks and favourite recipes from other ASD families. Maybe your kids have a favourite food that they like to help cook - if so, send through the recipe & some fun pictures to [autismbookssa@gmail.com](mailto:autismbookssa@gmail.com). Submissions can follow any dietary intervention or stock standard ingredients. Should the book be published, all profits will go towards supporting the SA ASD community.



### Rainbowland Autism Services 'Autism and Special Needs Library Initiative' Available Soon!

Rainbowland Autism Services (RAS) and the Campbelltown City Council have been working hard to establish an ASD and Special Needs library collection and this dream is very close to being born. RAS has released a list of the resources to be made available for loan from the Campbelltown Council Library and it very extensive. We have attached a copy of the list to be released with this newsletter and you can also read it via the RAS facebook page at [www.facebook.com/RainbowlandAS](http://www.facebook.com/RainbowlandAS)



### NEW Drama Class for Teens with Special Needs

Thanks to the hard work of one passionate mum (Wilma Jurkovic) TUTTI Kids are offering a drama class for teens with special needs aged between 14-16yrs old on Wednesday starting the 15th February (See February Calendar). Depending on numbers teen siblings may be able to participate for free. If enough interest is shown, additional classes for different age groups may also be offered. To express interest or enrol your teen contact Wilma on 0403961331 or Karen on 0412548889.



### NEW Autism Speaks Resources - "Autism 100 Day Kit" and "Aspergers and High Functioning Autism Tool Kit"

The Autism Speaks '100 Day Kit' and the 'Aspergers Syndrome and HFA Tool Kit' were created specifically for newly diagnosed families to make the best possible use of the 100 days following their child's diagnosis of autism or AS/HFA. Whilst these publications were targeted at families living in the USA, they still contain a lot of useful information for ASD families living in other countries. Chapters include 'family tips,' 'information on therapies and treatments,' and '10 things your child wishes you knew.'

You can access the kits via our website under 'resources' - 'articles' at [www.adelaideautismadventures.org/](http://www.adelaideautismadventures.org/). Otherwise you can sign up to receive it from Autism Speaks at [www.autismspeaks.org/](http://www.autismspeaks.org/)

### Australia Day Awards

We want to personally congratulate the following members of the ASD community who were recognised with Australia Day awards in recognition of their hard work within the community.



***Brooke Clark***; Founder of *The Army of Autism Awareness Angels* received the City of Port Adelaide and Enfield 2012 Young Citizen of the Year Award for her Angels campaign to raise ASD Awareness.



***Kylie Mangelsdorf***; Awarded *Certificate of Appreciation, City of Unley*, for her work in *PAKA (Parents Assisting Kids with Autism)* and *Autism SA*, as well as the support she provides the ASD community as owner and operator of *'Kylie's Gluten & Allergy Free Baking*.

### New Group for Girls with Aspergers - "Girls Konnection"

A group for girls with Aspergers Syndrome aged 6-12years, with semi-structured activities. Girls must be accompanied by a parent/carer, who are given the opportunity to network and provide support to each others. Siblings are not to attend this group (babies are ok).  
When: 2<sup>nd</sup> and 4<sup>th</sup> Monday of the month during school terms, from 4-5:30pm  
Venue: Jubilee Way Community Centre, 1 Jubilee Way, Wynn Vale  
Cost: \$5  
Contact: Leanne 0439451645 or Cheryl 8280 9421

# Out and About in Adelaide



## ASD Family Day @ Gorge Wildlife Park

On Friday the 6<sup>th</sup> of January a number of ASD families attended the Gorge Wildlife Park Family Day organised by the lovely Bronwyn Ryan and Co. The day was beautiful and the sun shining so I packed up my little angel with hats and snacks, and headed there. It's sad that I only live 20 minutes away and go past it all the time but I have never stopped in.

Riley—snapped seconds before the goat attempted to eat her and her clothes!

When we arrived all I could hear was sounds of nature at their best, as the animals too were soaking up the beautiful sun. I popped TJ in his pram and although it wasn't very pram friendly, it was a great gluteus maximus work out lol. There were so many beautiful birds of all shapes and sizes feeding on seeds and fruit, and the noise of the monkeys swinging and playing was amazing. We wandered down to see the camels which I loved being able to pet but TJ wasn't that thrilled as they were really big. We saw some beautiful ducks swimming, bats hanging upside down, and donkeys braying; "Say hello to the donkey TJ," hewo onky!" The little petting animals were cute and very touchable (I really love animals as I was bought up on a farm) but the goats seemed to want to eat everything and everyone - including TJs pram! "Shoo! I know its old but I still need it!"

I had 2 favourite events from the day; one was when TJ saw the kangaroos and started jumping up and down and so naturally they started hopping away - it was so funny. The other was when we were able to go hold a koala. They are not as light as you would think and their claws were very sharp. I asked if TJ wanted a hold but he was just happy to stand next to it and was more interested in what he/she was eating. We loved the albino wombat and kangaroos but we didn't get to see them up close as sadly most of these animals had some type of injury. But its nice to know that there is a place for these beautiful animals to live in safety. All in all, we totally enjoyed ourselves and hope that you can find the time to get out there and visit the wonderful staff and animals that make up Gorge Wildlife Park.

~ Melissa



TJ with a rabbit



Whilst some were frightened of the goat eating their clothes, others like Isaiah, actively encouraged it!



Tristan, Nanna and Ethan



TJ meets Chloe Koala



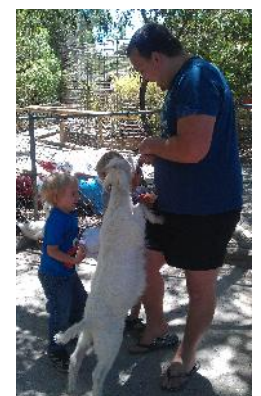
Izzy and Zeke



Relaxing at the pond



Ryan feeds a wallaby



Who knew goats also like cheeseburgers?

# Army of Autism Awareness Angels News



Brooke receiving her award from City of Port Adelaide Enfield Mayor Gary Johanson

The Army of Autism Awareness Angels have been flat out this past month preparing for a big year of campaigning and raising awareness, and the Angels have some exciting events coming up soon. Among these events is the flash mob that they are organising for World Autism Awareness Day in April. For those of you who are not aware with the flash mob phenomenon, a flash mob is when a group of seemingly unrelated people assemble in a public place and suddenly stage a surprise choreographed performance; youtube has some fantastic footage of flash mobs and they guarantee to be a lot of fun. The Angels are still looking for more participants and you can express your interest by visiting their facebook page at [www.facebook.com/armyofautismawarenessangels](http://www.facebook.com/armyofautismawarenessangels). We cant wait to see the footage and our own Melissa Haklar is excited to be a part of it.

The Angels have been out and about a lot lately and the girls attended the Glenelg Football Club's 'Australia Day Hottest 100' Party, where they spread their autism aware message. But Australia Day was also a big day for Founding Angel Brooke Clark, who was awarded the *City of Port Adelaide and Enfield 2012 Young Citizen of the Year Award*. Federal MP Mark Butler gave a special speech to Brooke and the Angels commending them for their hard work and dedication to the cause. The presentation ceremony was also an excellent opportunity to network and Brooke has been by the SA Police to speak to their officers about ASD issues.



Angels at the Glenelg Footy Club "Australia Day Hottest 100" Party



Angels on "South Aussie with Cosi"

But its not just local community members who are interested working with the Angels, as US actor/director and ASD campaigner Greg Milk, has been speaking to the Angels through video conference and hopefully will be making a trip to Australia in the future. The Angels are using digital means to connect with community more and more and you can view their videos via youtube, where you can also watch the short snippet they featured in on "South Aussie with Cosi" on Channel 9 recently :)

You can catch up with the Angels this month at the *SLAM Summer Beach Volleyball Festival* at Glenelg beach on Saturday 11<sup>th</sup> Feb where the Angels (including two male members) will be competing thanks to their sponsorship from *Souvlaki Bros - Charcol Yiros Takeaway*.

The Army of Autism Awareness Angels [www.facebook.com/armyofautismawarenessangels](http://www.facebook.com/armyofautismawarenessangels)



2IC Karen, Broke and MP Mark Butler



Brooke and her son Aiden in the Portside Messenger

---

## Light and Laughter

---

"Instead of teaching our child to be great 'despite' autism, teach them to be great 'with' autism. Perspective is everything" - Stuart Duncan

I took my 14 year old son to the hospital for some tests and he needed to go under general anaesthesia. While we were waiting my son was obsessively asking his dad if he could sleep at his house for the night, and his dad said to let him wait and see if he could get out of work on time. The doctor comes in and explains everything to us and then looks to my son and asks him if he has any questions. My son replied "Yes, can I sleep at daddy's house tonight?"

Posted on *The Funny Side of Autism* Facebook Page.

"I do not wish to change my child to fit the world just because he has autism; I simply wish to change the world to fit him" - Stuart Duncan

I took my son to visit the paediatrician and he asked about preschool, which is not my son's favourite topic. My son turned to him and said, "Doctor, how about you just be quiet and fix my boogers." The Paediatrician turned to me and said "so I see the speech therapy is working."

Posted on *The Funny Side of Autism* Facebook Page.

"I think the reward for conformity is that everyone likes you, except yourself" - Rita Mae Brown

Isaiah our six year old ASD son is beginning to enjoy toilet humour. The other day his dad was sitting at the computer desk when he spilt his drink all down the front of his pants. He immediately stood up and the water splashed all over the ground. Isaiah looked scandalised and then loudly proclaimed "daddy do wee!" The hilarity of thinking that daddy we'd himself was too great for Isaiah he burst in to laughter repeating 'daddy wee floor!' and refused to believe that his red faced father had only spilt his drink instead.

~ Tara,, Mum to two ASD boys

"Don't count the days, make the days count" - Muhammad Ali

Have you got a humorous ASD story?  
Send it to us at

[adelaideautismadventures@gmail.com](mailto:adelaideautismadventures@gmail.com)

---

## Adelaide Autism Adventures

Follow us on facebook and stay tuned throughout the month for regular updates, online discussions and interesting articles

[www.facebook.com/adelaideautismadventures](http://www.facebook.com/adelaideautismadventures)

Visit our website at

[www.adelaideautismadventures.org](http://www.adelaideautismadventures.org)

Contact us at

[adelaideautismadventures@gmail.com](mailto:adelaideautismadventures@gmail.com)



*Adelaide Autism Adventures takes all care to ensure information is correct at the time of each newsletter release. Views expressed are not necessarily endorsed by Adelaide Autism Adventures unless specifically stated. We are not therapists or certified practitioners and draw no income nor receive any financial gain from this newsletter or our website.*