

## Phone List

Access Ability	477 6211
Autism New Zealand Otago Branch	474 9640
Miramare	474 5552
Dunedin Public Hospital	474 0999
Group Specialist Education	471 5200
Mosgiel Ability Resource Centre	489 0740
Autism NZ Otago Branch	474 9640
Autism NZ Otago Cell Phone	027 474 9642
Autism NZ toll free	0800 autism
Parent to Parent Otago	470 1086
Parent to Parent toll free	0508 236 236
Sport Otago	474 6350
Winz	0800 559 009
Urgent Doctors	479 2900
Housing New Zealand	477 4650
CCS Disability Action	477 4117
Idea Services	466 3850
Dunedin Community Care Trust	466 3055
PACT	477 4312
Dunedin Home Support Services	455 0714
Mount Cargill Trust	455 9200
Disability Information Services	471 6152
Corstorphine Community Baptist Trust	487 8707
Family Network	474 5579
Enable	0800 Enable
Your Childs School	
Your Childs Kindergarten/Daycare	
Your General Practitioner	



**Autism New Zealand Inc.**  
Including Asperger Syndrome and Related Disorders

## Mind Matters

Otago  
Branch  
Newsletter

### From the office

Gosh this year is flyer by, we are just about thru Winter! We had a very successful workshop in June with Sue Larkey, we were very lucky that things turned out ok in the end, with ash cloud causing some stressful few days. Thank you to all of you who came to this workshop. I would like to say a big thank you to Kingston Sedgfield and Air Rescue Trust for subsidising the costs for this workshop, we could not hold a workshop and offer the cheaper registration costs if it was not for these generous funders.

If you come into the office you will be able to see a new range of books that were purchased from the Sue Larkey Workshop, again thank you to the Otago Masonic Charitable Trust for their contribution to enable us to purchase these new resources. Our resources are expensive and the committee have now decided that you can borrow books from our library however you now will be asked for a bond of \$10 when you borrow resources, this is because we have lost a few books over the year.

Over the last few weeks, I have been on a road trip with Sue Gates, Sue is on our committee. Sue is a researcher from the Donald Beasley Institute and is very passionate and has a lot of knowledge around "welfare guardianship" and PPPR act. Sue Presented here in Dunedin, video conferencing was used and we were able to offer this workshop in other parts of New Zealand. I think all up there were over 150 people listening into this presentation. I then asked Sue to come thru Central Otago and Oamaru to give the same presentation, and we are also presenting this workshop in Balclutha on Wednesday 17th August at 7pm, for more information please ring LeeAnne our South Otago Support Group Coordinator for more details 027 315 7115. Sit back with a coffee and enjoy your reading!

Kind regards

*Sharon Bain*

### Office Details

Otago Branch Office Hours:

Monday 9.00am - 2.15pm

Tuesday 9.00am - 2.15pm

Wednesday 9.00am - 4.00pm

Friday 9.00am - 2.15pm

Staff in the Otago Branch Office are part time, and have a role that requires staff to go out in the community. The offices may not always be staffed during these times so it may pay to call first to ensure somebody will be in. 514 Great King Street

Physical Address

514 Great King Street

Dunedin 9016

PO Box 13102

Green Island Dunedin 9052

Phone 03 4749640 Email Otago@autismnz.org.nz

Autism New Zealand Inc - CC21220 – is a registered charitable entity in terms of the Charities Act 2005

August 2011

#### Inside this issue:

From the Office	1
Support Groups	2
Help Programme	3
Literacy/ Communication	4
Healthy Athletic	5
Rugby World Cup	6
Jen Birch Evening	7
Navigating	8
Fundraising	11
Tony Attwood	12
Coffee Morning	
Book Review	13



## Support Groups in our region.....

### Outside Dunedin

Our **North Otago Support group** meeting dates are as follows;

- 17th August and 21st September - this group meets in the home of Carmen Forbes, 17 Argyle Street Weston. All welcome any enquires please call Carmen on 03 434 7576 or 027 733 5064

Our **Central Otago Support group** is meeting on the following date;

- 12th October at 7pm— this group meets at the Cromwell Plunket Rooms, if you would like to, or know of anyone who would like to coordinate this group please let us know.

Our **South Otago Support group** meeting dates are as follows;

- 17th August, 21st September, 19th October—this group meets at the Budget Advice Rooms, 19 Clyde Street at 7pm. (However the Welfare Guardianship and PPPR act is being held in a larger venue) Please contact LeeAnne Michelle for more Details.. Leanne can be contacted by phone 03 417 7472.

### Dunedin

We also have our support group evenings in **Dunedin** on the **4th Tuesday** of each month at 8pm. We have a variety of guest speakers at these meetings. It is a good opportunity to make contact with other families who are walking the same road! This support group evening does not run in December or January.

### Coffee Group

We have a coffee group that meets on the **2nd Wednesday** of each month from 10am—12 noon. This is just really a coffee and chat with other parents who have children with disabilities. This is held at the office, and in conjunction with Parent to Parent Otago—term time only! It is always good to see returning families as well as all of the new families. Any ideas for support group meetings are welcomed. Remember .....if you have queries around schooling issues, support, courses, therapies or anything else to do with the Autistic Spectrum including talking to groups/organisations about Autism, please call Sharon.



## Parent to Parent Awareness Week

QUIZ NIGHT

THURSDAY 11th AUGUST

730pm

Upstairs at the Lone Star Restaurant, Princes Street, Dunedin

\$20 for a team of 4

Tickets available from

Krissy Wright –Donald Beasley Institute Ph 479-2162

Or Parent to Parent Office Ph 470-1086

## Featured Books from our National Library

### Growing Up With Autism: Working With School-Age Children And Adolescents

by Robin L. Gabriels and Dina E. Hill

Individuals with autism and their caregivers face unique challenges in later childhood and adolescence, yet this period is often neglected in the professional literature. This unique volume translates current research on the needs of this population into practical recommendations for clinicians and educators. Featuring vivid case examples and an in-depth, reproducible assessment form, the book comprehensively addresses the many contexts of children's lives. Accessible guidance and hands-on suggestions are provided for:

- \*Supporting positive behavior, communication, and social skills
- \*Managing issues related to mental and physical health and sexuality
- \*Helping families access services and navigate the legal system
- \*Optimizing the educational and transition planning process



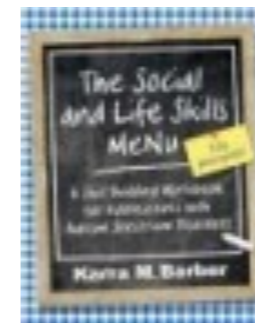
### Social and Life Skills MeNu: A Skill Building Workbook for Adolescents with Autism Spectrum Disorder

By Karra M Barber

This book will be a life-changing tool for all teenagers and young adults with social cognitive disorders, as well as the teachers and other professionals who work with them.

During adolescence social development and social status among peers is of crucial importance. For teenagers with Autism Spectrum Disorders (ASD) social interaction does not come naturally and often needs to be carefully learned. This workbook provides strategies to help those with ASD engage and connect with other people at home, school, work, social gatherings and community.

Using a restaurant menu as a template, The Social and Life Skills MeNu guides readers through each step of a conversation: starter statements to initiate conversation, main course topics to convey the purpose of the interaction, and treats to change to a close. Packed with questionnaires, discussion logs and hypothetical social scenarios, this workbook encourages readers to think through their responses and consider the consequences of what they say and how others might react. By practicing easy techniques and completing a series of everyday social tasks, students can improve self-awareness, increase self-confidence and build on their daily life skills.



Both of these featured books are available for hire from our

National Office Library

If you would like to hire these books or see what else is available at our

National Office Library please contact Marion on 0800 288476

*Tony Attwood here in Dunedin*

*On Wednesday 17th August*

ATTENTION ALL SENCOS, PRINCIPALS, TEACHERS, FAMILIES AND ASD SERVICE PROVIDERS

*ONLY TWO Days TO GO....Don't miss your opportunity to hear the world's NUMBER ONE expert on autism and aspergers syndrome.*

Dr Tony Attwood is well known throughout the world for sharing his knowledge on autism spectrum disorders. He is an outstanding speaker and the author of a number of bestselling books on ASD. As a clinical psychologist Tony has worked with over 3,000 individuals of all ages with an ASD, and he presents workshops and runs training courses for parents, professionals and individuals with an ASD all over the world. His presentations are highly informative and empowering.

Seminar dates and locations

Invercargill Monday 15 August 2011 9.30-3.30pm Ascot Park Hotel  
Dunedin Wednesday 17 August 2011 9.30-3.30pm Forsyth Barr Stadium  
Christchurch Friday 19 August 2011 9.30-3.30pm The Chateau on the Park

**\*\*Please note there are no North Island dates this year and Tony will not be returning to the South Island in 2012.**

Seminar Content:

Managing Challenging Behaviour in Children with Autism, and Strategies to Reduce being Bullied and Teased.

Cost:

Registration is \$180.

Book online at [www.creatingsuccess.co.nz](http://www.creatingsuccess.co.nz), or complete the attached registration form.

## Remember Coffee Morning Group

**This Wednesday**

**10th August**

**10am—12 noon**

**Informal get together with other families!**

### Disclaimer

Autism NZ Inc—Otago Branch does not necessarily support, endorse or recommend any method, treatment, product, programme or therapist for those with an Autism Spectrum Disorder.

We do however, seek to inform, in the belief that you have the right to know, so that you can make informed choices.

## Of Interest

### Halberg Trust Funding

The Halberg Trust Activity fund will meet costs over and above what it would cost an 'able-bodied child' to participate in sport. Examples of funded activities include specialized sports equipment, sports activities, coaching and school camps, as well as swimming lessons. Your child must be at least five years old.

Contact Bridget Meyer Sport Otago Phone 03 474 6350

## Autism New Zealand Help Programme

**COMING TO OAMARU**

**5th, 12th and 19th November**

### WE NEED 8 FAMILIES TO ENSURE THIS COURSE IS DELIVERED

If you are interested please give me a call!

The requirement is your child must be over 5 years old.

The programme is run in 3 sessions covering

- Introduction to Help, Diagnosis
- Triad of Impairments, Overview of ASD
- Communication, Behaviour and Legislation and Benefits

This programme is FREE

Please fill in an Expression of Interest form on line at [www.autismnz.org.nz](http://www.autismnz.org.nz)

Or phone our training manager Pat on 04 4707616

## Website Games

Try these websites recommended by our parents!

Try the emotions game on Autism New Zealand Website, this is using the Thomas Trains, [www.autismnz.org.nz](http://www.autismnz.org.nz) or [www.boobah.com](http://www.boobah.com), [www.tarheelreader.com](http://www.tarheelreader.com)



## Literacy/Communication Courses

Talklink (trust for assistive technology service) are running two courses in Dunedin for parents, Specialist Teachers and TA's one on literacy skills development & the other on creating communication opportunities. The presenters are Polly Thomas an experienced Specialist Teacher who works with ORS funded students in mainstream schools as well as for Talklink and Pariya Behnami, SLT who works full time for Talklink.

**Communication course** Cost: Free Date: Friday 9th September from 9.00 – 12.00 venue **GSE 414 Moray Place Dunedin**

**Literacy course** Cost: \$20 Date: Thursday 8th September from 3.30-6.30 & Friday 9th September 1.00-4.00 venue **GSE 414 Moray Place Dunedin**

### Literacy Skills Development for Children with Complex Communication Needs

Based on the advice, guidelines and approaches of the leading experts in this area, Dr Karen Erickson and Dr David Koppenhaver, this course covers the 4 block approach to balanced literacy instruction for children with complex communication needs:

#### Guided Reading/Writing/Self selected reading and/Word Study

This three hour course covers:

An in depth look at how to teach each of the 4 blocks

The foundation skills needed for developing literacy for emergent readers and writers

Activities the student needs to do daily to help develop the skills

Practical resources and equipment options which may be needed

Feedback from a parent who recently attended this course earlier in the term

These courses are amazing!!! Stacked with vital info that every teacher and teacher aid who works with kids who have complex communication issues should know. Forward far and wide:-) the more skilled teaching staff we have out there the better.

Polly is the most inspirational facilitator I've ever heard talk about this stuff.

Cheers

Xxxxx

To register please phone or email Ans Wilkin at GSE ph 477-15200 or [ans.wilkin@minedu.govt.nz](mailto:ans.wilkin@minedu.govt.nz)

## Fundraising Opportunity

**Autism New Zealand Otago Branch** has signed up with Buzz.thePeople fundraising. It is a way we can raise money by doing the occasional survey by email. Every time you complete a survey we'll get paid for it!

This fundraising programme is run through a website called Buzz.thePeople and they've raised over \$328,342.91 for New Zealand charities, schools and individuals since they started in 2005. When you do the surveys you'll also have the chance to win prizes with monthly give-aways and the occasional big prize (they've given away 3 cars, laptops, iPhones and iPad + 3 lots of \$10,000 cash over the same period)

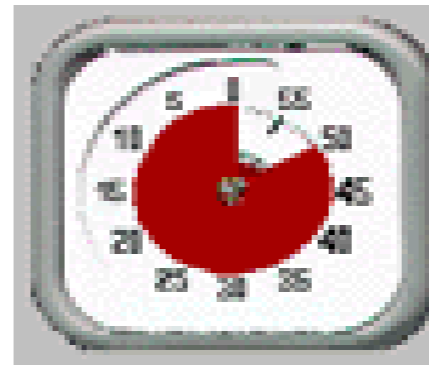
Buzz runs surveys for all sorts of organisations ranging from Government departments to ad agencies and media companies, you can unsubscribe at any time you like and they never use our member details for any promotional offers.

Click this link to sign up: <http://www.buzzthepeople.co.nz/helpfundraise.aspx?s=C7DCF6D9>

Please do sign up, and send this link to all your friends too so we can make a real difference!

#### Chewy Tubes

Chewy Tubes are an innovative non-food oral motor device designed to provide a resilient, chewable surface for practicing biting and chewing skills. They can be used by children and adults to help develop initial oral motor skills, or to rehabilitate the jaw after surgery, trauma or stroke. Youngsters seeking additional sensory input into the jaw may also like biting on Chewy Tubes. They are latex-free and lead-free and do not contain PVC or phthalates so are completely safe.



#### Time Timers

Excellent visual aids to teach the concept of time and time management. Useful even if the student does not know how to tell the time.

The timers are now combined Audible/Silent with a on/off switch at the back of the clock for sound.

\$72 for 7.5cm and \$87 for 20cm

Both of these resources are available for purchase thru our National Office Library, check out what else is available on our website [www.autismnz.org.nz](http://www.autismnz.org.nz), or phone Marion in our National Office on 0800 288476

## *Parent to Parent Awareness Week opening*

*Your invited if you would like to attend*

Monday 8<sup>th</sup> August 10am

We have Minister Tariana Turia (Minister of Disability Issues) opening Awareness Week, with a speech delivered by the Ministers Private secretary Michelle McNabb, followed by a Support Parent sharing her story around supporting another family.

### *Thank you to Melissa Rule and Victoria Wilson*

These two ladies are Occupational Therapy Students and were on placement with Autism NZ Otago Branch for three weeks, their project was to fill an identified need in our community. These girls designed, and printed our new branch flyer, if you haven't seen it yet, have a look in your doctors surgery as we sent these brochures out to every GP rooms in Otago!



If anyone is looking for someone to do respite care Victoria has asked that her name is available to anyone who is looking for a carer. Please phone the office for her details.

### *Autism New Zealand—Appeal Week*

Autism New Zealand Otago Branch Committee would like to thank our members who came out on a very cold Dunedin morning to raise money for Autism NZ. A special thanks to Nikki Shea for coordinating the Appeal this year for our region.

Thank you to Carmen Forbes, LeeAnne Michelle and Trevor Bailey for organising the collection points in Oamaru, Balclutha and Wanaka.

We raised \$2,736.70 this year—up \$1,000.00 on last year!

Well done everyone!

## *Healthy Athletic Programme*

Special Olympics New Zealand invites all people with an intellectual disability to participate in a health promotion event in Mosgiel, Dunedin.

Intended to improve all round health, the event features a range of professionally delivered health screening activities designed to promote health and identify areas needing further attention.

Dates are **29, 30, 31** August. Time 9am to 5pm. The screening takes approximately one hour. There is no charge. The venue is Holy Cross Convention centre, 80 Church St Mosgiel.

A parental/caregiver permission slip will be made available for secondary school students and any non registered Special Olympics athletes.

Parents and caregivers are welcome to provide support at this screening programme.

Please feel free to distribute this email amongst your networks.

If you have any questions around this programme, or would like an outline of the programme, or you wish to make an appointment to take part, please do not hesitate to touch base with Jan Aitken.

Jan's contact details are as follows;

Phone 03 474 6344 or email [jana@specialolympics.org.nz](mailto:jana@specialolympics.org.nz)



Do you have an email address???????

Autism New Zealand would like to keep the price of producing a newsletter down, if you would prefer to get your newsletter on line please make sure we have your correct email address. Send the branch your email address now! [otago@autismnz.org.nz](mailto:otago@autismnz.org.nz)

Please let the branch know of anyone you think would be a great guest speaker for our support group evenings. You might find a good resource, let us know about it and we can share your news with other members in upcoming newsletters!

### Introducing to you...

My name is Kate Innes and I have been appointed to the new ASD/Developmental coordinator role for the Southern DHB in Otago. I have lived in Dunedin all my life and have a background in disability family support work with both community and government agencies.

My role with the Southern DHB is to support families who have children referred to a paediatrician with developmental issues. If a child receives a diagnosis of ASD I will continue to work with families and the health care team to develop a service plan. The service plan will highlight goals around development so we can then identify appropriate support agencies.

If you would like to contact me at Dunedin hospital please phone 4740999 ext 8228 or send an email to [kate.innes@southerndhb.govt.nz](mailto:kate.innes@southerndhb.govt.nz)

### Rugby World Cup—Fundraiser. Can you help??

Saturday 24th September we are having a BBQ fundraiser

We need some helpers please!

This is an early game at 6pm. We are looking at sellingbbq food from 3pm till around 9pm

.If you can help please ring the office 03 474 9640 or email [otago@autismnz.org.nz](mailto:otago@autismnz.org.nz)



### Imagine Better—Family Leadership Programme

#### Imagine Better - Family Leadership Series Otago

This event is a leadership series for families with a young person under the age of 25 who has a disability and is specifically designed to work alongside of families who are seeking the tools and networks necessary for building personally meaningful futures.



We need a further 3 families to register to make this happen!

To find out more information, or to register your attendance please go to [www.imaginebetter.org.nz](http://www.imaginebetter.org.nz). Cost is \$60 per family.

For sale—lapel pins \$5 each

Please phone the office if you would like one.



#### QHC

Quality Home Based Childcare

- Locally owned and operated
- Home-based childcare for 0-5 years of age
- Licensed by the Ministry of Education
- Support from experienced visiting teachers
- WINZ childcare subsidies available
- ECE 20 hours with no extra costs
- \*Highly Competitive Hourly Rate for Children

"Educators who are passionate about childcare"

Enquires please phone Sharon Castle on 03 471 9971

Or email [Sharon@qhc.co.nz](mailto:Sharon@qhc.co.nz) [www.qhc.co.nz](http://www.qhc.co.nz)

### Special Rigs

Sunday

28th August 2012



Venue to be confirmed!



Wednesday 7th September 7pm

Please RSVP to [otago@parent2parent.org.nz](mailto:otago@parent2parent.org.nz) or

Phone 03 470 1086 office 514 Great King Street

**“WELCOME TO PARENT TO PARENT’S  
PARENT SUPPORT PROGRAMME”**

**NAVIGATING THE SYSTEM MODULE**

This session or series of sessions looks at the resources available within the disability sector and gives you the opportunity to ask questions of people who work in it.

**Participant Criteria, you must be:**

- A family member of a person with a disability, health impairment or special need or a person interested in supporting such a person  
Be aware of the course content and the objectives

***Training Objectives:***

Demonstrate knowledge of represented regional Health and Disability support services

Be empowered in own situation

**Course Content (Regions will endeavour to provide the following)**

***Introduction - To introduce the speakers for the session***

**How to access health & disability services** – To explain how the systems work and the agencies who families may find themselves working with

**Needs Assessment Service Co-ordination (NASC)** - To introduce the regional NASC service and explain how the service can support families

**Financial support through Work and Income NZ (WINZ)** - To explain the benefits available to families and how to access them

**Education system** - To explain the education options available to families and the idea around IEP's

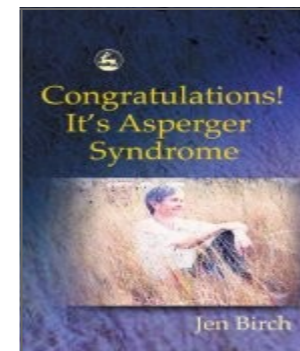
**ACC** - To explain the criteria for this support

**Other Agencies who provide a service locally** – To provide an overview of the services available to local families

**NZSL—INTERPRETING SERVICES**

**NEW ZEALAND SIGN LANGUAGE INTERPRETING DUNEDIN**

Brydee Jenkins Strang is a qualified NZSL Interpreter working in Dunedin and surrounding areas. Her interpretation is completely confidential and impartial. If you require an NZSL interpreter in medical, educational, or vocational settings and wish to get a quote for interpreting in those services you can contact Brydee by email on [brydee.j@gmail.com](mailto:brydee.j@gmail.com) or Phone 027 7497197



*Special Information Evening*

*Tuesday 13th September*

*7pm*

*Jen Birch*

One of the increasing number of people diagnosed with Asperger Syndrome in adulthood, New Zealand-born Jen Birch relates her story with humour and honesty, taking us through the years of frustration and confusion that led to her diagnosis in 1999. Now that she can put her life experiences into context, she candidly describes her continual search for 'normality', including her experiences at work, her difficulties with relationships, her time spent in a psychiatric hospital and her struggle for correct diagnosis in a country where the syndrome is relatively unknown. Talking positively about how her life has changed since the 'revelation', Jen aims to use this new-found knowledge to inform others about the syndrome and how, once its pros and cons are understood, life can be lived to the full. Jen runs the Adult Support Group at Auckland Autism NZ, also Jen is a Board member of Autism New Zealand.



Autism New Zealand AGM

Tuesday 25th October

7pm

Mark your calendars now!

Due to popular demand we will be hosting our Amazing Race, (a different course though) Sunday 13th November, more details later!