



HOW DO I APPLY FOR A PLACE ON THE PROGRAMME?

Please contact Autism New Zealand to discuss forthcoming programmes in your area. Your details will be kept on a database which will be used to put together future programmes. You will be contacted when a programme relevant to your circumstances is being delivered. Please visit our website and fill in the online form or request an expression of interest form from the address below, complete the form and return it to Autism New Zealand.



Autism New Zealand Inc.
Including Asperger Syndrome and Related Disorders

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This programme was developed by the National Autistic Society, UK. Trainers and course providers comply with the standards set by NAS.



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Autism New Zealand Inc. is a registered charitable entity in terms of the Charities Act 2005. Registration Number CC21220.

THE BENEFITS OF THE PROGRAMME

Following a diagnosis of an autism spectrum disorder, many parents and carers feel isolated and unaware of what to do next. By providing basic information on communication and behaviour strategies and education and benefits, parents are given guidance on how to support their child now and in the future.

The strength of the *help!*® programme is the sharing of experiences, learning together and reducing isolation.



FAMILIES ATTENDING THE PROGRAMME HAVE SAID?

It was good to share with other people who understand our situation and not be told that things can't be as bad as we say they are

I have learnt more during these six weeks than in two years of reading all the books and surfing the net

For the first time in 11 years I am able to communicate with my son

Our son now receives ten hours of support at school

The *help!* Programme was the first real, comprehensive support that we have had. Life is still tough. However, we are using some of the techniques and they are helping us



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help!® PROGRAMME

hope * education * listening * positive approaches



Helping families develop understanding of autism spectrum disorders and learn positive strategies





help![®] PROGRAMME:

- is for parents or fulltime carers of children aged 5+ or in fulltime education
- aims to address the needs of the parent
- brings parents together for group evening or Saturday training sessions
- assists families/whanau to develop a personal profile of their son or daughter for use in any situation (eg introducing him/her to a new school or caregiver)



THE help![®] PROGRAMME WORKS IN PARTNERSHIP WITH PARENTS TO HELP:

- understand your child's autistic spectrum disorder
- develop your child's communication
- apply practical strategies to manage your child's behaviour.

Who can attend the programme?

The parents or carers of children at school.

THE help![®] MANUAL

Each family/whanau is provided with a help![®] manual. This manual will enable carers and parents to more clearly identify the ways in which their charges see and understand the world. It will help them have a better understanding of the diagnosis of an Autism Spectrum Disorder and develop positive ways for supporting their family member.

WHAT IS THE help![®] PROGRAMME?

Research has clearly highlighted the importance of support for parents, families, whanau and carers of people who have autism spectrum disorders. The help![®] programme provides parents and fulltime carers with information, advice and support. It helps develop an understanding of autistic spectrum disorders and positive strategies, as well as knowledge of rights, benefits and of local support services.

WHAT DOES THE PROGRAMME AIM TO ACHIEVE?

The programme aims to:

- increase your knowledge and give a better understanding of ASDs
- help provide a better understanding of the child and their ASD
- increase your knowledge and better understanding of appropriate strategies to aid communication and understanding the behaviours associated with ASD
- increase knowledge of relevant legislation and welfare rights
- provide better knowledge of the local services which may be available and how you might access these
- increase knowledge and understanding of the roles of the professionals you may meet or hear about.

When and where are the sessions held?

The help![®] Programme Manager will liaise with Autism New Zealand branches, organisations, parent groups and local professionals to determine where the programme might be held. Autism New Zealand members and the help![®] database are informed of forthcoming programmes.

What does it cost?

The programme is delivered free to parents/carers.



PROGRAMME LENGTH AND COMMITMENT

help![®] is a 20 hour programme and therefore families should attend all six sessions. We appreciate that committing to attending this full programme may be difficult for some families. Please contact Autism New Zealand to discuss your personal situation. The programme is comprised of a series of seminars.

ABOUT THE PROGRAMME

The six seminars cover the following topics:

Session 1 – Introduction to the help![®] Programme

What you can expect from the programme
Sharing experiences, diagnosis and family issues

Session 2 – Overview of Autism Spectrum Disorders

Triad of Impairments
Sensory issues, ADHD

Session 3 – Communication

Communication issues and strategies
Ways people with ASD communicate

Session 4 – Behaviour

Types of behaviour
Things to try and things to think about
Meltdowns and aggression
Approaches

Session 5 – Education

Good practice guidance
Different education settings and their pro's and con's
Practical strategies for the classroom
Your rights
Bullying, exclusion from school and transition planning

Session 6 – Legislation and Benefits

What you are entitled to and how to get it
Useful legislation
Terms you may hear
Financial provision for the future

These sessions will be delivered flexibly to respond to local circumstances. Where possible local professionals and Autism New Zealand Inc. staff will attend relevant sessions.

