

Autism and Social Communication Team

ASCSURE

**A.S.C. Strategies, Understanding, Realisation and
Emotional wellbeing**

A course for parents of a child with autism



ASCSURE—Exploring Autism and strategies to promote positive behaviour and relationships

Are you a parent/carer of a child or young person, aged 9-16 years, who has autism and have not attended an ASCSURE course before?

The ASCSURE course is an excellent source of information for those new to ASC or for those requiring a little more in-depth knowledge. The course is free of charge to families of children in West Sussex maintained schools, at this time.

Course aims:

- to give a broad and balanced view of how autism and social communication difficulties may impact on the child/young person's life and that of the family
- to explore key practical strategies that can support autistic children
- to provide a forum for families to share their experiences and expertise together

Course outline:

The six recorded sessions will be focused on both theoretical and practical aspects of autism and the resulting strengths and challenges. There will be opportunities to participate in discussions and ask questions in group sessions on a weekly basis.

Applications need to be received by 28th January 2021



In order for participants to fully benefit from this course we ask that they attend **all** sessions.

Topics covered in ASCSURE course by session:

• **Session 1: Autism: What does it mean?**

Develop understanding of autism, discuss experiences of getting a diagnosis and identify how autism can affect families

• **Session 2: Communication:** Develop understanding of communication difficulties and strategies to improve communication and interaction skills for the child/young person with ASC

• **Session 3: Sensory Needs**

Consider how sensory information and sensory experiences may be processed differently by those with ASC, share strategies to help with sensory needs

• **Session 4: Anxiety**

Improve understanding of the signs of distress that autistic children may display and consider approaches to support self-regulation.

• **Session 5: Socialisation**

Explore the difficulties those with ASC have with socialising and developing relationships including siblings and strategies to develop their understanding of others and social situations and interactions

• **Session 6: Adolescence and Independence**

Consider ways to encourage independence and manage adolescence

Session No.	Topic	Team Member	When to watch recorded session (From- to)	Discussion Group Date. (Invitation to be received for a virtual session)	Discussion Topic and Questions
WEEK 1	Autism: What does it mean?	Jane & Jessica	11 th February- 5 th February	25 th February 12-1.00 Jane & Rachel Group 1 Helen & Katherine Group 2	Autism: What does it mean?
WEEK 2	Communication	Christine & Barbara	25 th February- 4 th March	4 th March 12-1.00 Katherine & Barbara Group 1 Sasha & Becky Group	Communication
WEEK 3	Sensory	Helen and Christine	4 th March- 11 th March	11 th March 12-1.00 Helen & Jessica Group 1 Christine & Rachel Group 2	Sensory
WEEK 4	Anxiety	Rachel, Jessica and Sasha	11 th March- 18 th March	18 th March 12-1.00 Rachel & Sasha Group 1 Jessica & Barbara Group 2	Anxiety
WEEK 5	Socialisation	Sasha, Becky, Sharon	18 th March- 25 th March	25 th March 12-1.00 Sasha & Becky Group 1 Rachel & Barbara Group 2	Socialisation
WEEK 6	Adolescence and Independence	Jane and Katherine	25 th March- 1 st April	1 st April 12-1.00 Jane & Helen Group 1 Katherine & Christine Group 2	Adolescence

For an application form and further details please contact:

Email: Jessica.bubb@westsussex.gov.uk

Tel: 033022 28525

Applications need to be received by 28th January 2021

Please note there are a limited amount of places on this course, which will be allocated on a first come first served basis.