

SEND News – ASD special



Autism or ASD, Asperger's or ASC as it is sometimes known are different terms for a 'spectrum' of needs. The word spectrum is used because everyone who is classed as ASD will be different. Some will display signs, others will not.

Autistic people may:

- Find it hard to communicate and interact with other people
- Find it hard to understand how other people think or feel
- Find things like bright lights or loud noises overwhelming, stressful or uncomfortable
- Get anxious or upset about unfamiliar situations and social events
- Take longer to understand information
- Do or think the same things over and over



Hopefully the information below will be useful in supporting your young people

With best wishes, Tom Nolan (SENCO Clarendon)

Parental Tips

- ⊖ Be informed, but not hung up on a label your child will have their own needs.
- ⊖ Love your child for who they are- even if they don't tell you- you are their whole universe
- ⊖ Share your feelings and experiences
- ⊖ Inform others, especially family (there are a lot of misconceptions)
- ⊖ Appreciate all your child's victories, interests and try not to compare them to other children.
- ⊖ Access autism friendly services and community groups (look at the 'Local Offer' on the Wiltshire website)

Top inclusive strategies for students with ASD:

- Give additional time to process instructions
- Try to do things 'the same way'
- Adjust communication (watch your words)- they may be taken literally
- Consistency (keep expectations the same)
- Monitor anxiety- use social stories to explain why things are happening
- Provide structure and routine (visual timetables, sticker charts, check lists)
- Respect the right to the different – allow for the autism- your child may be communicating in different way- this is not necessarily them being naughty
- Give 'Calm Down' time preferably in a space that does not have too much going on- this can cause sensory overload
- Many children with ASD will also need a way of getting out extra energy of frustration- explore these!

A few links for ideas for supporting students with social, communication and interaction difficulties:

- <https://www.autism.org.uk/>- have a look at the 'I am autistic guide'
- <https://www.ambitiousaboutautism.org.uk/information-about-autism> (there are great guides for family members)