



## Training Available 2022

### Autism

Length: about **2.5 hours** | Cost: **£180** | Can be delivered online

This presentation can act as an introduction or a refresher for those wishing to understand more about how autism affects people. We cover areas such as:

- Definitions (can be in greater or lesser detail depending on the target audience).
- How autistic people are different in the areas of social interaction, social communication and social (and functional) imagination.
- Why we need to understand about things such as Theory of Mind, Central Coherence and Alexithymia.
- Anxiety - we go through a mental exercise (marketplace scenario) that helps people understand how and why autistic people experience so much anxiety, and how we can recognise it and help them manage it.
- Behaviour and its functions (this can be covered much more fully in another session).
- Visual supports, why we need to use them and a few examples (again, can be covered in greater detail in a separate session).
- Sensory Processing - we look at the eight senses, and how they integrate and allow us to function. We then look at what happens when they do not work as they should do.

Feedback for this session. All feedback for this session since 2011 has been rated as Good or Excellent. Common positive feedback themes are about the knowledge and experience of the trainer and the “real life” examples used. The only suggestion to improve this training is that people would like it to be a longer session.

### Behaviour

Length: about **1.5 hours** | Cost: **£130** | Can be delivered online

This presentation can be delivered individually to families or to groups of families or professionals. It can be pitched at most levels. It can include additional breakout exercises (add **£20**). We cover such areas as:

- Why people use behaviour, and how we need to focus on the *why* in order to solve the problem with or for them rather than on just stopping the behaviour.
- The different functions of behaviour and how we work it out when someone cannot tell us.
- What a good behaviour plan might look like.
- What goes in in someone’s brain when they are having a meltdown (and why this is important).
- We might also have a think about whose problem a “problem behaviour” could be and whether we need to change it at all.

Again, we have had really good feedback for this session, particularly from those supporting children (or adults) who have an Intellectual Impairment. One teacher described her staff team as “buzzing” after the training.

## Visual Supports

Length: about **3 hours** | Cost: **£200** | Can be delivered online

This presentation can be delivered to groups of families or professionals. It is our longest presentation, but the time does seem to pass quickly. We cover:

- Why we need to use visual supports, including how we use them ourselves.
- How visual supports are there to do what people cannot do inside their heads, which is why we need to understand the people we are trying to support and how they function.
- Learning styles - how autistic people and people with learning disabilities process information and why this is important (and we might even learn a little about ourselves along the way).
- Different types of supports that might be used and ideas about how to make them and tailor them to individual needs. This includes visual schedules, motivational systems, stories, videos and activities.
- How to use our imaginations to make just what it takes to do the job.
- Examples of supports used in real-life scenarios.
- Some of the software, equipment and technical skills needed to make supports, and an example of using an app on a tablet to make a support (or have some fun).

As before, universally good feedback with people reporting being enthused and inspired to be creative in supporting the people they work with.

## Autism for Children

Length: about **1 hour** | Cost: **£150** | Can be delivered online

This talk was originally written with the 7 to 11 age group in mind, but the delivery can (and has been) scaled up or down to suit. It has been used with groups of Brownies, Scouts and classes of children in schools. It has also been delivered 1:1 to siblings of autistic children. We cover:

- How we are all different on the outside, and yet we are all still people.
- How we are all different on the inside, and yet we are all still people.
- How autistic children have some specific differences on the inside and what they are.
- We look at some famous people (alive and dead) who are (or were) autistic.
- We also think a bit about our senses and how this can be different for autistic people.

Children seem to like this session (lack of fidgeting) and the adults say they learn a thing or two too. Autistic children have reported finding it helpful. Always lots of excellent questions asked by the children at the end.

## Understanding Epilepsy

Length: **1 hour** | Cost: **£150** | Can be delivered online

This is a basic epilepsy awareness talk looking at:

- Different types and subtypes of seizures.
- How they manifest.
- What is going on in the brain when someone has a seizure.

## Sleep

Length: **2 hours** | Cost: **£180** | Can be delivered online

Our sleep talk covers:

- What happens when we sleep?
- Why sleep is important.
- How sleep works.
- Behavioural sleep interventions.
- Organic, gentler sleep interventions.

## What is a Learning Disability?

Length: **2.5 hours** | Cost: **£180** | Can be delivered online

This is a Learning Disability (LD) awareness talk looking at:

- What is a LD?
- What's the difference between learning disability and learning difficulties?
- Common genetic and other conditions often associated with LD.
- Health and other inequalities in LD.
- It's not all bad news.
- Tips for working/communicating with people with a LD.

## Online Training

All training can be delivered online. This means people from a variety of settings can join. We can deliver using Teams, Zoom, Skype or Google Meet. We can quickly adapt or switch if people have trouble joining on a particular platform and have even presented simultaneously on two platforms at once when the situation required. Generally, we prefer to use Teams. We can provide ad hoc basic technical support and troubleshooting to get people joined if needed.

Handouts are uploaded to the Teams session ahead of time, certificates of attendance can be provided digitally if requested. You may use your own feedback gathering method or we can do it for you if required.

## **About the trainers**

**Kirk Anderson** has been a Learning Disability nurse since 1995. He has worked with both children and adults, residentially and in the community, and specialises in Autism. He is autistic himself. Kirk delivers most of the training sessions.

**Katy Anderson** has worked with children with disabilities for over 20 years in a variety of settings including education, health and social care, and in the voluntary sector. She has a BA (hons) in Early Education and Special Needs and Inclusive education and has attended multiple CPD training courses. She has been focused on raising her family for the past few years, her 6-year-old son is autistic (as is her husband), so she has lived experience of being part of a neurodiverse family.