

Autism Spectrum Disorder (ASD) East Lothian Family/Carer Information Sessions

For families living in East Lothian

East Lothian Families/carers of children and young people (up to 18 years old) with or without a diagnosis of ASD are invited to attend any of the following Family Information Sessions.

Please note these sessions are for adults only. There will be no crèche facilities.

To book a place – please see details at end of flyer

Session title (session details below)	Date
Understanding ASD	05/03/19
ASD and Mental Health	12/03/19
Understanding ASD and Learning Disability	19/03/19
Supporting communication and using visual supports	26/03/19
Supporting Children with Autism in Schools	02/04/19
BREAK FOR SCHOOL HOLIDAYS	
Sensory Workshop	23/04/19
Sleep management	30/04/19
ASD: Eating and Drinking	07/05/19
Social Stories	14/05/19
ASD and toileting	21/05/19
Children's Services Disability Team	28/05/19
Other sources of help and caring for yourself	04/06/19

Session details	Presenters
<p>1. Understanding ASD This session aims to cover the core features of ASD, presenting behaviours and differences within the autism spectrum. We will also touch on diagnostic criteria and co existing conditions. This session will be delivered through the use of video clips, handouts, participant involvement and shared experiences.</p>	<p>Dr Elaine Dale Community Paediatrician, Community Child Health</p> <p>Rhona McAlpine Specialist Occupational Therapist, CAMHS</p>
<p>2. ASD and Mental Health This session will look at ASD and mental health, particularly anxiety and low mood. It will aim to improve participants' understanding of the reasons why autistic people may experience mental health difficulties and ways to support them.</p>	<p>Rhona McAlpine Specialist Occupational Therapist, CAMHS</p> <p>Dr Kirsty Fawns Clinical Psychologist CAMHS</p>
<p>3. Understanding ASD and Learning Disability This session will provide you with information and understanding of learning disability and ASD, how it may present and impact on your child's behaviour and functioning. This will help you to understand your child and find ways to interpret and manage behaviour. There will be the opportunity for discussion around families' experiences and possible strategies.</p>	<p>Dr Hannah Maclean Clinical Psychologist CAMHS Learning Disability Team</p>
<p>4. Supporting communication and using visual supports This session will look at what is involved in communication and talk over some tried and tested strategies to help support your child/young person's understanding and their ability to communicate and interact with others. As part of that we will look at using visual supports and how to tailor these to your family's needs.</p>	<p>Laura Duncan Speech and Language Therapist Children's Services</p>
<p>5. Supporting Children with Autism in Schools This session will be an opportunity to discuss the supports, process and provisions with regards to meeting the needs of children with Autism in schools. An outline of the East Lothian Child's Planning Framework will be given and discussion will take place around what is working well and what could be improved</p>	<p>Lynne Binnie (or other education representative) Principal Educational Psychologist and Head of ASN Services</p>

<p>6. Sensory Workshop</p> <p>This session explores the area of sensory processing and its possible impact on the everyday skills of the child. Participants will be supported to gain an insight into their own sensory preferences, and be able to recognise their child's sensory preferences and differences in relation to their daily life. Provision of ideas, strategies and useful resources will be given to support the child with their everyday skills.</p>	<p>Angie McLeman Occupational Therapist Children's Occupational Therapy Services – East and Midlothian</p>
<p>7. Sleep management</p> <p>This session will offer advice on: bedtime routine and settling to sleep with support strategies; night-time waking; and the support and use of medication</p>	<p>Kate Triscott School Nurse for Additional Needs</p>
<p>8. ASD: Eating and Drinking</p> <p>Information on common eating and drinking difficulties experienced by children and young people with ASD with practical ideas and strategies for families to use at home</p>	<p>Karen Allan Service Lead, Children's Speech and Language Therapy</p> <p>Angela McLeman Occupational Therapist, Children's Occupational Therapy Team – East and Midlothian</p> <p>Dr Louise McCool Clinical Psychologist, CAMHS LD Team</p>
<p>9. Social Stories</p> <p>This session will introduce Social Stories, a tool to use with your child to help them with different aspects of daily life and social situations e.g. understanding new routines, preparing for transitions and social expectations and rules. You will learn about what Social Stories consist of and have a chance to practice writing one.</p>	<p>Fiona Petrie Speech and Language Therapist Children's Services</p>
<p>10. ASD and toileting</p> <p>This session will cover the importance of continence assessment, advice on toilet training and the child who will only poo in a nappy/pull-up.</p> <p>We will look at the use of containment products and other equipment. We will also look at body / spatial awareness and sensitivity.</p>	<p>Kate Triscott School Nurse for Additional Needs</p>

<p>11. Children's Services Disability Team The information in this session is aimed at children and young people with complex and enduring disabilities.</p> <p>This session will look at the process for referrals and assessment; where eligible the allocation of a personal budget; what supports and resources are available; support planning to identify needs and how these will be met; regular review of support in place to establish what is working well and confirm if any changes are required.</p>	<p>Fiona Gemmell Team Leader Children's Services Disability Team</p> <p>Gillian McFadyen Family Support Worker, Children's Services Disability Team</p>
<p>12. Other sources of help and caring for yourself Carers of East Lothian (CoEL) is an independent charity that provides information and support to people who are looking after a family member or friend. Some of the CoEL team will be at this session to explain about the work they do, the support that's available for you as carers and how you can access it. There will be time to ask questions and meet with people in similar caring roles, and also to share experiences. So if you'd like to know more about where to turn for information, advice and ongoing support come along to this session.</p>	<p>Suzie Queripel, Parent/Carer Support Worker Carers of East Lothian</p>

Venue: Training Room 2, Musselburgh East Community Association (MECA),
Haddington Road, Musselburgh, EH21 8JJ

Time: 6pm – 8pm

To book a place, please e-mail FamilyInformationSessions@eastlothian.gov.uk with your name, contact daytime telephone number, which session(s) you wish to attend and number of places. An e-mail confirmation will be sent advising whether or not your booking has been successful

*****places are limited and will be offered on a first come first served basis*****

As part of an East Lothian pilot post ASD diagnosis support project, participants will be asked to complete a short evaluation questionnaire following the session