

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.

Due to the pandemic these sessions will not be in person but take place virtually.

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

Session title (session details below)	Date
Understanding ASD	14/09/21
ASD and Mental Health	21/09/21
Supporting Communication and Using Visual Supports	05/10/21
Supporting Children with Autism in Schools	12/10/21
BREAK FOR SCHOOL HOLIDAYS	
Sensory Preferences and Differences	26/10/21
Sleep Management	02/11/21
ASD: Encouraging Eating and Drinking	09/11/21
ASD and Toileting	16/11/21
Social Stories and Emotional Regulation	23/11/21
Children's Services Disability Team	30/11/21
Other Sources of Help and Caring for Yourself	07/12/21

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>14th September 2021</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>Sarah Ferguson Community Mental Health Worker, CAMHS</p> <p>Dr James Anderson Clinical Psychologist CAMHS</p> <p>21st September 2021</p>
<p>3. 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</p> <p>5th October 2021</p>
<p>4. 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>Fiona Smith Education Support Officer (Inclusion and Wellbeing)</p> <p>12th October 2021</p>
<p>5. Sensory Preferences and Differences 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>26th October 2021</p>
<p>6. Sleep Management 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 ASN</p> <p>2nd November 2021</p>

<p>7. ASD: Encouraging Eating and Drinking 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>Anna Cummergen - Speech and Language Therapist Angie McLeman - Occupational Therapist Dr Louise McCool - Clinical Psychologist, CAMHS Intellectual Disability Service</p> <p>9th November 2021</p>
<p>8. ASD and Toileting 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. 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 ASN</p> <p>16th November 2021</p>
<p>9. Social Stories and Emotional Regulation 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. It would also outline an approach for supporting emotional regulation.</p>	<p>Fiona Petrie Speech and Language Therapist</p> <p>23rd November 2021</p>
<p>10. Children's Services Disability Team The information in this session is aimed at children and young people with Autism where there is another disability of a severe or profound nature. 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 needed.</p>	<p>Sam Mitchell Senior Practitioner Children's Services Disability Team</p> <p>Shelley McNaughton Social Worker Children's Services Disability Team</p> <p>30th November 2021</p>
<p>11. 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> <p>7th December 2021</p>

Venue: The sessions will be delivered on a virtual platform, information will be emailed to you when place has been confirmed.

Time: 6pm – 7.30pm

**To book a place for your household, please e-mail
FamilyInformationSessions@eastlothian.gov.uk
with your name, contact daytime telephone number, which session(s) you wish to attend. 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*****

Participants will be asked to complete a short evaluation questionnaire following the session, the evaluation form will be sent by email after the session.