

# 1 Day Sensory & Autism



**FREE** Training for Parent/Carers, Disabled Self advocates and social care staff across Cheshire Wirral Merseyside

The training session to equip families, carers and staff with the knowledge and skills to understand autism. Learning methods include the use of case material, including audio/video material and observing role plays, lecture presentations and small group exercises/ discussion

To introduce and provide an overview of Sensory Integration Difficulties (SID) and related conditions to course delegates, offering clearer understanding of how SID may impact upon an individual's life and how it may affect their ability to interact with other people and their surroundings. How SID may affect an individual resulting in behavioural responses which may be perceived to be challenging.

Delegates will be taken through tasks and exercises to enable them to experience first hand the difficulties experienced by the person with autism and SID. It will help give the learners the skills to assist individuals living with autism and SID whilst at the same time maintaining positive relationships with service users and preserving the client's dignity.

The training day will demonstrate the principles and benefits of working in a non-aversive framework. The material will provide families, carers and staff with skills this course will demonstrate to delegates the importance of how their own behaviours and the environment may affect others with autism and SID and will include:

- History of Sensory Integration Dysfunction (SID).
- What is Sensory Integration.
- Guided tour and explanation of the senses.
- Implications for the individual.
- Candidates taken through sensory overload simulation.

#### **Sensory tasks and activities.**

- Sensory overload simulation (visual and auditory).
- Can SID affect communication and Behaviour.
- Creating a sensory friendly environment.
- Autistic view point on Sensory integration difficulties.
- Sensory workout.
- Brown and Dunn sensory profile

**Friday 13<sup>th</sup> September 2019**

Venue to be confirmed

**Monday 16<sup>th</sup> September 2019**

@The Lauries 142 Cloughton Road Birkenhead

9.00am registration till 4.00pm

#### **Learning Objectives:**

By the end of the course delegates will:

- Understand the importance identifying sensory integration difficulties/triggers
- Recognise and understand some of the signs of sensory integration difficulties within individuals with autism.
- Understand, describe and identify some of the reactions to sensory stimuli, how it may impact on the individual through behavioural responses.
- Recognise and help implement coping strategies when confronted with a distressed person experiencing sensory overload.
- Realise through continued development the importance of practising skills to help alleviate the difficulties experienced by individuals with sensory issues.
- Understand how to create sensory friendly environments.
- Provide staff with skills to better understand sensory integration perspectives of the individual with autism.

#### **Expected Outcomes in Practice:**

- Increased awareness & confidence to support those on the Autistic Spectrum resulting in improved outcomes for the SU
- Contented services users who experience less distress
- Reduced incidences of conflict and 'behaviours'
- Have a better understanding of how sensory issues may affect behaviour and learning.