

To celebrate World Autism Awareness Week

# Understanding and supporting children and adults on the autism spectrum



*A one day training event  
with Prof. Julie Beadle-  
Brown, Tizard Centre,  
University of Kent*



**TIZARD**  
University of Kent

**DATE: 27<sup>th</sup> March 2017**

**TIME: 09.30 – 16.30**

**VENUE: Lecture theatre, Sessions House, Maidstone, Kent  
ME14 1XX**

**FREE EVENT (Refreshments included but not lunch)**

**Places will be allocated on a first come first served basis**

With approximately 1 in 100 children and adults on the autism spectrum, there remains a need for awareness and understanding if our service system and our society are to be as inclusive as possible. This workshop will draw on the NAS SPELL framework to explore the key characteristics of autism, both strengths and difficulties, and how we can respond to these to support people with autism to experience a good quality of life, including maximizing their potential and supporting their well-being.

The workshop will be relevant to anyone who lives with, teaches, supports or interacts with children or adults on the autism spectrum on a regular basis. It will draw on the personal experience of people with autism and their families and will combine presentation with illustrative photos, videos, exercises and discussion.

There will be a focus on understanding what we know about how people on the autism spectrum experience the world around them and how we can tailor our interactions with, and support to, people on the autism spectrum to reduce stress and promote positive outcomes. Whilst drawing on the key principles of the SPELL framework, the training will emphasize the importance of taking an individual approach. The workshop will cover the following topics:

- An introduction to autism and neurodiversity
- Characteristics of autism – social and communication difficulties, sensory sensitivities and processing difficulties, restricted repertoires and routines
- Strengths in autism,
- Autistic intelligence and thinking
- The SPELL Framework – strategies for inclusion and support
  - Structure
  - Positive Approaches and expectations
  - Empathy
  - Low arousal
  - Links

**TO REGISTER YOUR INTEREST PLEASE EMAIL:**  
**sensoryanduatism@kent.gov.uk**