



## **Specialist Support Services Aspens Training Programme**

### **Course Descriptions**

#### **Autism – An Overview**

This course looks at ‘why’ people on the Autism Spectrum behave and experience the world as they do. Covering an in-depth look at what it means to have an Autism Spectrum Condition and how we as supporters can prevent stress, anxiety and challenging behaviour; this course seeks to give attendees greater confidence in knowing how to support people on the Autism Spectrum effectively.

Attendees will be able to:

- Identify the main conditions which make up the Autism Spectrum
- Understand the cognitive world of a person on the Autism Spectrum
- Consider the implications for individuals
- Consider the impact of our behaviour on individuals
- Learn approaches and strategies for supporting people
- Feel increased confidence in supporting people

#### **Autism - Practical Strategies and Active Support**

This course will build upon the trainee’s existing knowledge and understanding of Autism and how it affects individuals differently. The main focus of the training will be on the demonstration of practical strategies to use with individuals on the Autism Spectrum as well as the theory behind them. Trainees will get the opportunity to share good ideas and practice with the group.

#### **The Anxiety Perspective**

Anxiety is a real difficulty for many young people and adults with autism spectrum condition, learning difficulties and complex needs. Anxiety can happen for a range of reasons and people with autism can vary in their ability to cope with it. Anxiety can affect both the mind and the body, producing a range of symptoms. This course looks at why young people and adults on the spectrum suffer from anxiety and offers practical strategies to help individuals recognise and manage their own anxiety with or without support. This course will also explore ways of understanding and supporting emotional development and expression.

## **Positive Behaviour Support and Active Support**

Positive Behaviour Support is the preferred framework for working with people with learning disabilities and/or Autism who display behaviours that challenge. PBS, alongside Active Support, is key to improving quality of life outcomes and reducing restrictive practices.

Training will cover:

- An overview of PBS
- The Values on which PBS is based
- The importance of evidence based interventions
- The use of pro-active and re-active interventions for behaviour that challenges
- An overview of Active Support

## **Understanding Behaviour that Challenges through Functional Assessments**

This course is specifically for managers, deputies and seniors of services. Functional Assessments are an essential part of understanding behaviour and writing Positive Behaviour Support plans. This training will take you through using a functional assessment flow chart to understand behaviour that challenges.

Training will cover:

- The functions of behaviour
- Identifying and describing behaviour
- Indirect functional assessments
- Direct functional assessments

## **Sexuality**

Sexuality is a key part of an individual's identity. For people with autism spectrum condition, learning difficulties and complex needs there can be little education or support around their sexuality and how they can express it. This training will provide you with the tools to be able to support the individuals that you work with.

Training will cover:

- What sexuality is
- An understanding of what sex education is currently like for individuals with autism spectrum condition, learning difficulties and complex needs
- Why sex education is important and the risks around abuse
- What good sex education should look like
- Practical strategies for teaching sex education

### **Considering Sensory Needs**

This course will provide an in depth understanding of how Sensory Processing issues can impact individuals with autism spectrum condition, learning difficulties and complex needs. The training will focus on Sensory theory and the importance of considering sensory needs. The trainees will also learn practical activities to encourage more organised and purposeful behaviour to suit the needs of an individual. Part of this training day will be interactive and practical therefore trainees are encouraged to wear comfortable clothing!

### **Total Communication**

This course identifies the importance of communication to an individual with autism spectrum condition, learning difficulties and complex needs and how motivational value is paramount to their learning. This course will provide an overview of different communication system's including how to teach them, via a total communication systems approach, which includes Vocals, PECS, Sign Language and/or Technological Aids.

### **Promoting Independence and Self Help Skills**

Participants will gain an understanding of how to support an individual, to assist, improve their skills repertoire and responding. There are many life skill challenges faced by individuals with autism spectrum condition, learning difficulties and complex needs such as feeding difficulties, toilet training, dressing, grooming and appearance. Using active support and evidence-based strategies, participants will learn how to develop a task analysis, prompt effectively with visual and written support systems, incorporate reinforcement, self monitoring and overcome sensory issues. Participants will also be introduced to the AFLLS (Assessment of Functional Living Skills) an assessment, skills tracking system, and curriculum guide for the development of essential skills for achieving independence.

### **Motivational and Creative Learning**

This course introduces the importance of establishing motivation values when teaching individuals with autism spectrum condition, learning difficulties and complex needs. Participants will learn the definition of reinforcement, identify reinforcers through preference tests and pairing, the benefits of using differential reinforcement, how to develop token systems and more. There will also be the opportunity to explore creative problem-solving strategies for decreased motivation, engagement and refusal to cooperate.

### **Social Skills**

Participants will gain an understanding of how to teach and support individuals in a social world as well as the experiences people with autism spectrum condition, learning difficulties and complex needs, face when confronted with social situations. Introducing a wide range of strategies and activities, with a focus on encouraging independent practice; participants will learn how to teach and support social skills at each stage of development,

through effective strategies such as imitation, scripts, role play, visual and written support systems, video modelling and natural environment teaching.

### **Bereavement**

Attendees will acquire knowledge about general issues surrounding bereavement and loss while supporting individuals with autism spectrum condition, learning difficulties and complex needs. Attendees will explore their own feelings and journey through bereavement and loss as well as understand the theory and experiences of grief. Grief issues and coping strategies will be considered.

### **Employment**

The need for people with autism spectrum condition, learning difficulties and complex needs to gain meaningful employment is essential to self value and wellbeing. This course will assist participants in understanding the impact of autism, in working environments, and provide strategies for successful outcomes.

Attendees will learn about:

- Supporting Individuals to find and retain employment
- Managing employees with autism spectrum condition, learning difficulties and complex needs
- Managing volunteers with autism spectrum condition, learning difficulties and complex needs

## **Bespoke Training**

Aspens can tailor training to meet the needs of your organisation, delivered at a date and location convenient to you. Please email [training@aspens.org.uk](mailto:training@aspens.org.uk) or call 034545000600