

Autism

with you from challenge to strength



Optimising potential when you are autistic or think you might be

Many individuals who suspect, self-identify or have a diagnosis of autism, find that commonly described challenges and traits fit with their life time experiences. Whilst being neurodiverse results in a unique set of strengths and skills, many aspects of everyday life can be challenging. This results in increased levels of experienced stress, mental health difficulties and relationship issues.

Identify your unique strengths & challenges

If there are aspects of everyday life that you are struggling with, I will work collaboratively with you to better understand your unique strengths and challenges. Empowering and coaching you towards achieving your potential through a neurodiversity-affirmative approach.

The initial appointment(s) aim(s) to:

- Identify strengths (what makes events and / or activities successful for you)
- Develop an understanding of why some things are challenging (use of Occupational Self-Assessment (OSA) to identify actions)
- Identify and understand sensory differences, preferences, and the links to everyday life, through use of specific assessment tools and questionnaires.
- Support you to determine your goals and develop a bespoke plan to attain these

Helping you
to manage in life

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Understanding sensory

Topic 1 - Understand your responses to sensory experiences

- Your sensory profile (use of self-rating questionnaire, and specific traits)
- Understanding the sensory systems generate emotional responses, sensory sensitivities, movement and coordination
- Sensory strategies (sensory input to calm or alert)

Topic 2 - Relationships

- Strengths you bring to relationships (recognising qualities and finding good matches with others)
- How to manage challenges (e.g., understanding emotions in ones self and others; structuring interactions to match with preferences)
- Masking (impact on self and how to manage, when/how to reduce masking)
- Disclosure (explaining your strengths and challenges)

Topic 3 - Stress & Anxiety

- Knowing your Stressors
- Recognising indicators of increased stress/anxiety and strategies to manage responses
- Preparing and recovering from demanding situations or activities
- Strategies to manage during situations/activities

Topic 4 - Personal Management

- Looking after yourself (e.g., eating, drinking, sleeping, hygiene)
- Looking after your environment
- Balancing the demands of your day (e.g., healthy routines)
- Organising your day and week (supporting flexibility and problem solving)

Topic 5 - Emotional Toolkit

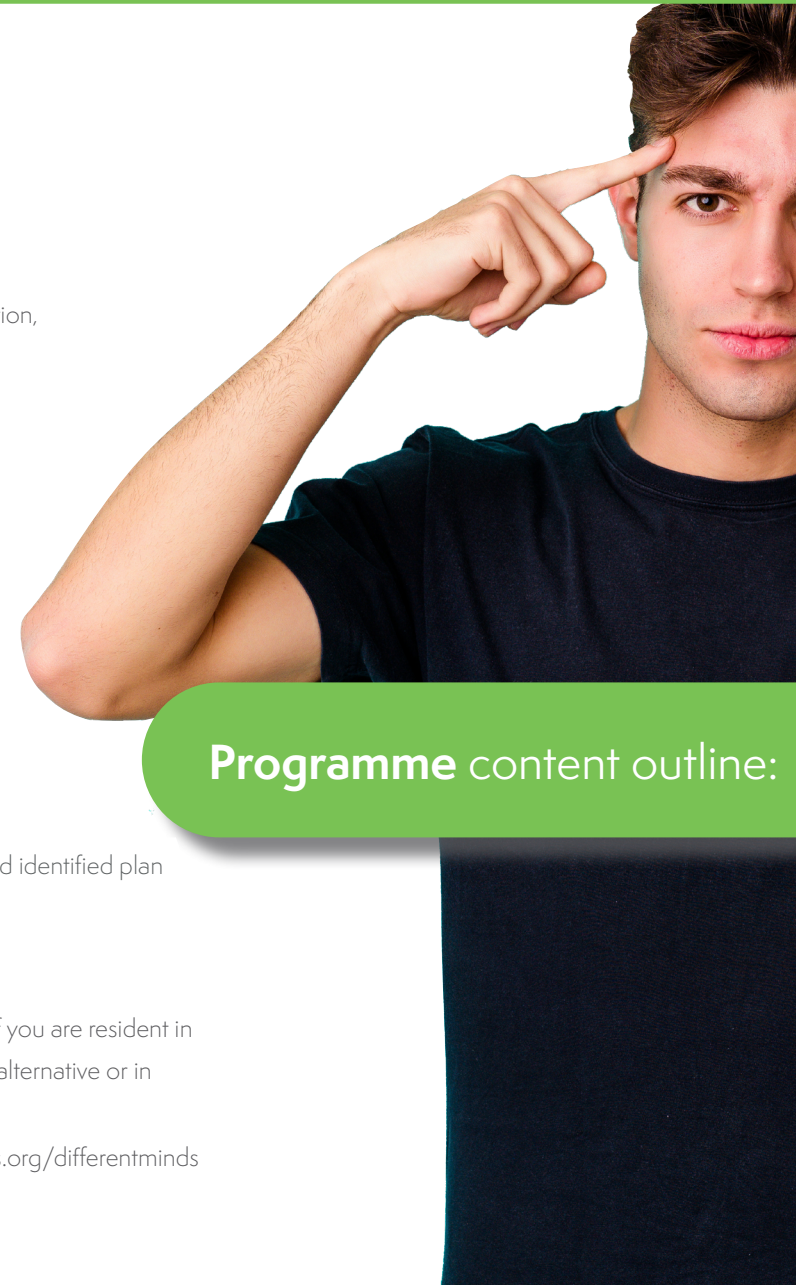
- What is in your toolkit (e.g., sensory, relaxation, social, special interests)
- Strategies to manage your emotions
- Understanding and use of tools such as energy accounting

Programme content Outline

- Based on common challenges
- Provides information on how OT can help (skills development/practical strategies)
- To be personalised from the topic ideas and identified plan

Other Resources:

There is free post diagnostic support available if you are resident in Scotland, which you may wish to explore as an alternative or in addition to the following tailored approach. You can find this at <https://www.autisminitiatives.org/differentminds>



Programme content outline: