A few resources for carers –June 2020

**No one can cure autism**; *we advise not to pay for resources from some one who claims that they can. Some are abusive and dangerous.*

***The following resources are current and are particularly useful in helping carers’ to understand their autistic relatives, which may help you to help your children, or may be useful for your child to watch.***

***Always watch any video before showing to your children, to check you feel they are suitable.***

1. **The National Autistic Society Website** is a must particularly the

discussion forums for peer support for carers and or those with ASC.

[**https://www.autism.org.uk/**](https://www.autism.org.uk/)

1. **Bexley Voice website** [**https://www.bexleyvoice.org.uk/**](https://www.bexleyvoice.org.uk/)local parent support charity, run by parents for parents of children with a disability living in Bexley. Lots of information, advice and a forum for discussion.
2. **The Local Offer** web site bringing together all SEND information for Bexley. <http://www.bexleylocaloffer.uk/> .
3. You tube video to show to children as well as adults, explaining some of the neurological differences in ASC. Good for siblings and classmates <https://youtu.be/RbwRrVw-CRo>

**Autism without intellectual impairment**

1. **Written and presented by people who have an ASD diagnosis (women but relevant to all) Varying lengths, but excellent insights. Practical.**

**Free on You Tube**

<https://youtu.be/0Xes2gEwCz0> What not to say to a female Aspie Parents should watch first, may be suitable to show to young person, male or female who has a later diagnosis particularly. You need to judge if it is relevant. It gives a more positive self-advocacy message. Nele Muylaert

<https://youtu.be/M2PlW66i_WY> Excellent vlog about alexithymia. The inability to define and articulate emotions and feelings. Nele Muylaert

<https://youtu.be/xuy6yInJp-s> understanding the living grief reaction of gaining and living with a diagnosis. Probably best for parents only. Nele Muylaert

<https://youtu.be/BX_uJYAO_GA> how to cope and help when someone is having a meltdown. Nele Muylaert

<https://youtu.be/FhUDyarzqXE> What is a meltdown? Amythest Schaber

<https://youtu.be/yKzWbDPisNk> Sarah Hendricks Autism in women and girls.

1. You tube, any lecture by Tony Atwood, some are longish but so informative.

Including the many Ask Dr Tony videos, where Tony Atwood gives brief answers to parents’ questions. Tony Atwood is a psychotherapist specialised work with autistic children Search under Tony Atwood and autism.

1. <https://www.youtube.com/watch?v=qpitsA-0pBQ> Dr Christian A. Stewart Ferrer. Long videos, but really very good. He is a psychotherapist with Asperger’s, the videos are humorous and enjoyable and give a wealth of information to help you understand an autistic perspective. It is great to get a positive perspective. Useful for those autistic adults and teens.

**Autism with Intellectual impairment or Global delay and or non verbal autism**

1. Mencap website https://www.mencap.org.uk/ many resources for people with learning dis abilities +or- autism
2. Talking Mats Communicating with people who are preverbal, allows them to make important decisions. <https://www.talkingmats.com/>
3. Bexley Snap for younger children <http://www.bexleysnap.org.uk/>

Carer support and activities for children.

**Models of disability** empowering to think differently about what disability is.

1. You tube video about the difference between the medical, philanthropic and the social models of disability, humorous and useful, really worth a watch. Empowering

<https://www.youtube.com/watch?v=8K9Gg164Bsw>

1. Social storiesTM and comic strip conversations can help autistic people develop greater social understanding and stay safe. Find out about [social stories](https://www.autism.org.uk/about/strategies/social-stories-comic-strips.aspx#stories), [how to use them](https://www.autism.org.uk/about/strategies/social-stories-comic-strips.aspx#storyuse), and how to [write your own](https://www.autism.org.uk/about/strategies/social-stories-comic-strips.aspx#storywrite). <https://www.autism.org.uk/about/strategies/social-stories-comic-strips.aspx>Find out about [comic strip conversations](https://www.autism.org.uk/about/strategies/social-stories-comic-strips.aspx#comic), [how to use them](https://www.autism.org.uk/about/strategies/social-stories-comic-strips.aspx#comichow), and how to [make your own](https://www.autism.org.uk/about/strategies/social-stories-comic-strips.aspx#comicwrite).

**Books**

1. **Ten things every child with autism wishes you knew. Ellen Notbohm, excellent and easy to read. Challenges popular assumptions. If you only buy one book, this is it**
2. Naoki Hagishida. Non verbal autistic young man who uses an alphabet board to communicate. Translated into English by David Mitchel Excellent insight into a different way of thinking**.**
	1. Fall Down Seven Times, Get Up Eight
	2. Why I Jump
3. **High functioning autism and girls** (also helpful for boys who are diagnosed after the age of 10) Anything by **Alis Rowe**

(Google the Curly Hair Project, and Alis Rowe very worth subscribing too, not expensive, see her Facebook page or the web site and decide for yourself. Look for her books on Amazon

1. **Asperger experts**. Google this, see their web site or on Face Book

Two young American entrepreneurs with Asperger’s. They aim at parents and give very useful insights and advice on how to communicate with your child. More pricey than Alis Rowe, but some very useful ideas.

1. **A Complete Guide to Asperger’s Syndrome**. By Tony Attwood
2. **NeuroTribes:** The Legacy of AutismTop of Form and How to Think Smarter About People Who Think Differently by [Steve Silberman](https://www.psbooks.co.uk/author/Steve-Silberman)  published by [Allen & Unwin](https://www.psbooks.co.uk/publisher/Allen%20%26%20Unwin) 2015

History of the definition and diagnosis and some treatments for autism. This book helps you to understand where some of the misconceptions about autism come from and give you counter arguments if you meet them. Very readable as each part of the history can be read on its own so could be seen as several small books

1. **How to Talk so Teens will Listen & Listen so Teens will Talk** Paperback – 1 Jan 2012 by [Adele & Elaine Faber & Mazlish](https://www.amazon.co.uk/s/ref%3Ddp_byline_sr_book_1?ie=UTF8&text=Adele+%26+Elaine+Faber+%26+Mazlish&search-alias=books-uk&field-author=Adele+%26+Elaine+Faber+%26+Mazlish&sort=relevancerank) (Author)

Very American, visual guide and it works in my experience! also have books on sibling rivalry and talking to younger children. Not autism specific

1. The Rosie Project . Very funny and enjoyable read.

Training available to purchase

National Autistic society, go to the website, has many guides which can be printed, for those in various professions., they also provide courses, including on line modules and conferences.

<http://www.autism.org.uk/>

The Curly hair project provides various training sessions for parents and professionals. Really excellent, enjoyable and informative. Written about and for girls and others without intellectual impairment who are often not catered for. <https://thegirlwiththecurlyhair.co.uk/>

**Future Learn web site** Look for Understanding Autism Canterbury University. Free for 6 weeks, £52 for longer Comprehensive and very useful forums and certificate available

1. Constipation/ soiling / continence problems

### [ERIC](https://www.eric.org.uk/)

[www.eric.org.uk](https://www.eric.org.uk/)

ERIC, The Children's Bowel & Bladder Charity. ERIC gives children and teenagers with a continence condition the support they deserve to enjoy a life free from ...

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| [Bedwetting](https://www.eric.org.uk/pages/category/bedwetting)Bedwetting is also known as nocturnal enuresis. There are ... | [Help & support](https://www.eric.org.uk/help-and-support)... bladder problems and where you can get help and support ... |
| [Bowel problems](https://www.eric.org.uk/pages/category/bowel-problems)Bowel problems often affect children. Constipation affects up ... | [Kids & Teens](https://www.eric.org.uk/kids-teens)Kids & Teens. If you're a kid or a teenager with a wee or poo ... |
| [Potty training](https://www.eric.org.uk/pages/category/potty-training)Potty training information and tips from the experts to guide you ... | [Poo & Wee](https://www.eric.org.uk/poo-and-wee)ERIC, The Children's Bowel & Bladder Charity. ERIC gives ... |
| [More results from eric.org.uk »](https://www.google.com/search?client=firefox-b-d&sxsrf=ALeKk006HE8WBGdi8BDe2wOHHNxfkmOTvQ:1591860442858&q=+site:eric.org.uk+eric&sa=X&ved=2ahUKEwjzwOmhnvnpAhUyRxUIHSmrBX0QrAN6BAgGEBQ) |

### [The Poo Nurses](http://www.thepoonurses.uk/)

[www.thepoonurses.uk](http://www.thepoonurses.uk/)

Children call us 'The Poo Nurses'. We're the Childhood Constipation Service at Dartford and Gravesham NHS Trust. We're based at Darent Valley Hospital and ...