



# INFORMATION BOOKLET

## ABSTRACT

Information on local ASD services, support and entitlements for newly diagnosed families. Written by parents.



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Dear Parent / Guardian / Care giver,

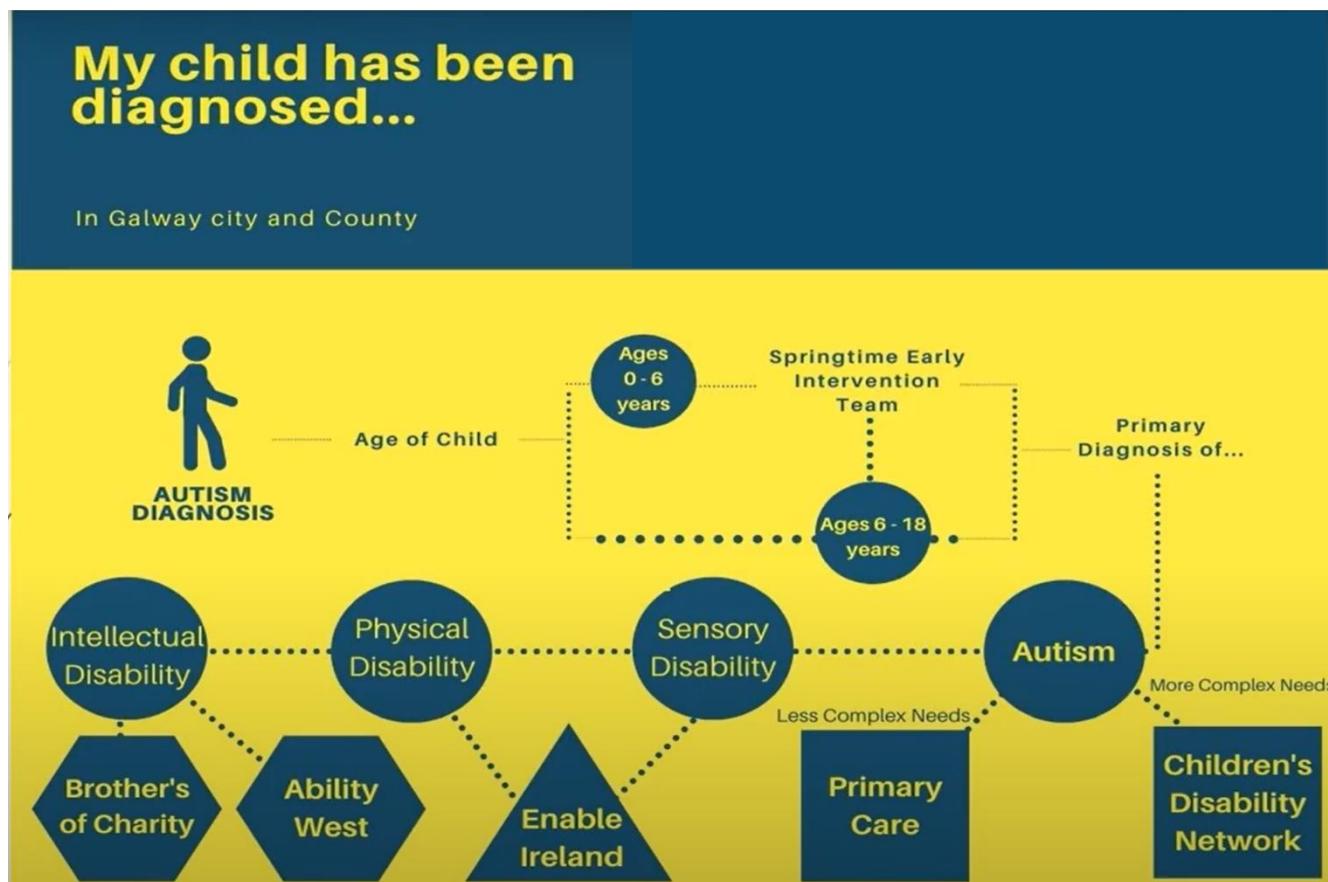
Firstly, please always remember that you are an amazing individual providing care for a child. You know the child more than likely better than anyone and also please know that you are not alone. There are so many more adults in your situation and rest assured that probably someone in our community have experienced or gone through what you are going through right now.

Together we can help and provide support for each other and our children. Many caregivers find that speaking to others in the same or similar situations is very beneficial and helpful. We suggest that if you wish, and are able to, please reach out to a fellow caregiver. Hopefully a question you may have will be answered, sometimes it is just to know that someone is listening to you and actually hearing you and understanding what you are going through that will help you through that particular day.

Content disclaimer: This document contains information from a number of sources such as support pages on facebook, social welfare website, HSE website, GAP website, Department of Education etc. ANOA will do our utter most to keep this document as current as possible, however please always bare in mind that some information could be out dated due to rapid changes in support and service providers.

### Services

If your child that you are caring for has just been diagnosed with neurodiversity or waiting to be assessed, you may be wondering which service will best meet their needs. Below is a graphic of each service and where they differ.





## Educational Support

- When your child receives a diagnosis of ASD or another neurodiverse diagnosis, it is very important that you link with your child's school who can endeavour to identify the best possible educational resources that your child may require. There are various options available such as SNA support in mainstream, resource hours, special classes, ASD units, special schools etc. Further information can be obtained at [www.ncse.ie](http://www.ncse.ie) or [www.education.ie](http://www.education.ie).
- Special Education Needs Officers (SENOs) provide a direct service to the parents of children/young people with special educational needs and to school. SENOs approve additional teaching and access to Special Needs Assistants (SNA), where necessary to support students with special educational needs. Your child that you are caring for has just been diagnosed with neurodiversity or waiting to be assessed, you may be wondering which service will best meet their needs. Below is a graphic of each service and where they differ. Your SENo should also be able to provide details on school transport or school transport grants that may apply to your situation. Each county has a number of SENo's whose contact details are available at <https://ncse.ie/regional-services-contact-list>.
- How are SNAs allocated to students?
  - SNA's are considered a "school-based resource" and will usually be shared between students. A student does not normally have a personal SNA
  - Schools are required to apply to NCSE for SNA allocation, depending on the overall support needs of all the students in the school
  - Schools and principals are responsible for the allocation of SNA hours; level of support should be appropriate to the student's needs
  - When applying for SNA support, the school must send relevant professional reports which confirm that the child has a disability or additional medical needs; recommends additional adult support; and describes the nature and extent of the child's care needs
- If you need any advice or support, SENo have a dedicated phone line on 01 603 3456 (9am-5pm, Monday to Friday). This service can recommend specific resources, help with assistive technology, or assist with linking with your child's school. You can also book an individual appointment with the SENo assigned to your child's school.
- National Educational Psychological Service (NEPS) is a free educational psychology service provided to schools. With parental consent, your school may refer your child to the NEPS psychologist. NEPS psychologists work with parents, teachers and children to provide support for learning, behaviour, social and emotional development, and transition planning. For more information and contact details, see the Department of Education website: <https://www.education.ie/en/Schools-Colleges/Services/National-Educational-Psychological-Service-NEPS-/NEPS-Home-Page.html>.



### Summer Education Programme (formally named July Provision)

The Summer Education Programme is a funding arrangement for schools to provide further special needs education in the month of July. Special schools and mainstream primary schools with pupils with additional needs deemed to be entitled to the Summer Education programme may choose to extend their education services through the month of July.

- The programme is voluntary, not every school/teacher/SNA will take part in the programme.
- Can be school-based or home-based.
- 40 hours in total, over 2-4 weeks.
- Department of Education & Skills will pay tutors.
- Tutors must be registered with Teaching Council and qualified to be eligible.
- Flexible approach to learning: academics, independent living, socialising, respite, etc.
- Check with your school first, if they are not participating in the programme, the onus is on the parent/guardian to find an appropriate tutor.

You can find information about the programme on the Department of Education and Skills website:

<https://www.gov.ie/en/publication/5d15a-summer-programme/?referrer=https://www.gov.ie/summerprovision/>

If schools are not participating in the Summer Education Programme, home tuition during July is offered as an alternative for the pupils who would be eligible. Where school-based provision is not feasible, 40 hours home-based provision may be grant aided.

### Early Years and Preschool

- **Access and Inclusion Model (AIM)** is a model of supports designed to ensure that children with disabilities can access the Early Childhood Care and Education (ECCE) programme in mainstream pre-school settings. Its goal is to empower pre-school providers to deliver an inclusive pre-school experience, ensuring that every child can meaningfully participate in the ECCE programme alongside their peers and can reap the benefits of quality early years care and education.
- AIM is a child centred model of supports, involving seven levels of progressive support, moving from the universal to the targeted, based on the needs of the individual child and the pre-school setting. It will offer tailored, practical supports based on need and **will not require a formal diagnosis of disability**.
- More information can be found at <https://aim.gov.ie/>.



## Home Tuition

- The purpose of Home Tuition is to provide a compensatory educational service for children who, for a number of reasons, are unable to attend school. This scheme also provides a compensatory educational service for children with special educational needs seeking an educational placement. Provision is also made for early educational intervention for children with autism.
- Children aged between 2.5 and 6 years with an autism diagnosis can receive tuition in the home if there is no available school or early childhood care and education (ECCE) placements (Ages 2.5 – 3 years: 10 hours per week, Ages 3 plus: 20 hours per week). If your child has been offered a place in an Early Intervention class or other educational placement by the Special Education Needs Officer (SENO) and you refuse, your child may not be entitled to avail of the Home Tuition Scheme.
- Parents & Guardians must find suitable tutors who are registered Teachers with the Teachers council of Ireland. Parents must get a form filled out from their local SENO stating where there will be a school place available & when. Where there is no school available, a home tutor can be obtained instead.
- Parents must apply to the Department of Education for approval of the tutor's hours before the start. Tutors are paid through Department of Education.
- More information can be found on the Department of Education's website and the National Council of Special Education:

<https://www.education.ie/en/Parents/Services/Home-Tuition/Circulars-and-Application.html>



## Rights and Entitlements

### Incapacitated Child Tax Credit (excuse the outdated language):

You can claim if you are the parent or guardian of a child who is permanently incapacitated, either physically or mentally, and where there is a reasonable expectation that the child will be unable to maintain themselves when over 18. If you have more than 1 child permanently incapacitated, you may claim a credit for each child. This may be granted to parents by Revenue if your child has a diagnosis of ASD and you or your spouse pay tax. The rate is currently **€3,300 per child**. This Tax credit can be back dated for 4 years or to date of birth of the child, whichever is less. Depending on how much tax you have paid, this could end up being a significant amount of money that you can claim.

You can claim the credit by completing **Form ICC1** in respect of the qualifying child. You will also need to get a certified **Form ICC2** from the child's Medical Practitioner. Completed forms can be sent to your [Revenue Office](#). Alternatively, you can apply through the revenue site online. If you are applying online the certified Medical form is still required to be submitted. More information can be found on the Revenue website link <https://www.revenue.ie>

### Domiciliary Care Allowance (DCA):

Monthly payment of **€340** for a child **aged under 16 years** requiring ongoing care & attention, substantially over and above the care & attention usually required by a child the same age. Not means tested nor is it based on the diagnosis a child may or may not have. More Information can be found on the Social Welfare website [http://www.welfare.ie/en/Pages/1078\\_Domiciliary-Care-Allowance.aspx](http://www.welfare.ie/en/Pages/1078_Domiciliary-Care-Allowance.aspx)

### Disability Allowance:

When a child reaches 16, the DCA will cease. Disability allowance is a means-tested payment for people with disabilities who as a result of their disability, are substantially restricted in undertaking work that would otherwise be suitable for a person of their age, experience and qualifications

### Medical Card

All children receiving DCA are eligible for a medical card without a means test. More Information can be found on the Social Welfare website [http://www.welfare.ie/en/Pages/1078\\_Domiciliary-Care-Allowance.aspx](http://www.welfare.ie/en/Pages/1078_Domiciliary-Care-Allowance.aspx)

### Carer's Benefit:

A payment made to employees who leave the workforce to care for a person(s) in need of full-time care and attention. You can still work for a max 18.5 hours per week and still get this payment if you meet the net pay criteria. You can get the Carer's Benefit for a total period of 104 weeks for each person being cared for. **This is not means tested but based on PRSI contributions** and important criteria to note is you must have been employed for at least 8 weeks, whether consecutive or not, in the previous 26 week period. You must have been in employment for a minimum of 16 hours per week or 32 hours per fortnight. More information can be found on the Social Welfare website. <http://www.welfare.ie/en/Pages/carb.aspx>



#### Carer's Allowance:

**Means-tested payment paid to people who provide fulltime care** to a person/child who needs support because of age, disability or illness (physical or mental). Carer's allowance is only allocated to parents of children under 16 **IF** they are in receipt of DCA. If you qualify for Carer's Allowance you may also qualify for free household benefits (if you are living with the person you are caring for) and a Free Travel Pass. Carer's Allowance is not taken into account in the assessment for a medical card.

#### GP Visit Card:

If you get Carer's Benefit or Carer's Allowance, at full or half rate, you may be entitled to visit your GP for free. More information can be found on the HSE website.

<https://www2.hse.ie/services/gp-visit-cards/carers-gp-visit-card.html>

#### Carer's Support Grant:

In June of each year (usually the 1<sup>st</sup> Thursday of the month) the **DEASP pays this grant automatically to carers in receipt of Carer's Allowance, Carer's Benefit or Domiciliary Care Allowance** from the department. If you are in receipt of these, you do not need to apply, it will be automatically paid in June. This grant is not taxable. Only 1 Carer's Support Grant can be paid for each person getting care. The grant is currently **€1,850 annually**. More information can be found on the Social Welfare website.<http://www.welfare.ie/en/Pages/respite.aspx>

#### Housing Adaptation Grant for People with a Disability:

Available from local authorities to make changes to a home to make it more suitable for a person with physical, sensory or intellectual disability or mental health difficulty

#### Supply of Nappies

This scheme provides nappies free of charge to children of 3 years and upward with disabilities that use nappies. More information can be found by contacting your local Public Health Nurse.

#### VAT Refunds on Aids and Appliances:

If you must purchase any specialist equipment for your child, VAT can be claimed back on some of these purchases, with a supporting letter from a relevant professional e.g., SLT, OT, etc. stating why the item is required

#### Warmer Homes Scheme:

Carers in receipt of Carer's Allowance or the Domiciliary Care Allowance and living with the cared for person are eligible for the Better Energy Warmer Homes Scheme. The scheme offers free energy efficiency upgrades to eligible homeowners helping to make your home warmer, healthier, and cheaper to run. For more information and details of how to apply, visit the Sustainable Energy Authority of Ireland website. <https://www.seai.ie/grants/home-energy-grants/free-upgrades-for-eligible-homes>



**United Nations Convention on the Rights of the Child, Convention on the Rights of Persons with Disabilities**

The United Nation's Convention on the Rights of the Child (UNCRC) is a major international human rights treaty that sets out the specific rights of children. The UNCRC was adopted by the United Nations General Assembly in 1989 and Ireland ratified it in 1992. The Convention is the most rapidly ratified human rights treaty in history (196 countries have become State Parties to the Convention as of June 2021). The UNCRC has four key principles:

- all the rights guaranteed by the Convention must be available to all children without discrimination of any kind (Article 2);
- the best interests of the child must be a primary consideration in all actions concerning children (Article 3);
- every child has the right to life, survival and development (Article 6); and
- the child's views must be considered and taken into account in all matters affecting him or her (Article 12).

Further information can be found at <https://www.gov.ie/en/publication/a1481d-united-nations-convention-on-the-rights-of-the-child/>

### **Advocating on behalf of the child:**

It can be very difficult to advocate for the child you are caring for. So many emotions come into play when speaking to agencies, both anger, frustration and sadness. It is easier said than done to put these aside when trying to make your child's voice heard when speaking to support agencies. Below is some advice when advocating on behalf of your child.

- Take note of names & professions when you communicate with service and support agencies (you may be transferred or asked to contact someone else)
- Talk to other parents, hear their experience & seek advice
- Keep a detailed & organised file of all communications & reports relating to your child, record dates for referrals, meetings and communications, and keep originals of reports (send copies for assessments)
- Send all communications by registered post or email with receipts function turned on, take note of date of receipt

### **If things aren't working out:**

- If contacting the HSE make a complaint via the HSE "Your Service Your Say" [yoursay@hse.ie](mailto:yoursay@hse.ie) or 1890 424 555
- Consider asking a local Public Representative to advocate on your behalf
- Contact Local the Leads for Disability Services. Note that these change over time.



### Top Tips for Applicants for DCA:

- 1) Check eligibility before making an application
- 2) Keep originals of reports where possible & send copies for assessments & applications
- 3) Send all communications by registered post & take note of date of receipt
- 4) If communicating over the phone, ask for an email so you can send notes of conversation afterwards
- 5) Include all relevant documents and reports relating to your child e.g., SLT, Psychology
- 6) Include letters of support from professionals involved in your child's care e.g., Paediatrician, Psychologist
- 7) Include a weekly or daily diary outlining the additional care, attention & supports your child requires compared to other children their age
- 8) Be kind to yourself, take breaks; this process can feel upsetting and dehumanising
- 9) Ask for help: Contact GAP, Citizens Information Office, Family Resource Centre
- 10) Include a Family Impact Statement
- 11) 50% of DCA applications are rejected the 1<sup>st</sup> time, you can appeal this decision



## Sharing the diagnosis of neurodiversity

Telling your child about their diagnosis can be a daunting task for any parent. The following paragraphs will explore some concerns about sharing a diagnosis with a child. There are also some general tips which researchers, clinicians and parents have come up with which you may find useful.

Should I tell my child they have ASD? Many parents worry about disclosing the diagnosis to their child. One reason for this is that you cannot control how your child will respond to the news. It is a possibility that your child will react with shock, sadness or anger at first. It is tempting not to tell a child about their diagnosis for this reason. In general, some psychologists believe that the benefits of telling your child outweighs the costs of doing so. In the absence of not knowing their diagnosis, your child may wonder why they are different from non-autistic peers. They may come up with false explanations for these differences that are upsetting and lead to anxiety. Many children report feeling a sense of relief upon learning about their diagnosis.

When should I tell my child? Your child may be showing that they are ready in subtle (or not so subtle) ways, for example, they are questioning or commenting on their identity. They may be talking about being different from peers such as friends or classmates. They may also be noticing and speaking about things that they are finding difficult such as communicating, being understood, social interactions or their interests. Some children do not show signs they are ready. If this is the case, you may take other factors into account: this could include when you are ready to share the diagnosis with them. Many clinicians and advocates recommend that you share the diagnosis, at the latest, before your child comes into puberty and/or before they transition to secondary school.

How should I tell my child? As no two children are the same, you can come up with a way of telling your child that is tailored to their own personality.

One way of doing this is putting it into the context of an 'About Me' project that can explore their characteristics, strengths and differences/difficulties. Using concrete language and clear terms to summarise some of these differences such as 'Autism', 'Autism Spectrum Disorder' or 'ASD' is important.

## Further Reading on sharing a diagnosis

- Catherine Faherty - '10 Guidelines for Telling Your Child about ASD' [www.catherinefaherty.com](http://www.catherinefaherty.com)
- Micaela Connolly – Telling your child about their autism diagnosis Guide available from <https://southleeasd.wordpress.com>

Following diagnosis, many parents find parent support groups, local community groups and online forums to be a positive starting point on their journey. Advocacy organisations such as AsIAm.ie may be helpful as you navigate this stage to help you prioritise needs for your child and your family. Many community-based and national ASD organisations are also providing a range of psychoeducational and practical supports online currently.



## Additional Resources

In 2021, Galway City and County Library partnered with Galway Autism Partnership (GAP) to create a **5-part webinar series** for parents and carers of children with ASD. The series includes accessible and beginner-friendly information to support parents and carers, whether awaiting assessment, recently diagnosed or simply wanting to learn more. The webinar, as well as many other useful resources, can be found at:

<https://www.youtube.com/channel/UC0goe0t0u655h2gousiQYJA> (GAP Youtube Channel)

<https://www.galwayautismpartnership.com/> - Galway Autism Partnership – Parent support organisation, offers a variety of supports including practical advice, after school clubs etc.

<https://asiam.ie/> - Autism Spectrum Information Advice and Meeting Point (ASIAM): Website developed by Adam Harris, a young man with Asperger Syndrome providing a wide variety of information and blogs

<https://autism.ie/> - Irish society for autism - website providing a variety of leaflets and booklets on ASD including booklets offering advice on support for siblings of children with ASD.

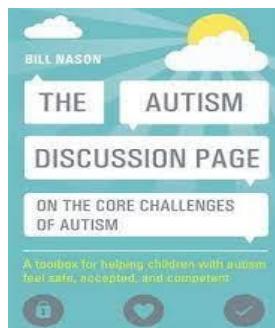
<https://autismconnects.ie/> - Autism Connects is an Irish online community whose mission is to make a difference in the lives of parents of children newly diagnosed with Autism.

<https://www.aspireireland.ie/cmsWP/information/> - Information for parents, carers, supporters, and people with ASD

<https://www.middletownautism.com/> - Middletown Centre for Autism - Training and information for parents and teachers funded by the Irish and United Kingdom's Departments of Education

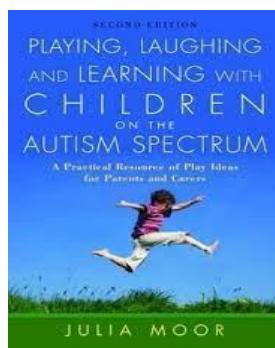


## Recommended Books for Parents



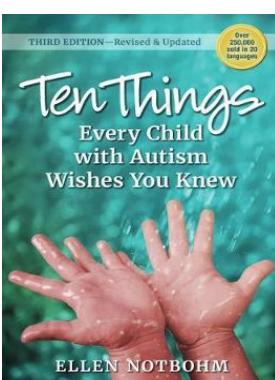
### **"The Autism Discussion Page on the Core Challenges of Autism: A toolbox for helping children with autism feel safe, accepted, and competent" by Bill Nason**

- This book focuses on the core challenges associated with autism (cognitive, sensory, social, and emotional) and provides concise, accessible information and simple tools for supporting children with these vulnerabilities.
- Based on posts on the popular online community page and organised by subject for ease of reference, this book offers an excellent understanding of how children with autism process and experience the world and effective strategies for coping with the challenges.



### **"Playing, Laughing and Learning with Children on the Autism Spectrum: A Practical Resource of Play Ideas for Parents and Carers" by Julia Moor**

- This book shows how parents can break down activities into manageable stages, and looks at ways to gain a child's attention and motivation to build on small achievements.
- Each chapter covers a collection of ideas around a theme, including music, art, physical activities, playing outdoors, puzzles, turn-taking and using existing toys to create play sequences. There are also chapters on introducing reading and making the most of television.



### **"Ten Things Every Child with Autism Wishes You Knew" by Ellen Notbohm**

- Frames with both humour and compassion, the book describes ten characteristics that help illuminate-not-define children with autism.
- Ellen's personal experiences as a parent of children with autism and ADHD, a celebrated autism author, and a contributor to numerous publications, classrooms, conferences, and websites around the world coalesce to create a guide for all who come in contact with a child on the autism spectrum.
- This updated edition delves into expanded thought and deeper discussion of communication issues, social processing skills, and the critical roles adult perspectives play in guiding the child with autism to a meaningful, self-sufficient, productive life.



## 10 STEPS TO REDUCING YOUR CHILD'S ANXIETY ON THE AUTISM SPECTRUM

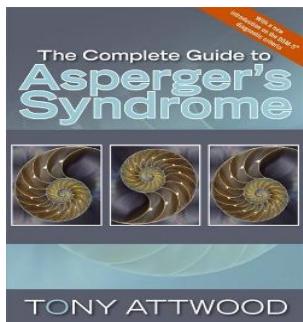
The CBT-Based 'Fun with Feelings' Parent Manual

Michelle Garnett, Tony Attwood, Louise Ford, Stefanie Runham and Julia Cook



- Recognising, expressing and understanding emotions helps young children make sense of their life experiences. Children diagnosed with autism can have significant difficulties with recognising and processing emotions which can lead to high levels of anxiety as they struggle to make sense of the unpredictable world around them.

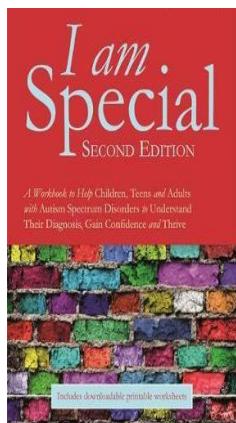
- Written by world-leading experts in the field, 10 Steps to Reducing Your Child's Anxiety on the Autism Spectrum provides the steppingstones for parents of young children (age 4-8) with autism to better understand their child's emotional skill set and empower them to understand and articulate their feelings.



### "The Complete Guide to Asperger's Syndrome" by Tony Attwood

- Now including a new introduction explaining the impact of DSM-5 on the diagnosis and approach, it brings together a wealth of information on all aspects of the syndrome for children through to adults.

- Chapters examine: causes, diagnosis & its effect, theory of mind, perception of emotions in self & others, social interaction (including friendships), long-term relationships, teasing, bullying & mental health issues, the effects on language & cognitive abilities, sensory sensitivity, movement & coordination skills, and career development.



### I am Special: A Workbook to Help Children, Teens and Adults with Autism Spectrum Disorders to Understand Their Diagnosis, Gain Confidence and Thrive by Peter Vermeulen

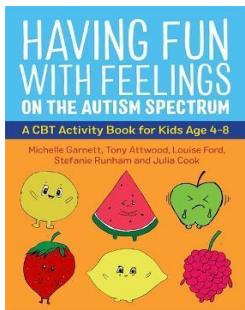
- Backed by theory and research, this unique resource includes specially-designed worksheets, included as online downloadable content, on a wide range of topics including how the brain works, physical characteristics, likes and dislikes, sensory processing, learning preferences, relationships and plans for the future.

- Once complete, worksheets can be used to build a unique, personal book about the individual to help foster self-understanding and self-confidence.

- This is a unique resource for all those involved in supporting children, teens and adults on the autism spectrum, including teachers, psychologists, counsellors as well as parents.

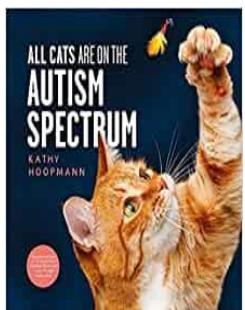


## Recommended Books for Children (3+)



### **Having Fun with Feelings on the Autism Spectrum: A CBT Activity Book for Kids Age 4-8** by Michelle Garnett, Tony Attwood, Louise Ford, Julia Cook and Stefanie Runham

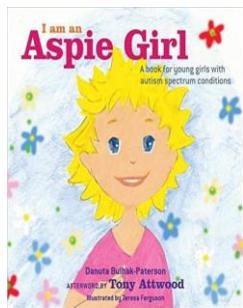
This activity book is a helpful and creative tool for children to learn and understand their emotions to help reduce anxiety. It is intended to be used in conjunction with the 10 Steps to Reducing Your Child's Anxiety on the Autism Spectrum: The CBT-Based 'Fun with Feelings' Parent Manual. Suitable for: ages 4-8.



### **All Cats Are On The Autism Spectrum by Kathy Hoopmann**

Playfully explains autism through pictures of cats. All-new cats take a playful look at the world of autism, and these fun feline friends will strike a chord with all those who are familiar with typical autistic traits, bringing to life common characteristics such as sensory sensitivities, social issues and communication difficulties.

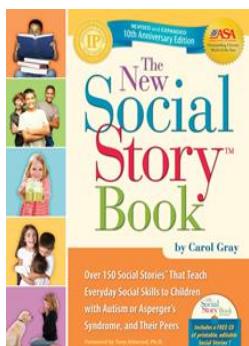
Touching, humorous and insightful, this book evokes all the joys and challenges of being on the autism spectrum, leaving the reader with a sense of the dignity, individuality and the potential of autistic people.



### **I am an Aspie Girl: A book for young girls with autism spectrum conditions by Danuta Bulhak-Paterson**

- By simply, clearly and positively explaining the social differences associated with Asperger's Syndrome, or Autism Spectrum Disorder, in young girls, this book will help girls with ASD to understand their diagnosis, recognise their unique strengths and celebrate their differences, and find ways of coping with difficulties.

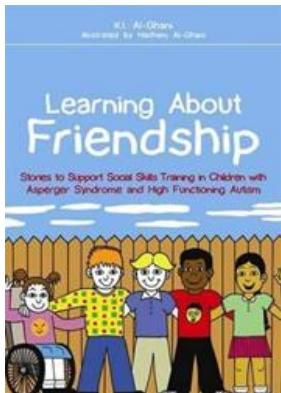
- This positive and celebratory book also contains helpful discussion points for parents and professionals to explore further with the girls in their care. Suitable for: Girls ages 5-11



### **The New Social Story Book by Carol Gray**

Since the early 90s, Carol Gray's world-famous Social Stories have helped thousands of children with autism spectrum disorders.

Developed through years of experience, these strategically written stories explain social situations in ways children and adults with autism understand, while teaching social skills needed for them to be successful at home, school, work, and in the community.

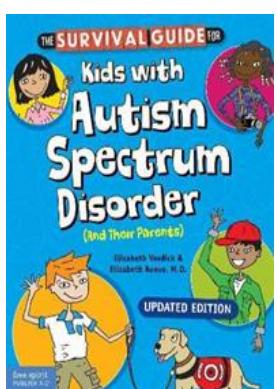


### **Learning about Friendship: Stories to Support Social Skills Training in Children with Asperger Syndrome and High Functioning Autism by K.I Al-Ghani**

- This collection of ten fully-illustrated stories explores friendship issues encountered by children with ASD and looks at how they can be overcome successfully.
- Key problem areas are addressed, including sharing, taking turns, being a tattletale, obsessions, winning and losing, jealousy, personal space, tact and diplomacy, and defining friendship.
- The lively and entertaining stories depersonalise issues, allowing children to see situations from the perspective of others and enabling them to recognise themselves in the characters.

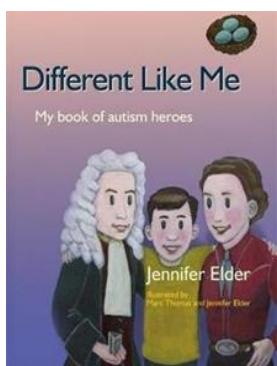
Suitable for: ages 4-8.

### Recommended books for children (Ages 7 – 12)



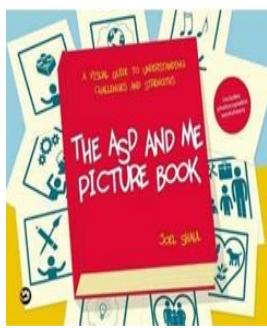
### **The Survival Guide for Kids with Autism Spectrum Disorders (And Their Parents) by Elizabeth Verdick**

- This book helps autistic kids understand their unique gifts and needs and learn strategies for daily living in a neurotypical world.
- Meant to be read with a parent, the book addresses questions ("What is ASD?" "Why me?") and provides strategies for communicating, staying safe and smart online, making and keeping friends, and succeeding in school.
- It places an emphasis on helping children gain new self-understanding and self-acceptance.



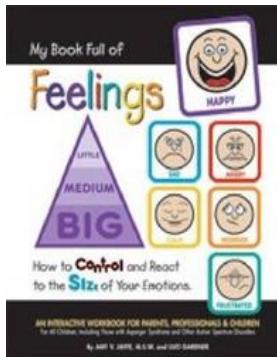
### **Different Like Me: My Book of Autism Heroes by Jennifer Elder**

- This book introduces children to famous, inspirational figures from the world of science, art, math, literature, philosophy and comedy.
- Eight-year-old Quinn, a young boy with Asperger's Syndrome, tells young readers about the achievements and characteristics of his autism heroes. All excel in different fields, but are united by the fact that they often found it difficult to fit in-just like Quinn
- This book is a wonderful resource for children, particularly children with autism, their parents, teachers, carers and siblings. Suitable for: ages 8-12.



### The ASD and Me Picture Book by Joel Shaul

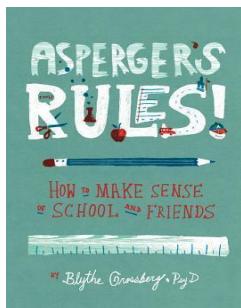
- Children with ASD often find it difficult to identify the things they find difficult and, more importantly, to recognise the things they are good at. This colourful book provides simple self-exploration tools to help children identify their strengths and begin to tackle the things they find harder.
- The book explores a range of common difficulties, including communication, emotional and sensory regulation, and executive functioning, encouraging children to explore their personal challenges and abilities in an engaging and positive way.



### My Book Full of Feelings: How to Control and React to the Size of Your Emotions by Amy Jaffe & Luci Gardner

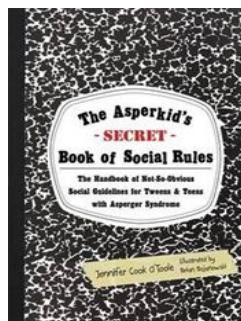
- This highly-engaging workbook is an ideal way to help teach children to identify, assess the intensity of, and respond appropriately to their emotions.
- The book is fully interactive. By using a dry-erase marker, unique situations and solutions can be added and changed with a wipe of a paper towel, as the child masters a skill and grows.

## Recommended Books for Teens:



### Asperger's Rules! How to Make Sense of School and Friends by Blythe Grossberg

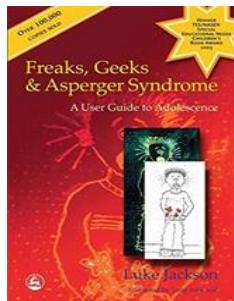
- Packed full of information, this book covers common school situations and the uncommon challenges that they can present to a child with Asperger's. Kids will find the how-to for understanding and communicating with peers and teachers, standing up for and taking care of themselves, setting realistic goals, and making friends.



### The Asperkid's Secret Book of Social Rules: The Handbook of Not-so-Obvious Social Guidelines for Tweens and Teens with Asperger Syndrome by Jennifer Cook O'Toole

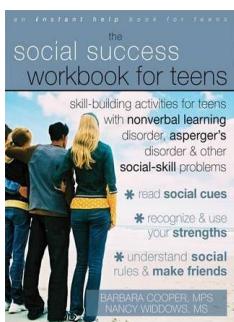
- The author has social and communication difficulties and has created guide to all of the hidden social rules in life that often seem strange and confusing.
- This book offers witty and wise insights into baffling social codes such as making and keeping friends, blending in versus standing out from the crowd, and common conversation pitfalls.

- A handbook for every young person with ASD to help them navigate the social world.



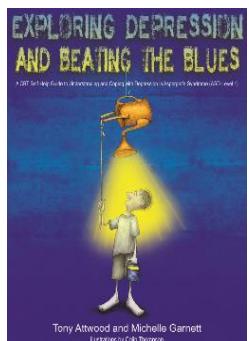
### **Freaks, Geeks and Asperger Syndrome: A User Guide to Adolescence by Luke Jackson**

- The author, Luke, is 13 years old and has Aspergers syndrome. Drawing from his own experiences and with the aim of helping others in his position, Luke wrote this enlightening, honest and witty book.
- Addresses topics such as bullying, friendships, when and how to talk to others about ASD, school problems, dating, relationships and morality.
- Provides amusing insights into his younger years and advice for parents, carers and teachers of younger children with ASD.



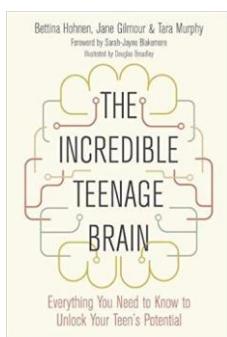
### **The Social Success Workbook for Teens: Skill-Building Activities for Teens with Nonverbal Learning Disorder, Asperger's Disorder, and Other Social-Skill Problems (An Instant Help Book for Teens) by Barbara Cooper**

- Includes 40 activities teens can do to recognise and use their own strengths, understand the unspoken rules behind how people relate to each other, and improve their social skills.
- This workbook aims to instill confidence and help teens build friendships through working with the feelings of the self and others.



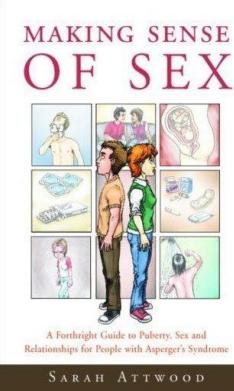
### **"Exploring Depression, and Beating the Blues: A CBT Self-Help Guide to Understanding and Coping with Depression in Asperger's Syndrome [ASD-Level 1]" by Tony Attwood and Michelle Garnett**

Written by the leading experts in the field, the book explains and describes depression, the forms it can take, and how it looks and feels for a person on the autism spectrum. The authors draw on the latest thinking and research to suggest strategies for coping with the effects of depression and provide a complete step-by-step CBT self-help programme, designed specifically for individuals with ASDs. The programme helps increase self-awareness, including identifying personal triggers, and provides the tools to combat depression.



### **“The Incredible Teenage Brain: Everything You Need to Know to Unlock Your Teen's Potential” by Bettina Hohnen**

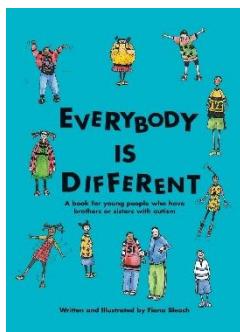
An accessible, positive and cutting edge resource for parents and anyone working with teenagers, explaining the incredible teen brain and how to support both academic and life learning during adolescence. Written by a team of clinical psychologists, it leads you through tried and tested strategies to build strong relationships and improve communication with young people as they develop, learn and grow.



### **“Making Sense of Sex: A Forthright Guide to Puberty, Sex and Relationships for People with Asperger’s Syndrome” by Sarah Attwood**

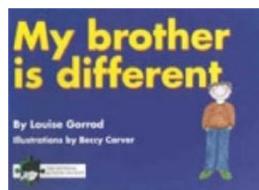
Includes clear, detailed explanations and direct answers to questions raised by puberty and sexual maturity. Describes developments in the male & female bodies, and explains how to maintain hygiene and personal care, and to promote general good health. Examinations of emotional changes, including moods and sexual feelings, and provides comprehensive information on sex, sexual health and reproduction. Looks at the nature of friendship, changes from childhood to adulthood and its importance as a basis for sexual encounter. Includes coping strategies for different social experiences (e.g., bullying, dating) and includes essential tips on the politics of mature behaviour, such as knowing the difference between public and personal topics of conversation.

## **Recommended Books for Siblings/Family Members**



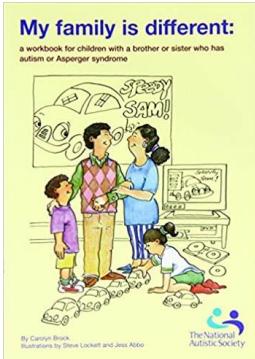
### **“Everybody is Different: A Book for Young People Who Have Brothers or Sisters with Autism” by Fiona Bleach**

This book provides answers to the many questions brothers and sisters have about their siblings. In addition to explaining, age appropriately, the characteristics and features of ASD, this book is full of helpful suggestions for making family life more fun and comfortable for all. The many illustrations make this a warm and accessible book for young people. Typical reading age: 9-12 years



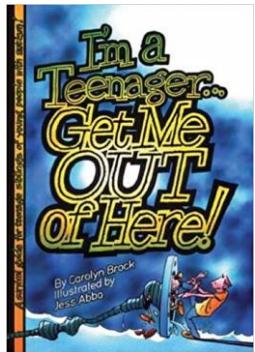
### **“My Brother is Different” by Louise Gorrod**

A booklet to help young siblings of children with ASD understand it better.



**“My Family is Different: A Workbook for Children with a Brother or Sister Who Has Autism or Asperger Syndrome” by Carolyn Brock**

- This colourful workbook is full of games and activities to help siblings better understand their sibling who has ASD.
- It aims to encourage family members to speak honestly about their feelings and the impact ASD has on their lives, as well as celebrating difference and encourage siblings to help each other. Aimed at: young children aged 5-8



**“I'm a Teenager Get Me Out of Here! – A Survival Guide for the Teenage Siblings of Young People with Autism” by Carolyn Brock**

- Cartoon illustrations and a wealth of information and experience combine to make this title a fantastic read for teenage siblings of people with autism.
- Real life stories, question and answer sections, a quiz, a problem page, information about autism are just some of the wide range of topics covered in this attractive book. - Suitable for: ages 12-17



## Local Support Agencies

Galway Autism Partnership:

<https://www.gapcamps.com/>

Community-based Charity providing services & support to autistic children, teenagers and their families living in Galway city and County

Loughrea Family Resource Centre:

<https://www.loughreafamilyresourcecentre.ie/>

Play Therapy Service at Loughrea Family Resource Centre.

PALS Autism Support Group (Loughrea based)

<https://www.facebook.com/groups/803421997489870/>

Parents funded support group for families with children on the autism spectrum.

Family Carers Ireland – Galway

Partial government funded organisation which provides support to carers and their families.

[www.familycarers.ie](http://www.familycarers.ie)

ANOA – Autism Neurodiversity Oranmore Athenry

Support group founded by parents for parents and caregivers of neurodiverse children.