

# Adult Series

## Aspect Workshops



### *Promoting a good quality of life*

During our webinar we will look at the definition of good quality of life and why is it important to consider quality of life for Autistic adults. We will look at some barriers to a good quality of life and strategies to support a good quality of life.

Our workshop is co-presented with an Autistic presenter.

**Duration:** Webinar = 2 hours

**Audience:** Our workshop will benefit anyone who provides day to day support for a person on the autism spectrum: parents and carers, support workers, education staff and other professionals.

### *Best Practice Active Support*

Our workshop introduces the principles of active support and how these can be implemented with individuals on the autism spectrum. Topics covered also include how to support individuals on the spectrum with challenges of engagement as well as building goals in active support delivery under the NDIS. Our presentation integrates research evidence with Aspect's 50 years of autism support, as well as the preferences of people on the spectrum.

Our workshop is co-presented with an Autistic presenter.

**Duration:** Webinar = 5 hours

**Audience:** Our workshop will benefit anyone who provides day to day support for a person on the autism spectrum: parents and carers, support workers, education staff and other professionals.

### *Autism & Mental Health*

Our workshop will discuss the rates of and factors that effect Mental Health conditions in individuals on the autism spectrum. The presentation explores the how challenges experienced due to social and communication difficulties, differences in thinking and learning and sensory experiences can compound and impact mental health in autistic individuals. It provides options to foster emotional, psychological and social wellbeing by implementing autism friendly strategies and knowing when and how to access professional mental health support.

Our workshop is co-presented with an Autistic presenter.

**Duration:** Webinar = 1.5 hours

**Audience:** Our workshop will benefit anyone who provides day to day support for a person on the autism spectrum: parents and carers, support workers, education staff and other professionals.



## Autism and Behaviour for Support Workers

Our webinar aims to provide an overview of autism and behaviour. It explores why some people on the autism spectrum may engage in behaviours of concern and includes some key positive behaviour support practice principles that can help guide autism support.

Our workshop is co-presented with an Autistic presenter.

**Duration:** Webinar = 2 hours

**Audience:** Our workshop will benefit anyone who provides day to day support for a person on the autism spectrum: parents and carers, support workers, education staff and other professionals.

## Autism Awareness Training

Our webinar aims to provide understanding of Autism in the workplace and how to maximise employee potential. Attendees will receive guidance on best practice for recruiting and managing candidates, provide strategies for supporting employees, identify and implement reasonable adjustments, and question and answers input into current challenges and solutions.

Our workshop is co-presented with an Autistic presenter.

**Duration:** Webinar = 1.5 hours

**Audience:** Our workshop will benefit anyone who provides employment or is exploring employment opportunities to support a person on the autism spectrum.