

Novmeber 2005  
Edition 7 and 8 combined

# Aut-Talk



Newsletter from Autism South Africa – the National Body for people with autism in South Africa

## Year-End wishes from Autism South Africa

*The staff and members of the National Executive Committee of Autism South Africa would like to take this opportunity to wish all our reader's of "Aut-Talk" well over the festive and holiday season.*

*Due to limited resources, the offices of Autism South Africa are under-staffed and despite the fact that we work jolly hard, we are aware that we have not been able to achieve all that we set out to do this year, but we are doing our best, so please bear with us!!*

*The offices will be closed from 15<sup>th</sup> December till 9<sup>th</sup> January, but in the case of a pressing situation that you feel you need to speak to someone about urgently, please do not hesitate to contact Rosemary on 084-519-3740.*

*Thank you for your interest and support in 2005 of those with autism in our country.*

### CHANGE OF WEB ADDRESS FOR AUTISM SOUTH AFRICA

Please note that Autism South Africa has a new web address:

**[www.autismsouthafrica.org](http://www.autismsouthafrica.org)**

Please help us spread the word by letting all interested people know.

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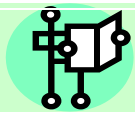
Web Page: [www.autismsouthafrica.org](http://www.autismsouthafrica.org)

**(Please note new web address)**

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Autism South Africa sincerely thank the National Lottery Distribution Trust Fund for their ongoing support.





**2nd World Congress on  
Autism  
Cape Town  
South Africa  
2006**

**Autism  
Safari**



Autism South Africa and the World Autism Organisation have formed a partnership with the aim of providing the expected audience of 1 500 delegates at the Cape Town International Convention Centre, with at least 90 speakers from around the world as well as many poster presentations.

**“Autism Safari – Exploring  
New Territories”**

30<sup>th</sup> October  
till  
2<sup>nd</sup> November 2006

**Cape Town International  
Convention Centre**

Two full days and two half days of plenary sessions, plus 4 or 5 lectures running concurrently throughout the congress.

**Enquiries:**

SBS Conferences.  
P.O. Box 1059.  
Bellville. 7535. South Africa  
Tel: +27 21 914 2888.  
Fax: +27 21 914 2890  
E-mail: registrar@sbs.co.za

**Registration Fees for delegates  
living in Africa for the World  
Congress on Autism. 2006**

**Fee Structure for Delegates  
Living in Africa.**

The World Autism Organisation selected South Africa as the host country for the 2<sup>nd</sup> World Congress on Autism as a way to reach out and offer assistance to those affected by autism from more disadvantaged backgrounds. As a result it was decided that sponsorship would be sought by the World Autism Organisation and Autism South Africa to underwrite approximately 50% of the registration fee for delegates who live on the African continent. Therefore the fee structure for delegates living on the African continent, will be as follows:

**Professionals/Parents/People with  
ASD: Early Bird (Before 30<sup>th</sup> June  
2006) R 2 400**

**Professionals/Parents/People with  
ASD: Normal (After 30<sup>th</sup> June 2006)  
R 2 900**

(NB: Qualification for Early Bird entails registering and paying in full before 30<sup>th</sup> June 2006)

**For further information please  
visit [www.autismcongress.com](http://www.autismcongress.com)**

**Apologies**

We are aware that a year ago different rates were provisionally mentioned in the December 2004 Aut-Talk and the above rates are different. We sincerely apologise for the change, but when working with the budget and after strong objection from the professional field as regards their category being charged a higher rate, we have had to alter the fees.

We do hope you find these fees satisfactory as you may well have noted that overall each delegate from Africa is “receiving” an average sponsorship of close on R 2000.

**Willing To Home-Host Out-  
Of-Town Delegates  
Attending The World  
Congress In 2006**

For those people living in Cape Town, are you willing to home host delegates attending the World Congress on Autism next year? If so, please let the offices of Autism South Africa know. If you feel costs would need to be covered, please indicate the contribution you would require.



**Tips and  
Suggestions for Families**

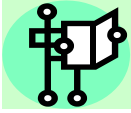
(Taken from [www.autisminfo.com](http://www.autisminfo.com))

**Establish A Division Of  
Responsibility.**

If you are lucky enough to have a spouse, significant other, family member, or friend that is willing to lend a hand, establish a division of responsibility. There are many areas that require work such as an ABA program, special diets, vitamin and mineral supplementation, dealing with school districts, and communication with doctors and nutritionists to name a few. All of these areas take a large amount of time initially, and a substantial amount of time on an on-going basis. If you are on your own, reach out to family and friends for possible assistance. One spouse may become an expert in the medical/nutritional areas, and the other may become the expert at dealing with the school system, Medical Aid, and other services. It may be impossible for both spouses to work on all areas at the same time.

**Never Mention The Words  
Autism Or PDD/NOS With  
Doctors Or Insurance  
Companies.**

If you are treating biological abnormalities such as a yeast overgrowth, abnormal immune markers, or diarrhoea, have the doctor code the treatment as such. There is a much better chance of reimbursement or payment for items that are coded this way. Many Doctors specifically exclude



AUTISM in their policies. If your child has chronic diarrhoea, they deserve treatment like a typical child would get. Do not let a medical professional tell you these abnormalities are "just a part of autism". They are serious biological conditions that deserve attention and vigorous treatment.

### **Immediately Find a Doctor and a Nutritionist that are Experts in Autism**

Do not settle for professionals that are familiar with autism or have a few patients that are autistic. There are an increasingly large number of doctors and health care providers that are very knowledgeable in the most up-to-date treatments and protocols. Do not be frustrated or dwell on a healthcare professional who tells you the situation is hopeless and nothing can be done. Immediately move on to another who shares your attitude that the underlying biological abnormalities, if corrected, may help your child improve and enable other therapies to be more effective.

### **Begin Reading and Bookmarking Sites on the Internet**

If you do not have a computer and internet access, get them. If you do not have them available and money is an issue, check into getting a used computer (1-2 years old) and free internet access. You can also establish where the closest Internet café is in your area or close to your place of work. A two year old computer will work just fine and there are now many sources of free access. Start bookmarking the key sites. Join some of the internet discussion groups.

As you clean up and possibly restrict the diet of your child, do the same for yourself. Try to find time to exercise, to eat right and to improve your health where possible. Autism will not only drain you financially, but it will drain you physically. It will deteriorate your health if you do not take proactive steps to improve your lifestyle.

**Begin networking with other families.** Start a toy rotation program with other families as rotating toys among families to save money. Shop at

the thrift stores, and shop when they have a half-price sale. Share books, and take advantage of lending libraries. Make book purchase requests at your local library. Point out that many of the autism books are not "obscure" readings but quite desired by many local families with special needs children.

### **Help other families of newly diagnosed children.**

If you are a couple of years into your child's progress, and things seem to be going well, try to reach out to others from time to time, as others may have done for you initially.

### **Begin subscribing to the different autism related organisations and newsletters.**

### **Tips To Make Holiday Time With A Child With Autism More Enjoyable For Everyone**

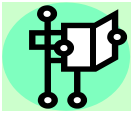
(Taken from the UK National Autistic Web Site [www.nas.org.uk](http://www.nas.org.uk) with a few alterations for the South African situation)

Planning a holiday is exciting and sometimes stressful. If you have a child with an autistic spectrum disorder (ASD) a trip away may involve extra organising and preparation. We hope that the information given here will help you with this task. The word 'child' is used throughout this document, but the information provided may well also be applicable to adults. When choosing a holiday destination, you may like to find out what facilities are provided and whether the staff have an understanding of disabilities in general, or ideally, ASD. You may wish to consider the specific needs of your child. For example, if your child is particularly sensitive to noise it can be a good idea to enquire how close your accommodation will be to the pool area, as groups of people may gather there all day and therefore some noise will be inevitable.

### **Preparation**

Once you have decided on your destination, it is advisable to tell your child about the trip. Individuals on the autistic spectrum find change difficult, and this may lead to high anxiety and possible challenging behaviour. However, by preparing your child as much as possible, any apprehension will hopefully be kept to a minimum. You could perhaps compile a booklet about the holiday, including pictures from the holiday brochure. These visual supports will help your child to understand where they are going and what it will be like when they are there (see Visual supports information sheet). However, be careful if your child's understanding is very literal, as they may be upset if the holiday is not the same as the pictures in their booklet. You could also include a timetable of what you will be doing on each day, perhaps including the times that you will have breakfast, lunch and dinner (you could find out what times meals are served from your travel agent, holiday company or in the holiday brochure). How structured this timetable needs to be will depend on your child and how much they rely on routine. You do not necessarily need to be very detailed about exactly which activities you will be doing during the holiday. Perhaps you could write: 'Explore the resort' on the first day, 'Go to beach' for the second day and so on. Sticking to some sort of routine each day should benefit everyone.

If your child has not travelled on a plane before, or you are going from an airport new to you, or on a bigger/smaller plane, you may like to make a visit to the airport before you go. This will help your child to understand what the airport is like, as well as allowing them to experience the journey to the airport before the day arrives. You could contact the airline directly, and explain to them that your child has an ASD. You may need to provide some general information about the condition, as well as some details on your child's particular needs and habits. This will help the airline staff to understand any behaviours they observe: such as your



child's hand-flapping which helps him/her to keep calm.

Many airlines/airports are able to organise tours around an aircraft or on a simulator to help people with disabilities or those who might be nervous about flying. This may benefit your child as it provides some impression of what being in an aircraft might be like.

## Practical Considerations

### Check-In

You could discuss your check-in arrangements with the airline. Perhaps they could arrange a time for you to check in, so that your family is able to approach the check-in desk straight away, and your child does not become anxious due to the wait in the queue. They may be able to provide a quieter area of the airport where you could wait with your children. They may be able to let you board first or last, depending on what would be most beneficial for your child, and perhaps seat you on the airplane either in the front or back row of the plane, where there is often more room. The back row often has space behind the seats where your child could walk about, if this might be helpful. However, please remember that this area is often the location for toilets; this means that there may be a high level of activity which could be distressing for some people with an ASD.

### Special Requirements

Remember to give the airline advance notice if your child has any special dietary requirements, particularly if they are following a gluten or casein-free diet as this may take longer to organise. You will also need to let your hotel know. To be on the safe side it may be a good idea to take your own meal.

Please note that many holiday companies provide forms for passengers with disabilities where they can write any of their special requirements. If you are unsure about this form, please contact your holiday company or travel agent direct. Alternatively, if you tell your holiday company of any special needs over the

telephone you should confirm these requirements in writing as well.

If your child has particular medication needs, please discuss this with your GP before the holiday. And remember to take all the medication that your child will require for the length of your stay.

If your holiday will include any trips to theme or water parks you may want to find out before you go whether these places require specific proof of your child's disability, in order to avoid the queues or make use of the disabled facilities. Some may have particular forms for you to fill out, or may supply a specific member of staff to be your contact or guide for the day.

### Language Problems

While on holiday you may want to tell others about your child's difficulties. This might be fellow holidaymakers or theme park staff, as well as others. Maybe take a small card that gives a brief explanation of autism and Asperger syndrome.

You could also maybe consider making an "Autism Alert" card that is easily carried around by the person with the ASD. This is the text from the card compiled by the UK National Autistic Society:

### UK NAS Autism Alert Card Text

The holder of this card has autism (which includes Asperger syndrome). This card is issued by The National Autistic Society. It tells you what to expect when you meet a person with autism. Autism is a disability that affects social and communication skills. People with autism may behave unpredictably because they have difficulty understanding social situations and language.

Please help by showing understanding and tolerance.



A person with autism has difficulty with social interaction, communication and imagination, and will show some of these characteristics:

### Social Interaction

- Seems isolated or not to care about others
- Cannot read body language or understand the need for tact
- Behaves inappropriately or oddly
- Avoids eye contact when feeling worried or under pressure
- Dislikes physical contact.

### Imagination

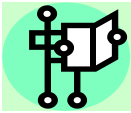
- Cannot foresee the consequences of their actions
- Very worried by changes in routines or unexpected events
- Likes set rules, and may overreact when people break them
- Often has special interests that may become obsessions
- Finds it difficult to see or imagine another person's point of view.

### Communication

- May not understand tone of voice, gestures or expressions like frowning or grinning
- Takes similes and metaphors literally (so thinks daft as a brush and throwing the baby out with the bathwater are about brushes and babies)
- Finds it difficult to hold a conversation
- May seem argumentative, stubborn, or angry...
- or over-compliant, agreeing to anything even if untrue
- May use formal, stilted or pedantic language
- May seem inattentive or unresponsive
- Can be honest to the extent of bluntness or rudeness.

### What To Do If You Think A Person May Have Autism

People with autism may speak clearly and properly but can lack full understanding. Their apparent independence can disguise their isolation and social disability.



## When Talking To A Person With Autism:

- first explain what you are going to do and make sure they understand
- use clear simple language with short sentences
- ask specific, unambiguous questions
- avoid irony, sarcasm or metaphors
- allow the person extra time to think about or act on what you said
- remember that if he or she is avoiding eye contact, this does not imply shiftiness or disrespectfulness.

Important notes for legal or criminal justice professionals

A person with autism is vulnerable, whether as victim, witness, or suspect. Their difficulty with communication, interaction and imagination puts them at a disadvantage when their actions and behaviour can be misinterpreted. An Appropriate Adult should be called upon to look after their welfare.

This card can also contain the person's name and emergency contact details

### Flying Time

To help your child cope with the aircraft noise, particularly during take-off and landing, you may consider using some sort of headphones. Some individuals on the autistic spectrum like to listen to music. Perhaps your child might like to listen to a familiar piece of calming, reassuring music while in the airport or during the flight. There are also headphones which have been designed to shut out all surrounding noise, including the sounds of aircraft engines. Remember to check that these products would be suitable for children before buying them, for both size and safety.

There may also be other items which would keep your child occupied and happy while travelling. These might be favourite toys or objects they like to fiddle with. You could bring your child's pillow for comfort during the flight. You may even like to pack bed linen or a sleeping bag as sometimes

the familiarity of items from home can help a person with an ASD to feel more relaxed and calm in the new environment. Remember also to bring any such items which are used as comforters at home and may relax your child while away.

### Behaviour

At the start of the holiday you may like to establish clear, simple 'holiday rules'. These should tell your child about your expectations and should be positive. Write these down if your child is able to read. Use clear language as a reminder: "We don't do that on holiday." Once you have decided on these rules, stick with them and be consistent. This will establish boundaries for the holiday.

Look out for any behavioural changes. It has been noticed that when some individuals with ASDs are on holiday a regular behaviour pattern disappears and new behaviours emerge. This may be due to the change of environment and routine. For example they may communicate being tired, bored or stressed in a different way to when they are at home.

Please remember that any change in temperature might also affect their behaviour. Some children may feel irritated by the heat and need time to adjust. They may need explanations and reminders to change their clothes, especially if they need to change from trousers and jumpers to shorts and t-shirts. You may want to discuss this change in clothing before going on holiday, perhaps connecting each season with a particular type of clothing on your calendar at home.

### Holiday Letter

(Taken from [www.autisminfo.com](http://www.autisminfo.com))

This article appeared in the holiday 1999 issue of ASAP News! (Volume 3.5) The Autism Support and Advocacy Project, and Potential Unlimited Publishing.

"Dear Family and Friends:" was written for the purpose of it being sent to relatives and hosts of holiday gatherings who might need a crash

course in what to expect from their guest with autism.

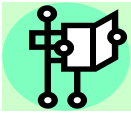
*Dear Family and Friends: " I understand that we will be visiting each other for the holidays this year! Sometimes these visits can be very hard for me, but here is some information that might help our visit to be more successful. As you probably know, I am challenged by a hidden disability called Autism, or what some people refer to as a Pervasive Developmental Disorder (PDD). Autism/PDD is a neurodevelopmental disorder which makes it hard for me to understand the environment around me. I have barriers in my brain that you can't see, but which make it difficult for me to adapt to my surroundings.*

*Sometimes I may seem rude and abrupt, but it is only because I have to try so hard to understand people and at the same time, make myself understood. People with autism have different abilities: Some may not speak, some write beautiful poetry. Others are whizzes in math (Albert Einstein was thought to be autistic), or may have difficulty making friends. We are all different and need various degrees of support.*

*Sometimes when I am touched unexpectedly, it might feel painful and make me want to run away. I get easily frustrated, too. Being with lots of other people is like standing next to a moving freight train and trying to decide how and when to jump aboard. I feel frightened and confused a lot of the time. This is why I need to have things the same as much as possible. Once I learn how things happen, I can get by OK. But if something, anything, changes, then I have to relearn the situation all over again! It is very hard.*

*When you try to talk to me, I often can't understand what you say because there is a lot of distraction around. I have to concentrate very hard to hear and understand one thing at a time. You might think I am ignoring you--I am not. Rather, I am hearing everything and not knowing what is most important to respond to.*

*Holidays are exceptionally hard because there are so many different people, places, and things going on that are out of my ordinary realm. This may be fun and adventurous for most people, but for me, it's very hard work and can be extremely stressful. I often have to get away from all*



the commotion to calm down. It would be great if you had a private place set up to where I could retreat.

If I can not sit at the meal table, do not think I am misbehaved or that my parents have no control over me. Sitting in one place for even five minutes is often impossible for me. I feel so antsy and overwhelmed by all the smells, sounds, and people--I just have to get up and move about. Please don't hold up your meal for me--go on without me, and my parents will handle the situation the best way they know how.

Eating in general is hard for me. If you understand that autism is a sensory processing disorder, it's no wonder eating is a problem! Think of all the senses involved with eating. Sight, smell, taste, touch, AND all the complicated mechanics that are involved. Chewing and swallowing is something that a lot of people with autism have trouble with. I am not being picky--I literally cannot eat certain foods as my sensory system and/or oral motor coordination are impaired.

Don't be disappointed If Mom hasn't dressed me in starch and bows. It's because she knows how much stiff and frilly clothes can drive me buggly! I have to feel comfortable in my clothes or I will just be miserable. When I go to someone else's house, I may appear bossy and controlling. In a sense, I am being controlling, because that is how I try to fit into the world around me (which is so hard to figure out!) Things have to be done in a way I am familiar with or else I might get confused and frustrated. It doesn't mean you have to change the way you are doing things--just please be patient with me, and understanding of how I have to cope. Mom and Dad have no control over how my autism makes me feel inside. People with autism often have little things that they do to help themselves feel more comfortable. The grown ups call it "self regulation," or "stimming". I might rock, hum, flick my fingers, or any number of different things. I am not trying to be disruptive or weird. Again, I am doing what I have to do for my brain to adapt to your world. Sometimes I cannot stop myself from talking, singing, or doing an activity I enjoy. The grown-ups call this "perseverating" which is kinda like self regulation or stimming. I do this only because I have found something to occupy myself that makes me feel comfortable.

Perseverative behaviors are good to a certain degree because they help me calm down.

Please be respectful to my Mom and Dad if they let me "stim" for awhile as they know me best and what helps to calm me. Remember that my Mom and Dad have to watch me much more closely than the average child. This is for my own safety, and preservation of your possessions. It hurts my parents' feelings to be criticized for being over protective, or condemned for not watching me close enough. They are human and have been given an assignment intended for saints. My parents are good people and need your support.

Holidays are filled with sights, sounds, and smells. The average household is turned into a busy, frantic, festive place. Remember that this may be fun for you, but it's very hard work for me to conform. If I fall apart or act out in a way that you consider socially inappropriate, please remember that I don't possess the neurological system that is required to follow some social rules. I am a unique person--an interesting person. I will find my place at this Celebration that is comfortable for us all, as long as you'll try to view the world through my eyes!

## Books that are available for order through Autism South Africa.



Autism South Africa has entered into an agreement with Book Promotions and Horizon Books to make an initial selection of books on autism more accessible to people in South Africa.

We have been informed by the 3 involved publishers (Jessica Kingsley, David Fulton and Guilford Press) and distributors that the prices shown are unlikely to increase in the near future, but as with delivery too, this **may be subject to change** in unforeseen circumstances and we ask that you bear with us.

As far as delivery is concerned, Horizon Books has already order a

limited quantity of each of our selected books to significantly increase delivery time to you the customer. So if there is stock in Cape Town delivery will be within the week (subject to post office service!), but in some cases it could be longer if there is no stock in Cape Town and your books have to be ordered from overseas.

**Please note that Autism South Africa cannot place an order on your behalf until we have received your full payment for the books you wish to purchase.**

Please find below a list of the books with descriptions as well as an order form. May we ask you to fax, e-mail or post the details of the books you wish to order as well as the proof of payment slip to Autism South Africa, ensuring you have written your surname and initial in the reference block of the bank deposit form.

Autism South Africa is receiving discount on the books that will contribute to our posting your books to you via Speed Services, but we ask that you add R 10 per book ordered to assist with costs of sending your books via Speed Services, which we believe is the safest route

Bank: Standard Bank  
Branch: Benmore Gardens  
Branch Code: 012005  
Account Name: Autism South Africa  
Account No: 2207 312 33

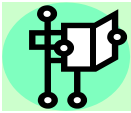
**Reference: Your surname and initials**

## Books on New Diagnosis Or New To The Field Of Autism

### How to Understand Autism - The Easy Way

Written by Alex Durig  
Jessica Kingsley Publishers  
ISBN: 1 84310 791 0.  
(Current Price R 221.45)

In this clear and accessible introduction to autism, Alexander Durig provides a host of ideas and examples that enable the reader to understand the



phenomenon of autism, recognize different kinds of autistic perception and behaviour, and prepare for interaction with autistic people. To help 'normal' people understand and lose their fear of autism, Durig discusses the notions of 'slight' autism, being or becoming 'autism-friendly', and the mental well-being of autistic people. The author explains how autistic perception 'works' and how it yields autistic behaviours', to enable readers to see the world through the eyes of an autistic person, and thus change the way they perceive autism.

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**Autism – The Eighth Colour of the Rainbow. Learn to Speak Autistic.**

*Written by Florica Stone.*  
 Jessica Kingsley Publishers  
 ISBN: 1 84310 182 3  
 (Current Price R306.95)

Through her questioning of traditional approaches regarding autism, and with determination and patience, Florica Stone has been able to develop a satisfying and supportive two-way channel of communication with her autistic son. In *Autism – The Eighth Colour of the Rainbow* Florica shows how shared meanings can be learnt and expressed between autistic and non-autistic individuals, though they experience radically different perceptions of reality. Through interacting with and listening to her autistic friends and son, she began to understand the autistic learning style and to decipher the various behavioural needs that arise from their particular sensory processing.

In this inspiring, much-needed practical guide she presents ways of creating autistic-friendly environments, modifying habitual or traditional responses to autistic behaviour, using forms of literal learning, and provides many useful examples and exercises. This book will help parents, teachers and professionals to learn how to interact positively with autistic children and bring about long-lasting changes.

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**Autism: An Inside-Out Approach. An Innovative Look at the**

**'Mechanics' of 'Autism' and its Developmental 'Cousins'**

*Written by Donna Williams*  
 Jessica Kingsley Publishers  
 ISBN: 1 85302 387 6  
 (Current Price R272.75)

Donna Williams' challenging new book, written by an autistic person for people with autism and related disorders, carers, and the professionals who work with them, is a practical handbook to understanding, living with and working with autism. Exploring autism from the inside, it shows clearly how the behaviours associated with autism can have a range of different causes, and in many cases reflect the autistic person's attempt to gain control over their internal world. The sensory and perceptual problems that challenge a person with autism are described in depth, together with strategies for tackling them so as to enable that person to take more control of their lives. Donna Williams comments on the various approaches to autism, drawing out those strategies that are of real use, and explaining why some approaches may prove counterproductive, leaving the autistic person feeling even more isolated and misunderstood.

Taking the view that understanding autism is the key to managing the condition, Donna Williams' book will bring illumination to all those who have felt baffled and frustrated by the outside appearance of autism. It contains a wealth of helpful suggestions, insights and new ideas, exploding old myths and promoting a view that all those involved with autism will find empowering and creative.

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**Demystifying the Autistic Experience. A Humanistic Introduction for Parents, Caregivers and Educators.**

*Written by William Stillman*  
 Jessica Kingsley Publishers  
 ISBN: 1 84310 726 0  
 (Current Price R 221.45)

Parents, caregivers and educators are often at a loss about how best to support an individual with autism because they are overwhelmed by 'behaviors',

inundated with prognoses and clinical jargon, or confused by technical information. This book introduces autism from a non-clinical, humanist perspective, emphasizing that we are all more alike than different. The author deconstructs the fundamental concepts of the autistic experience using language, examples and anecdotes that are concrete and understandable for all. Reinforced for the reader is the importance of listening carefully to what people are telling us about valuing differences, personal passions, communication, and holistic wellness.

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**A Positive Approach to Autism.**

*Written by Stella Waterhouse.*  
 Jessica Kingsley Publishers  
 ISBN: 1 85302 808 8  
 (Current Price R272.75)

In this fresh and positive book, Stella Waterhouse investigates how people with autism perceive the world, and discusses the symptoms, behaviours and possible causes of this condition. In addition to examining the relation of autism to hyperactivity, Attention Deficit Disorder, Obsessive Compulsive Disorder and Tourette Syndrome, she also considers the impact of anxiety and the pros and cons of some of the current treatments including secretin, diet, tinted lenses and Auditory Integration Training. Her approach emphasizes the importance of taking into account the views of people with autism and their families. This is a practical and sympathetic book, which will be of interest to professionals and non-professionals alike.

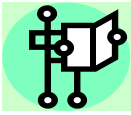
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**A Mind Apart. Understanding Children with Autism and Asperger Syndrome**

*Written by Peter Szatmari.*  
 Guilford Press. ISBN 1-57230-544-4  
 (Current Price R 193.23)

How do you know if your child is happy or sad, tired or hungry, when all he wants to talk about is wasps—or the color of subway train doors? What can you do to reassure a nine-year-old who asks questions about death hundreds of times in a day? And how can you build a nurturing relationship when your little girl hates to be touched?

Questions like these make parenting a



child with autism or Asperger syndrome (AS) a journey through uncharted terrain. That's why understanding how kids with these disorders actually think and feel—and the striking ways in which their minds work differently from those of typical children—is so important. Through moving stories of children he has worked with, Dr. Peter Szatmari helps you see the world through your child's eyes. Revealed is what lies behind the intense preoccupations, communication problems, and seeming lack of affection that often accompany autism and AS, and what your child's mystifying behavior might really be trying to tell you. This compassionate book shows how gaining a better sense of your child's experience can deepen the bonds that support learning and growth—and help you lead the way toward a happier future.

## Books on Hygiene

### **Personal Hygiene? What's that Got to Do with Me?**

*Written by Pat Crissey. Illustrated by Noah Crissey.*

Jessica Kingsley Publishers  
ISBN: 1-84310-796-1,  
(Current Price R221.45)

*Personal Hygiene? What's that got to do with me?* is a curriculum developed for students with autism, Asperger's Syndrome, learning and developmental disabilities, designed to help them understand how others perceive their appearance and the social implications of neglecting personal hygiene. Simple factual information is accompanied by humorous cartoons that emphasize how others view someone with poor hygiene. Step-by-step cartoons explain exactly what the student needs to do to ensure good hygiene. Quizzes and activity pages provide numerous opportunities for repetition and reinforcement of the key points. There are also hands-on activities to demonstrate why and how to perform various hygiene tasks. Several social stories are also provided, along with a set of worksheets that help students set up a daily schedule to allow time for completing necessary hygiene tasks.

### **Toilet Training for Individuals with Autism and Related Disorders.**

**A Comprehensive Guide for Parents and Teachers**

*Written by Maria Wheeler.*

Jessica Kingsley Publishers  
ISBN: 188547 745 7  
(Current Price R238.55)

Wetting and soiling clothes results in significant amounts of time, energy and resources being devoted to an individual's personal care needs, and can also significantly interfere with social acceptance. Research shows that persons with autism are the most difficult population to toilet train, not least because many techniques used to toilet train children are not sufficient when used to teach toileting skills to persons with autism. There are, however, strategies which have been demonstrated to be effective when teaching toileting skills, and Maria Wheeler explains these in an easy-to-read and accessible way in this new book, which covers all aspects of the subject and includes over 200 toilet training tips, and more than 40 case examples with solutions.

## Books on Asperger Syndrome

### **Asperger's Syndrome. A Guide for Parents and Professionals.**

*Written by Tony Attwood.*

Jessica Kingsley Publishers  
ISBN: 1 85302 577 1.

(Current Price Approx R221.45)

'Parents, other family members and professionals have to understand the point of view of people with Asperger's Syndrome in order to work with them effectively. The strength of Tony Attwood's book is that he has made the essential imaginative leap into the Asperger world. He has real empathy with the children and adults he writes about and his sympathy, knowledge and common sense come through on every page. Readers will appreciate the detailed discussions of the problems people with the syndrome will encounter and the practical suggestions for helping to overcome or compensate for them.

This is a book to be read and consulted over and over again.'

*(- From the foreword by Lorna Wing)*

Tony Attwood's guide will assist parents and professionals with the identification, treatment and care of both children and adults with Asperger's Syndrome. The book provides a description and analysis of the unusual characteristics of the syndrome and practical strategies to reduce those that are most conspicuous or debilitating. Beginning with a chapter on diagnosis, including an assessment test, the book covers all aspects of the syndrome from language to social behaviour and motor clumsiness, concluding with a chapter based on the questions most frequently asked by those who come into contact with individuals with this syndrome. Covering the available literature in full, this guide brings together the most relevant and useful information on Asperger's Syndrome, incorporating case studies from the author's own practical experience as a Clinical Psychologist, with examples of, and numerous quotations from people with Asperger's Syndrome.

### **Asperger's Syndrome DVD**

*By Tony Attwood.*

Jessica Kingsley Publishers  
ISBN: 1-88547-796-1.

(Current Price R 1091.50)

In this new DVD, Tony Attwood goes into depth on three important issues; Anger management, teaching teachers, and teenage issues. Readers of his book will be aware of his thoughtful and down-to-earth approach and this DVD presents groundbreaking new approaches to significant challenges.

### **Asperger's Syndrome Video. Diagnosis and Support.**

*By Tony Attwood.*

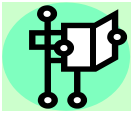
Two 90-minute videotapes.  
Jessica Kingsley Publishers.

ISBN 1-85302- 787-1,

(Current Price R 945.97)

All those who know Tony Attwood's work, and his highly acclaimed book, *Asperger's Syndrome: A Guide for Parents and Professionals* will be aware of his extensive knowledge of the





subject and his down-to-earth and positive approach. In this video he explains and discusses the diagnosis of Asperger's Syndrome and how people who have been diagnosed in this way can be supported, and their strengths developed. He covers the theory of mind of those with this challenge and, as he does, his ideas broaden our perception and understanding. The video format enables the viewer to see his ideas in action, and will be invaluable for parent support groups, training, and as a general introduction to Asperger's.

This presentation was given live to audiences recently in several major American cities, and at all the events attendees were unanimous in their appreciation for the quality of his ideas.

Author of the well-known book *Asperger's Syndrome: A Guide for Parents and Professionals*, **Tony Attwood** is a Clinical Psychologist who has specialized in autism for over twenty-five years. As a practising clinician, with special interest in early diagnosis, severe challenging behaviour and Asperger's Syndrome, his experience covers the full range of the spectrum, from the profoundly disabled to the most highly functioning. Over the last twenty-five years he has met and worked with several hundred individuals with this syndrome, ranging widely in age, ability and background.

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### **Asperger Syndrome in Adolescence.**

#### **Living with the Ups, the Downs and Things in Between.**

*Edited by Liane Holliday Willey.*

*Foreword by Luke Jackson.*

Jessica Kingsley Publishers  
ISBN: 1-84310-742-2.

(Current Price R238.55)

Childhood and adult experiences of individuals with Asperger Syndrome (AS) are becoming increasingly well documented, yet the crucial formative teenage years have, so far, been neglected. Adolescence is a difficult time for any teenager, but when you have Asperger Syndrome this already emotionally complex time of life becomes all the more challenging.

Reflecting the views of parents, professionals and those with AS themselves, this book tackles issues that are pertinent to all teenagers, such as sexuality, depression and friendship, as well as discussing topics like disclosure and therapeutic alternatives that are more specific to those with AS. This book aims to make the transition from child to adult as smooth as possible, and is an essential survival guide to adolescence.

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### **Congratulations! It's Asperger Syndrome.**

*By Jen Birch.*

Jessica Kingsley Publishers ISBN: 1-84310-112-2, 2003.

(Current Price R272.75)

One of the increasing number of people diagnosed with Asperger Syndrome in adulthood, New Zealand-born Jen Birch relates her story with humour and honesty, taking us through the years of frustration and confusion that led to her diagnosis in 1998. Now that she can put her life experiences into context, she candidly describes her continual search for 'normality', including her experiences at work, her difficulties with relationships, her time spent in psychiatric hospital and her struggle for correct diagnosis in a country where the syndrome is relatively unknown. Talking positively about how her life has changed since the 'revelation', Jen aims to use this new-found knowledge to inform others about the syndrome and how, once its pros and cons are understood, life can be lived to the full.

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### **Coming Out Asperger. Diagnosis, Disclosure and Self-Confidence.**

*Edited by Dinah Murray.*

Jessica Kingsley Publishers

ISBN: 1-84310-240-4,

(Current Price R238.55)

Coming Out Asperger explores the complexity of diagnosis for Asperger Syndrome, the drawbacks and benefits of disclosing a diagnosis of a "hidden disability," and how this impinges on self-esteem. The contributors include some of the best-known and most exciting writers in the field of Asperger Syndrome (AS) today, and

include individuals on the autism spectrum, parents and professionals. The broad range of the chapters, which draw on anecdotal, professional and research-based evidence, make this book a comprehensive and highly original consideration of the implications of an AS diagnosis. The ever-difficult question of who to tell and when once a diagnosis has been confirmed is discussed in great depth. Liane Holliday Willey and Stephen Shore examine the dynamics of disclosure, its risks and the possible effect on self-confidence. Jacqui Jackson looks at how a diagnosis impacts upon family life. Tony Attwood provides a clinician's view of diagnosing adults, and Lynne Moxon, Wendy Lawson, Dora Georgiou and Jane Meyerding discuss adult issues surrounding disclosure, including how to deal with relationships and sexuality, and disclosure in the workplace, as well as social and disability issues. A unique and fascinating insight into the important issue of diagnosis disclosure, this book is an essential guide for people with AS, parents, teachers, professionals and all those who have ever felt confused about revealing a personal issue.

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### **Asperger Syndrome.**

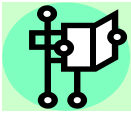
*Edited by Ami Klin, Fred R. Volkmar, and Sara S. Sparrow.*

**Guilford Press.**

ISBN 1-57230-534-7

(Current Price R 695.30)

Usually diagnosed in childhood, Asperger syndrome is a lifelong social disorder that bears many similarities to high-functioning autism. Individuals with the disorder are characterized by a lack of empathy, little ability to form friendships, one-sided conversations, clumsy movements, and intense absorption in special interests. While Asperger syndrome has received increasing attention from researchers, clinicians, educators, and parents in recent years, numerous central questions about the disorder remain unanswered. This groundbreaking volume brings together preeminent scholars and practitioners to offer a definitive statement of what is currently known



about Asperger syndrome and to highlight promising leads in research and clinical practice. Diagnostic and conceptual issues are explored in depth, and the disorder's assessment, treatment, and neurobiology are thoroughly reviewed. The book examines the effects of Asperger syndrome on an individual's social, communication, and behavioral development, and identifies the challenges that these individuals face at home, in school and the workplace, and in other settings. The volume concludes with several parent essays that exemplify the trials and tribulations--as well as the joys and the victories--of life with a child with Asperger Syndrome.

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**Children, Youth and Adults with Asperger Syndrome. Integrating Multiple Perspectives.**

*Edited by Kevin P Stoddart.*

Jessica Kingsley Publishers

ISBN: 1 84310 319 2.

(Current Price R341.15)

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This new emphasis in the field on the more able group with Autism Spectrum Disorders (ASD) is an important one for researchers and practitioners so this comprehensive book is a welcome addition to the literature. The editor has assembled a distinguished group of contributors, representing a wide range of disciplines and perspectives. The result is a comprehensive volume that adds immeasurably to our understanding of theory and practice in this important area. Although the contributors are primarily Canadian, their themes and reputations are international, and readers will appreciate the multitude of experiences they bring to these important issues. Clinical practice is highlighted but there is a solid section on theoretical perspectives as well. Of particular interest to many are the personal perspectives of individuals with ASD and their parents. The book will be of interest to parents, professionals, academics, and everyone else affected by or interested in ASD. It is a welcome addition to the literature and the editor and contributor are to be thanked for their

efforts.'

- Gary B. Mesibov, Ph.D., Professor & Director, Division TEACCH, University of North Carolina at Chapel Hill

This book offers a comprehensive overview of clinical, research and personal perspectives on Asperger Syndrome, including contributions from parents and experts in the fields of psychology, social work, psychiatry, genetics, sexology and vocational counselling.

It includes first-hand accounts from adults with AS, highlighting their difficulties in areas such as social competence and education. Specialist perspectives on AS, including sexuality and relationships, finding and keeping employment and anxiety and depression are sensitively addressed. The viewpoints of parents explore experiences of parenting AS individuals. These varied approaches to living with AS complement the emerging literature on theory, research and practice in this area.

The broad scope of Children, Youth and Adults with Asperger Syndrome guarantees a wide readership among practitioners, students, parents, young people and adults with AS, educates service providers how to assist people with AS and suggests a model of interdisciplinary collaboration for administrators and funders.

Understanding and Working with the Spectrum of Autism. *Wendy Lawson*

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**Books on Behavioural Issues**

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**People with Autism Behaving Badly. Helping People with ASD Move On from Behavioral and Emotional Challenges.**

*Written by John Clements*

Jessica Kingsley Publishers

ISBN: 1 84310 765

(Current Price R238.55)

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People with autism spectrum conditions may often behave in ways that cause difficulties for themselves and those who care for them. *People with Autism Behaving Badly* offers effective, long-term strategies to help resolve common problem behaviors

such as physical aggression, self-injury, verbal abuse, rudeness and property damage.

The book is organized around the common messages conveyed by behaviors and some of the underlying issues that drive these messages. Practical ideas for intervention are provided and illustrated by case examples. A range of exercises help to build understanding of the issues and detail appropriate plans. A log book helps to track what has been tried and what has been learned. In addition the author explores the role of relationship 'styles' that can help reduce challenging behaviors and encourage positive ones. Realistic information about working together with individuals, families and outside agencies, and about the pros and cons of medication, is also included. This hands-on, practical manual is indispensable for families, carers and anyone involved with autistic people who need help with behavioral or emotional challenges.

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**Behavioural Concerns and Autistic Spectrum Disorders. Explanations and Strategies for Change.**

*Written by John Clements and Ewa Zarkowska*

Jessica Kingsley Publishers

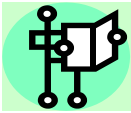
ISBN: 1 85302 742 1.

(Current Price R272.75)

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Behavioural Concerns and Autistic Spectrum Disorders: Explanations and Strategies for Change is a practical and comprehensive account of how people who attract autism labels can come to behave in ways that give rise to serious concerns in other people and, sometimes, themselves. The authors identify the range of needs that may be expressed through behaviours that cause concern and provide strategies for addressing both needs and behaviours. These strategies are based on extensive research and on the authors' own clinical experience.

Each aspect of need is analysed in detail. General principles for dealing with these needs are presented, and in each case a 'tips and hints' section offers more specific help on possible



solutions. Included in the appendices are advice on identifying the factors behind a behaviour that causes concern and guidance on how to ensure that support services are delivering what they should. This is a book that will be essential reading for all those working or living with autistic people.

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### **Autism in the Early Years.**

*Written by Val Cumine, Julia Leach and Gill Stevenson.*

David Fulton Publishers.

ISBN: 1-85346-599-2.

(Current Price R307.80)

This practical guide outlines the characteristics of autism as they present themselves in the early years; considers the nature of autism and the issues surrounding assessment and diagnosis; offers practical strategies for effective and realistic intervention both at home and in a variety of early years settings; and explores possibilities for enhancing access to the early years curriculum. **Table of Contents:** Assessment and diagnosis; implications of current theories for intervention; intervention approaches; differentiating the early years curriculum; managing difficult behaviours.

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### **Autistic Spectrum Disorders. Practical Strategies for Teachers and Professionals.**

*Written by County Council  
Communication Support Services*

*Northumberland County Council*

*Communication Support Services*

David Fulton Publishers.

ISBN: 1-84312-155-7.

(Current Price R290.70)

Increasingly, teachers are expected to identify problem areas and help children with ASD to change or manage their behaviour appropriately. This book offers off-the-shelf support to teachers and includes: helpful categorisation of problem areas; solutions that will allow teachers to help children promptly and effectively; advice on setting IEP targets; and photocopyable resources. **Table of Contents:** Introduction; Section 1: Areas of difficulty; Behaviour; Thinking and learning;

Conversation Skills; Sensory and motor; Language and communication; Social skills; Section 2: General strategies; Section 3: An autistic view of the world; Section 4: Resources; Circle of friends 1; Circle of friends 2; Conversation cue cards; Task sheets.

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### **Accessing the Curriculum for Pupils with Autistic Spectrum Disorders. Using the TEACCH Programme to Help Inclusion**

*Written by Gary Mesibov and Marie Howley.*

David Fulton Publishers.

ISBN: 1-85346-795-2.

(Current Price R290.70)

This book explains ways to open up the curriculum to pupils who have autistic spectrum disorders. The particular difficulties experienced by pupils are discussed in direct relation to specific areas of the curriculum, including: core and foundation subjects; PSHE; citizenship; and broader aspects such as break times and assemblies. Many pupils with autistic spectrum disorders (ASD) have difficulties accessing the curriculum due to problems including lack of understanding of meaning, organization, sequencing and problem-solving. They require consistency and structure to enable them to make sense of concepts such as what work, how much work, what to do and what is next regardless of the curriculum subject. Division TEACCH is North Carolina's statewide programme serving people with autistic spectrum disorders and the principles behind its intervention technique, called Structured Teaching, have been widely implemented throughout the world with great success.

This book shows the reader how Structured Teaching can enable pupils with ASD to access the curriculum in a meaningful way and offers many practical strategies to facilitate this process. The book should benefit those on specialist autism courses, all providers of autism-specific training and the many teachers and teaching assistants working with autistic pupils who are asking for this guidance. **Table of Contents:** Overview of the

Autism Spectrum; National Curriculum - challenges for pupils with ASD; Structured teaching as a foundation for educational programmes; Physical structures and routines; Visual schedules; Work systems; Visual information; Tying it all together.

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### **Pre-Schoolers with Autism. An Education and Skills Training Programme for Parents - Manual for Clinicians.**

*Written by Avril V Brereton and Bruce J Jonge.*

Jessica Kingsley Publishers ISBN: 1-84310-342-7.

(Current Price Approx R598.50)

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### **Pre-Schoolers with Autism. An Education and Skills Training Programme for Parents - Manual for Parents.**

*Written by Avril V Brereton and Bruce J Jonge.*

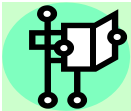
Jessica Kingsley Publishers

ISBN: 1-84310-341-9,

(Current Price R238.55)

This ground-breaking training programme has been developed in response to a real need for evidence-based early interventions for very young autistic children. Authoritative and extensively tried and tested, it will help both parents and carers to understand the disorder and how it affects child development. Ultimately, the programme is designed to reduce the severity of emotional / behavioural difficulties by managing a child's particular problems and encouraging effective collaboration between professionals and parents. The programme is delivered through two accessible manuals - one for parents and one for clinicians - which provide all the information and materials you need.

The Manual for Clinicians explains the purpose and content of each session and includes notes for discussion and teaching, a checklist of 'things to do', and photocopyable task sheets for distribution and discussion.



The Manual for Parents features tasks, exercises and discussion points for group sessions, and complements these training materials with engaging personal accounts, an introduction to the history of autism, information about approaches to treatment, and a list of useful websites and further reading.

Structured as a series of individual and small group sessions, the programme is designed to run for 20 weeks and covers key areas such as understanding and managing difficult behaviour; changing/encouraging new behaviours; communication problems in verbal and non-verbal children; social problems; and how to work and play together. Together, these manuals will provide you with all the information, support and resources you need to run this programme successfully.

**Together**, these manuals will provide you with all the information, support and resources you need to run this programme successfully.

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### **Making it a Success. Practical Strategies and Worksheets for Teaching Students with Autism Spectrum Disorder.**

*Written by Sue Larkey. Foreword by Tony Attwood.*

Jessica Kingsley Publishers.

ISBN: 1-84310-204-8.

(Current Price R221.45)

'Sue Larkey knows the problems associated with inclusion not only from her experience as a teacher herself, but also from her academic knowledge and qualifications and from her intuitive understanding of autism. She has a remarkable ability to identify and briefly explain the difficulties experienced by a child with autism in a regular classroom and to suggest realistic and practical strategies to improve abilities and behaviour. Her advice is succinct and wise. This book is precisely what teachers ask for and need.' - from the foreword by Tony Attwood

Providing easy to follow, proven strategies for common teaching

challenges, *Making it a Success* is a user-friendly resource to help teachers and teaching assistants effectively integrate students with special needs into the classroom.

With photocopiable worksheets, creative ideas for activities and teacher notes, Sue Larkey presents effective ways of helping children with autism spectrum disorder (ASD) improve their social skills, reading, writing and maths, play and general behaviour. She provides solutions for dealing with constant questioning in the classroom as well as managing children's special interests and obsessions.

*Making it a Success* introduces strategies that are applicable not only to students with ASD but also to those with a range of special needs and is an essential resource for all those working in integrated classrooms.

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### **Addressing the Challenging Behavior of Children with High-Functioning Autism/Asperger Syndrome in the Classroom. A Guide for Teachers and Parents.**

*Written by Rebecca A Moyes.*

Jessica Kingsley Publishers.

ISBN: 1-84310-719-8.

(Current Price R272.75)

How do teachers and parents of children with autism address a child's social skills? And what do they do about problem behaviors? This book provides possible explanations for these behaviours, and a wealth of practical help for both teachers and parents to address them. Teachers learn how to create environmental supports and how to incorporate specific teaching strategies. Students with autism learn the new skills they might need, and ways of making their behavior more acceptable. This book is full of practical tips on how to tackle different kinds of challenging behaviors both in the classroom and outside it.

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### **I am Special. Introducing Children and Young People to their Autistic Spectrum Disorder.**

*Written By Peter Vermeulen.*

Jessica Kingsley Publishers.

ISBN 1-85302-916-5.

(Current Price R306.95)

*I am Special* is a workbook developed by Peter Vermeulen and already used extensively with young people with autism spectrum disorder. The workbook is designed for a child to work through with an adult - parent, teacher or other professional. Unlike other books, its content and layout are devised especially for children who read, think and process information differently. *I am Special* is divided into two parts. The first is a theoretical introduction which explains how to inform children that they have autism or Asperger Syndrome and how to use the worksheets with groups or individuals. The second part consists of a series of worksheets which the child works through with an adult to create a unique and personal book about him or herself. It includes a series of exercises that present autism positively. They strike a balance between general facts, information about autism and personal information, covering the strengths an autistic person may have as well as the difficulties they may face.

*I am Special* can be used with young people over the age of ten years. Not only is it an excellent source of information for the autistic child; it can be the first step in a process of counselling or psychotherapy or the springboard for a discussion group on autism.

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### **School Phobia, Panic Attacks and Anxiety in Children.**

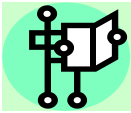
*Written by Márianna Csóti.*

Jessica Kingsley Publishers.

ISBN: 1-84310-091-6.

(Current Price R289.85)

Many children are challenged by anxiety at some time in their school career. Bringing together knowledge from her years of teaching and parenting, Márianna Csóti shows how parents and professionals can help children aged five to sixteen move away from the negative thoughts and behaviour that contribute to school phobia.



As well as tackling specific problems of bullying, separation anxiety, social phobia and panic attacks, the author provides information on current therapies and medication for the severely affected and on what to do if the child regresses. The advice can also be used to help guard against another sibling developing school phobia.

This positive and practical book provides is packed with information and guidance for parents, carers, teachers and other child-support professionals, on dealing effectively with the difficulties of children whose lives are being adversely affected by this distressing and very real condition. support, from how to contact professionals, to exercises to build confidence and promote relaxation.

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### **Asperger Syndrome - What Teachers Need to Know.**

*Written by Matt Winter.*  
Jessica Kingsley Publishers  
ISBN: 1-84310-143-2.  
(Current Price R187.25).

As awareness of Asperger Syndrome (AS) grows, it becomes increasingly important that all professionals have a familiarity with and understanding of the condition. However, for teachers, who have minimal spare time, it is difficult to access the details they need for working with AS children without wading through extensive books aimed at parents and professionals. *Asperger Syndrome - What Teachers Need to Know* bridges this gap and is the ideal starting point for teachers wishing to learn about Asperger Syndrome and how best to work with and get the most from a child with an ASD. Providing a summary of currently available information on AS and covering all the key issues that will concern teachers (e.g. social skills, homework, playground behaviour, assisting with study), Matt Winter, a teacher himself, imparts tips and practical ideas that he has found successful and invaluable for anyone working in a school environment.

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### **Hitchhiking through Asperger Syndrome.**

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*Written by Lise Pyles. Foreword by Tony Attwood.*

Jessica Kingsley Publishers.  
ISBN: 1-85302-937-8, 2001  
(Current Price R187.25)

'Although the book is primarily written for parents, I read the manuscript with my text liner in constant use, highlighting her descriptions and advice and gaining much insight to aid me in my professional role. She provides an explanation of the syndrome in terms that are clear and accurate. Her chapter on coming to terms and moving forward examines many issues that are extremely important for parents. She writes as a mentor, companion and navigator, providing information and options, and generates a positive attitude in the reader. This book will help parents achieve understanding and become not only more knowledgeable, but empowered in their ability to achieve real progress.

'Tony Attwood' Lise Pyles' *Hitchhiking Through Asperger Syndrome* is a warm personal journal, an incredibly comprehensive encyclopedia and a very practical instruction manual all conveniently wrapped up into one beautifully written book. I have had the privilege of reading most every book written on Asperger Syndrome and I can honestly say, if you are only going to buy a tiny handful of books on the subject, make certain this is one of them. As for me, I'm going to buy a copy for everyone I know.' Liane Holliday Willey.

Written from a parent's perspective, this book gives a candid and thoughtful account of one family's trek through the world of Asperger Syndrome. The author makes it very clear that, while professional help can be necessary, parents are in the best position to make a difference in their children's lives and should be in control of, and involved in, their children's care and education. She offers practical and positive advice on topics including diagnosis and self-diagnosis dealing with your own reactions and those of others, types of

school and homeschooling, medication and dietary issues.

Written in clear, straightforward language, the book does not promote any particular therapy or prescribe fixed solutions, but aims to help parents to ask good questions and come up with answers to suit their own circumstances and children. Full of humour and common sense, *Hitchhiking through Asperger Syndrome* will make encouraging, inspiring and entertaining reading for all parents of children with Asperger Syndrome.

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### **Books on Adolescence and Transition into Adulthood**

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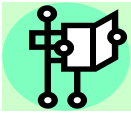
#### **Freaks, Geeks and Asperger Syndrome. A User Guide to Adolescence.**

*Written by Luke Jackson..*  
Jessica Kingsley Publishers  
ISBN: 1 84310 098 3.  
(Current Price R221.45)

Have you ever been called a freak or a geek? Have you ever felt like one? Luke Jackson is 13 years old and has Asperger Syndrome. Over the years Luke has learned to laugh at such names but there are other aspects of life which are more difficult. Adolescence and the teenage years are a minefield of emotions, transitions and decisions and when a child has Asperger Syndrome, the result is often explosive.

Luke has three sisters and one brother in various stages of their adolescent and teenage years but he is acutely aware of just how different he is and how little information is available for adolescents like himself.

Drawing from his own experiences and gaining information from his teenage brother and sisters, he wrote this enlightening, honest and witty book in an attempt to address difficult topics such as bullying, friendships, when and how to tell others about AS, school problems, dating and relationships, and morality. Luke writes briefly about his younger autistic and AD/HD brothers, providing amusing insights into the antics of his younger years and advice



for parents, carers and teachers of younger AS children. However, his main reason for writing was because "so many books are written about us, but none are written directly to adolescents with Asperger Syndrome. I thought I would write one in the hope that we could all learn together".

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### **Multicoloured Mayhem Parenting the Many Shades of Adolescents and Children with Autism, Asperger Syndrome and ADHD.**

*Written by Jacqui Jackson.*  
Jessica Kingsley Publishers.  
ISBN: 1-84310-171-8.  
(Current Price R221.45)

Jacqui Jackson has seven children. Luke (author of *Freaks, Geeks and Asperger Syndrome*) has Asperger Syndrome, Joe has ADHD, and Ben has autism. Life is anything but straightforward, but the chaos of the Jacksons' lives is threaded through with humor and common sense. Full of anecdotes and lively thinking, the book explains vividly what it is like to parent young people with such a range of conditions, and provides a wealth of helpful and creative advice for other parents and carers. Anyone who has wondered what life in such a family might be like will be fascinated.

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### **Managing Asperger Syndrome at College and University. A Resource for Students, Tutors and Support Services.**

*Written by Juliet Jamieson and Claire  
Jameson.*  
David Fulton Publishers ISBN: 1-  
84312-183-2.  
(Current Price R342.00)

Meeting all the demands of student life can be tough, especially for students with Asperger Syndrome. This book is full of practical suggestions on how to make the post-16 educational experience a good one. Advice is based upon sound knowledge of theory and practice and includes: Taking steps towards selecting the right course at the right institution; coping strategies to use in academic and social situations; advice

to help students who are living away from home

A CD containing time-saving resources; How other students, tutors and disability services can help; Useful references and addresses showing where to go next

This book is suitable for students who have Asperger Syndrome, their support staff and personal tutors in Institutes of Higher

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### **How to find work that works for people with Asperger Syndrome. The Ultimate Guide for Getting People with Asperger Syndrome into the Workplace (and keeping them there!)**

*Written by Gail Hawkins.*  
Jessica Kingsley Publishers ISBN:  
184310 151 3.  
(Current Price R255.65)

For those who want to help somebody with Asperger Syndrome find and keep a satisfying job, this book is a vital tool. Gail Hawkins guides readers through the entire process of gaining employment, from building a supportive team, identifying and addressing workplace challenges, to securing an appropriate post. Including practical tips on topics such as finding potential employers and creating a dazzling CV, as well as sensitive advice on assessing when somebody is ready for work, and how, when and where to disclose a disability to an employer, Hawkins' well-tested approach aims to provide all the information needed for a fast, realistic, and successful path to fulfilling employment.

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### **Books on Sexuality**

#### **Sex, Sexuality and the Autism Spectrum.**

*Written by Wendy Lawson. Foreword by  
Glenys Jones.*  
Jessica Kingsley Publishers.  
ISBN. 1-84310-284-6.  
(Current Price R238.55)

Written by an 'insider', an openly gay autistic adult, Wendy Lawson writes frankly and honestly about autism, sex and sexuality. In her new book, she draws upon her own experience to

examine the implications of being autistic on relationships, sex and sexuality. Having discussed subjects such as basic sex education and autism, the author goes further to explore the wider issues of interpersonal relationships, same sex attraction, bisexuality and transgender issues. She also examines the unspoken rules that exist between people in relationships and explains why these rules can be difficult and confusing for people with autism. This book will give courage and information to adults with autism or Asperger Syndrome and provide essential insights to those living and working with them.



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### **Books on Sensory Issues**

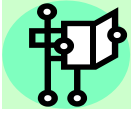
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#### **Understanding Sensory Dysfunction. Learning, Development and Sensory Dysfunction in Autism Spectrum Disorders, ADHD, Learning Disabilities and Bipolar Disorder.**

*Written by Polly Gowin Emmons and Liz  
McKendry Anderson.*  
Jessica Kingsley Publishers  
ISBN: 1 843198062  
(Current Price R221.45)

*Understanding Sensory Dysfunction* is a clear and comprehensive resource to identifying and addressing sensory dysfunction in children, using a range of practical strategies to help them reach their full potential at home, at school and in the community.

The authors explain the causes, contributing factors, symptoms and associated behaviors of sensory dysfunction, particularly when found in conditions such as autism spectrum disorders (ASDs), ADHD and bipolar disorder. Focusing on early intervention, they provide a host of tried and tested integration activities, assessment and curricular modifications, treatment options and useful equipment and resources that ultimately aim to limit or prevent the



interference of sensory dysfunction with successful learning, socialisation and skills development.

This accessible and empowering book offers a unique approach to the condition and will help families, teachers and caregivers meet the particular needs of children with sensory dysfunction.

## Books on Communication

### **Communication Issues in Autism and Asperger Syndrome. Do we speak the same language?**

*Written by Olga Bogdashina.*  
Jessica Kingsley Publishers .  
ISBN: 1 84310 267 6.  
(Current Price R289.85)

Providing a theoretical foundation for understanding communication and language impairments specific to autism, Olga Bogdashina explores the effects of different perceptual and cognitive styles on the communication and language development of autistic children. She stresses the importance of identifying each autistic individual's nonverbal language - which can be visual, tactile, kinaesthetic, auditory, olfactory or gustatory - with a view to establish a shared means of verbal communication. She offers an explanation of why certain approaches, for example PECS, might work with some autistic children but not others. Offering real in-sights, the 'What They Say' sections enable the reader to see through the eyes of autistic individuals and to understand their language differences first hand. 'What We Can Do to Help' sections throughout the book give practical recommendations on what to do in order to help autistic individuals use their natural mechanisms to learn and develop social and communicative skills. The final chapters are devoted to assessment and intervention issues with practical recommendations for selecting appropriate methods and techniques to enhance communication.

**Assessing and Developing Communication and Thinking Skills in people with Autism and**

### **Communication Difficulties. A Toolkit for Parents and Professionals.**

Written by Kate Silver, Autism Initiatives.  
Jessica Kingsley Publishers  
ISBN: 1 84310 352 4.  
(Current Price R341.15)

This fully photocopiable resource offers a flexible framework for the assessment and measurement of the communication skills of children with autistic spectrum disorders (ASDs). Packed with practical assessment and planning sheets, it enables teachers, educators and other professionals to observe and record how children use and understand language, and to follow their progress over time.

The completed assessment record is an accessible summary of a child's individual communication style, identifying strengths and weaknesses and the ways in which he or she is best assisted and motivated to communicate. It focuses on how children express themselves in everyday situations - for example, how they make requests or gain attention, the words they use most frequently, and how their communication is affected by different people and places. Most importantly, it provides a diagnosis of where communication skills can be developed and improved. Using the communication curriculum, educators can set appropriate targets, linked to work in other areas, such as literacy and science. A separate thinking skills curriculum aims to develop the skills and confidence necessary for social interaction, from making simple choices to understanding humour and abstract ideas. Originally devised for use with children with ASDs, this toolkit is equally effective in identifying communication problems in other children, and is an invaluable resource for teachers and speech and language therapists.

## Books on Dietary Intervention

**Diet Intervention and Autism. Implementing the Gluten Free and Casein Free Diet for Autistic**

### **Children and Adults - A Practical Guide for Parents.**

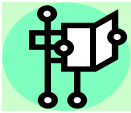
*Written by Marilyn Le Breton.*  
Jessica Kingsley Publishers  
ISBN No: 1-85302-935-1  
(Current Price R238.55)

People with autism often are intolerant of gluten (a protein in four types of cereal) and casein (a protein found in animal's milk). There are many testaments to the benefits for such people of a diet that excludes gluten, casein, monosodium glutamate and aspartame, and these persuaded Marilyn Le Breton to put her autistic son Jack on the diet.

This is the book that Marilyn wishes had been available to her when she first did so. In it she explains what the diet is all about and how it works, what foods can form part of the diet and what should be excluded. She addresses frequently asked questions and misconceptions, such as 'Is the diet too difficult and time-consuming? How strictly do I need to adhere to it? Is the diet expensive to implement?' and gives practical advice on basic equipment and ingredients, what to expect when your child starts the diet, how to adapt family meals and how to minimise cross-contamination in the kitchen. The book includes a wide selection of recipes, an extensive list of addresses and websites of suppliers of foodstuffs in the UK, and suggestions for finding out more information. It is the first book of its kind to be written specifically for those living in the UK. Marilyn's own experience and sensible approach ensure that this book will be invaluable for any parent of a child with autism, or any adult considering embarking on the diet.

### **Special Diets for Special Kids. Understanding and Implementing Special Diets to Aid in the Treatment of Autism and Related Developmental Disorders.**

*Written by Lisa Lewis.*  
Foreword by Dr Bernard Rimland.  
Jessica Kingsley Publishers.  
ISBN 1-88547-744-9.  
(Current Price R289.85)



Lisa Lewis explains, in this easy-to-read and accessible book, how and why to implement a dietary intervention strategy for helping children and adults with autism. Drawing upon her own success with removing gluten and casein from her son's diet, she answers the many questions parents and professionals might have about choosing a dietary intervention. *Why choose a special diet? Are there tests to help me decide? Is there research to support this type of intervention? Will my child starve? What do I cook?*

In addition, she provides over 150 good-tasting recipes to get started on the diet – everything from spaghetti and meatballs to holiday treats and sweets and edible clay!

### Books on Personal Accounts

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#### **Nobody Nowhere. The Remarkable Autobiography of an Autistic Girl.**

*By Donna Williams.*

Jessica Kingsley Publishers

ISBN: 1 85302 899 1

(Current Price R221.45)

*"Nobody Nowhere"* tears aside the veil that conceals the mind of an autistic person. Donna Williams' account has the magnetic and unrivalled power of authenticity .... This book is absorbing, disturbing, enriching and it will cause many to substantially revise their views on what it is that constitutes psychological normality" – *Professor Anthony Clare.*

*Nobody Nowhere* is disturbing, eloquent and ticklishly funny; it is an account of the soul of someone who lived in the word "autism" and survived in an unsympathetic environment despite intense inner chaos and incomprehension. It describes how, against the odds, Donna came to live independently, achieve a place at university and write this remarkable autobiography. This book will stay with you as one of the most exceptional works you will ever read.

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#### **Somebody Somewhere. Breaking Free from the World of Autism.**

*Written by Donna Williams.*

Jessica Kingsley Publishers

ISBN: 1 85302 719 7.

(Current Price R221.45)

The sequel to the powerful international bestseller *"Nobody Nowhere"*, *Somebody Somewhere* takes us deeper into Donna Williams' journey into the world. Her war against it is finally over, but the pieces of her life lie scattered around her.

Donna recounts the often funny, sometimes harrowing awakenings arising from sessions with a cognitive psychologist, who helps her understand what she has been through and make sense of her sensory problems, information overload and "shut-downs". We travel with her in her breakthroughs in working with autistic children and other adults like herself, as she finally finds a way of belonging and "simply being" among others, without selling out who she really is.

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#### **Like Colour to the Blind. Soul Searching and Soul Finding.**

*Written by Donna Williams.*

Jessica Kingsley Publishing.

ISBN: 1 85302 720 0.

(Current Price R238.55)

In *Like Colour to the Blind*, Donna Williams enters the most exposing and fragile realm of human interaction; her relationship and eventual marriage with someone with whom she can "simply be", a relationship she terms a "specialship". But loving involves exposure and to love she must expose the very things that protected her all her life – the masks she has hidden behind, the patchwork creations which stood in place of self.

In Donna's relationship with Ian, a man with difficulties related to her own, we watch the two of them break through their rock-solid emotional barriers and dare to defy all rules imposed by the autistic condition of "exposure anxiety". Their struggle is told with Donna's characteristic humour, insight and sense of fragility.

**In these three autobiographies, Donna Williams** recounts the story of

her struggle with autism: how it has shaped her world and the way in which she attempts to break through to the other side. 'I'm a culture looking for a place to happen' she writes in *Somebody Somewhere*, the sequel to *Nobody Nowhere* (which reached the bestseller list when published as a trade paperback). The search for this 'place' is central to Donna's survival in an unsympathetic, ignorant world which fails to comprehend her version of normality. Her life story is a landmark in the literature of mental health and gives a unique perspective on living with autism from the inside.

In *Nobody Nowhere*, she describes the desolation of the first twenty-five years of her life, before discovering the word 'autism' - a label which brought with it some answers and the hope of a sense of belonging. *Somebody Somewhere* takes up the thread of her story at the point where *Nobody Nowhere* left off: her ongoing battle to overcome the compulsions and obsessions of autism, and her increasingly successful efforts to lead a normal life, despite her condition. *Like Colour to the Blind* tells the story of Donna's relationship with Ian, a man with difficulties similar to her own. She describes how they learn to admit and live with their feelings for one another, as they search for a true sense of self. '*Donna Williams isn't just teaching us what it is like to be autistic, she is teaching us what it is like to be human.*' - *The New York Book Times Review (of Somebody Somewhere)*

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### Books for Siblings

#### **Haze.**

*Written by Kathy Hoopman.*

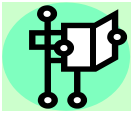
Jessica Kingsley Publishers.

ISBN No: 1-84310-072-X

(Current Price £9.95. Approx R120)

Acclaimed author of the Asperger Adventures series for children Kathy Hoopmann has turned her hand to a novel for teenagers. Much more than just a book about a boy with Asperger Syndrome, this is her best book yet. Weaving the facts of Seb's Asperger





Syndrome into the story, this fast-paced book will be a rivetting read for teenagers of all sorts and abilities. Seb is a loner. Brilliant with numbers and facts, but hopeless with people. Bored at school – he prefers the company of his computers, and his only friend, Guzzle. However, things change for the better. Kristie, a girl in his class, phones him one night. Kristie introduces Seb to Madeline and Jen, and the group become friends. Then a new computer teacher – Miss Adonia – brings a challenge back into schoolwork. So when Seb finds out that he has Asperger’s Syndrome, he is not too concerned. Suddenly Guzzle starts to hang out with a group who had bullied Seb throughout the year. Seb reacts badly and ends up suspended from school. Miss Adonia agrees to tutor him so he can pass his exams, but she is not what she seems. Before long, Seb is caught up in a web of computer fraud and lies. Things come to a head when Madeline is mistreated by her mother and Seb turns to Madeline’s mysterious cyber friend for help.

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**Blue Bottle Mystery. An Asperger Adventure.**

*Written by Kathy Hoopmann.*

Jessica Kingsley Publishers

ISBN: 1 85302 978 5.

(Current Price £7.95. Approx R96)

"I read this book in under an hour and then immediately picked it up and read it again, much to my brother's disappointment ("It's my book!") It is a story that succeeds in the challenge parents and siblings have been faced with for years - how to explain what Autism is without drowning people amidst technical terms and psychology. It contains a lot of information whilst still being an intriguing tale of a boy's adventure that would excite any child whether they had autism or not. It was a wonderful to listen to my brothers cries of "Oh now I understand," "I do that," "Aspergers - that's what I have." The story highlights the problems for family and friends of Autistic children and for the children themselves and allows the reader to take up their part in the story. It provides advice and

support, a good explanation of Autism and a heart-warming story. We shall have to buy another copy because both my brother and I love it too much to let the other have a read. My only criticism is that it does not make a good bed-time story as my brother would not go to sleep; he wanted to hear more of the story and tell me more about what he had read. Congratulations on a truly wonderful book. Best of luck.'- Clare Truman (age 14)

This is a warm, fun-filled fantasy story for children with a difference: the hero is Ben, a boy with Asperger Syndrome. When Ben and his friend Andy find an old bottle in the school yard, they little realize the surprises about to be unleashed in their lives. Bound up with this exciting mystery is the story of how Ben is diagnosed with Asperger Syndrome and how he and his family deal with the problems and joys that come along.

Blue Bottle Mystery is a delight to read that is more than just another kid's book. For the first time, the issues and frustrations that a child may have with Asperger Syndrome are explored within a fictional format especially for children. Its portrayal of Ben as the central character offers other children with autistic spectrum disorders and their peers a positive role model. It is a valuable teaching tool that demystifies children with Asperger Syndrome, justifying their individuality as valid and interesting.

In Blue Bottle Mystery Kathy Hoopmann has combined her love of children with her passion for fantasy literature to produce a delightful read for anyone who loves an adventure and wants a unique insight into the mind of an Asperger child.

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**Of Mice and Aliens. An Asperger Adventure.**

*Written by Kathy Hoopmann.*

Jessica Kingsley Publishers.

ISBN: 1-84310-007-X

(Current Price £7.95. Approx R96)

**The sequel to *Blue Bottle Mystery*,** this is a science fiction novel for kids,

with a difference. Ben is learning to cope with his newly diagnosed Asperger Syndrome, but when an alien crash-lands in his back yard, things really get complicated. The alien, Zeke, knows nothing about Earth's rules and norms and it is up to Ben and his friend Andy to help Zeke survive. The humorous parallels between the alien's inability to relate to humans and Ben's own idiosyncrasies highlight the difficulties Aspie kids face every day.

*Of Mice and Aliens* is not just another kids' book. As well as being a delightful read for anyone who loves adventure, it is a valuable teaching tool that demystifies children with Asperger's, justifying their individuality as valid and interesting.

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**Lisa and the Lacemaker. An Asperger Adventure.**

*Written by Kathy Hoopmann.*

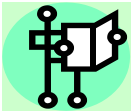
Jessica Kingsley Publishers.

ISBN: 1-84310-071-1.

(Current Price £7.95. Approx R96)

When Lisa discovers a derelict hut in her friend Ben's backyard, she delights in exploring the remnants of an era long gone. Imagine her surprise when Great Aunt Hannah moves into a nursing home nearby, and reveals that once she was a servant in those very rooms. The old lady draws Lisa into the art of lace making and through the criss-crossing of threads, Lisa is helped to understand her own Asperger Syndrome. But Great Aunt Hannah also has a secret and now it is up to Lisa to confront the mysterious Lacemaker and put the past to rest.

**Acknowledgements to Jessica Kingsley Publishers, David Fulton Publishers and Guilford Press for the above descriptions of the listed books.**



## Are You A Professional Rendering A Service To Children?

- Do you want to make an impact on the lives of young children in our country?
- Do you experience the challenge of working in a first world / third world country?
- Do you work with people from diverse cultures and social contexts?
- Do you feel the need to work in teams with professionals from other disciplines?

Then seriously consider the Masters in Early Childhood Intervention.

This course presents an exciting formal training opportunity to build capacity amongst professionals working with infants and young children in the South African context.

## The Masters in Early Childhood Intervention

Aims at equipping multi-professionals with specialised knowledge and skills in the field of early childhood intervention to function optimally in a changing and challenging social context by:

- Working in teams with professionals and community members to facilitate social development
- Understanding their own role within the team of early childhood professionals
- Developing comprehensive strategies for intervention
- Critically evaluating the accountability, appropriacy and sustainability of service provision.

## For Whom Is The Course Intended?

Medical practitioners, therapists, educationalists, educational psychologists, nutrition specialists and social workers working with children 0 – 6 years.

## Course Structure

This is a 2-year distance-education course, where students are required to attend two on-site weeks per year. This course will be primarily presented on-line with support material like CD-Rom. Group work will be required in collaboration with students from other disciplines.

If you would like to know more about this exciting postgraduate degree course offered by CAAC at the University of Pretoria, please visit the following website to read more <http://www.caac.up.ac.za/pages/activities/masterseci.html>. Alternatively please feel free to contact:

**Alecia Samuels**  
[alecia.samuels@up.ac.za](mailto:alecia.samuels@up.ac.za)  
**Centre for Augmentative and Alternative Communication**  
**University of Pretoria**  
**Tel : 012-4204727**  
or  
**Dr Kitty Uys** [kitty.uys@up.ac.za](mailto:kitty.uys@up.ac.za)  
**Centre for Augmentative and Alternative Communication**  
**University of Pretoria**  
**Tel: 012-420 3851 / Fax: 012 - 420 4389**

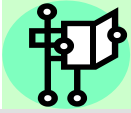
## Post Available National Out-Reach Trainer

In 2006 Autism South Africa would like to employ a National Out-Reach Educational Trainer who will work chiefly with educationalists in special needs schools around South Africa.

This post will be advertised publicly, but if you are interested in applying, please send through your CV to the offices of Autism South Africa.

The person to be appointed must have at least the following:

- 3 years experience of working with autism whether as a teacher or therapist (the amount of time dealing with people with autism in the therapy situation will be evaluated by our selection panel);
- Knowledge of diagnostic principles;
- A sound and up-to-date knowledge of autism-specific intervention methods;
- Has experience in training, whether in-house or professionally;
- Be able to work as a team member, but also be able to work independently using own personal initiative;
- Willing to travel around the country when required;
- Willing to work over weekends if necessary;
- Sound computer skills (MS Word, Powerpoint, Excel, E-mail, Internet, Access)
- Ability to write and present reports to an audience;
- Own car and valid driver's license;
- 3 references relating to the field of autism;
- Able to create own material and work independently;
- Salary requirements to be presented to Autism South Africa.
- Payment for use of personal vehicle will be at AA Rates.



## **Pre-School Home-Based Education Training Course Comes To South Africa February 2006.**

**Autism South Africa is bringing Avril Brereton and Bruce Tonge to South Africa in the first week of February to run a week long course on Education and Skills Training Programme for Parents and Related Professionals. This course will be held at The Monash University, Johannesburg.**

Avril Brereton is Senior Research Fellow at the Centre for Developmental Psychiatry & Psychology, Monash University.

Bruce J. Tonge is Professor and Head of the Monash University School of Psychology, Psychiatry and Psychological Medicine and established the successful Centre for Developmental Psychiatry and Psychology at the University.

### **An Education and Skills Training Programme**

Authoritative and extensively tried and tested, it will help both parents and carers to understand the disorder and how it affects child development. Ultimately, the programme is designed to reduce the severity of emotional/behavioural difficulties by managing a child's particular problems and encouraging effective collaboration between professionals and parents.

The programme is delivered through two accessible manuals – one for parents and one for clinicians – which provide all the information and materials you need.

The **Manual for Clinicians** explains the purpose and content of each session and includes notes for discussion and teaching, a checklist of 'things to do', and photocopyable task sheets for distribution and discussion. The **Manual for Parents** features tasks,

exercises and discussion points for group sessions, and complements these training materials with engaging personal accounts, an introduction to the history of autism, information about approaches to treatment, and a list of useful websites and further reading.

The programme is designed to cover key areas such as understanding and managing difficult behaviour; changing/encouraging new behaviours; communication problems in verbal and non-verbal children; social problems; and how to work and play together.

Autism South Africa is covering the full costs of the actual training, but attending delegates will be expected to pay for their own accommodation, transport, food and beverages as well as purchasing the two manuals that collectively should cost approximately R 650.

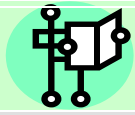
This course is ultimately a **"Trainer-A Trainer"** programme. There are 24 available places for this course and Autism South Africa aims to place close as possible with the limited numbers, 1 parent plus 1 teacher / therapist and 1 Primary Healthcare Nursing Sister from each province, who will then be responsible and accountable to Autism South Africa to train other parents, teachers etc in their area using the material and knowledge they glean from this course.

**If you are interested in being one of the recipients of the Pre-School training programme that will take place in 2006**

**OR**

**applying for the National Out-Reach Trainer Post**

**Applications to reach Autism South Africa by 4<sup>th</sup> December 2005.**



## ROLL CALL!!

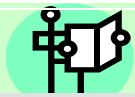
As you may be aware, Autism South Africa is trying to establish a register of all known people with autism in our country. We therefore once again ask parents and caregivers who have not yet received or submitted the below form and are willing to do so, to please complete this form and fax it through to (011) 486 2619 or post it to P.O. Box 84209. Greenside. 2034. Thank you.

### Parents / Guardian Details

<b>Name:</b>	
<b>Postal Address:</b>	
<b>Area and Province:</b>	
<b>Telephone Number:</b>	
<b>Fax Number:</b>	
<b>E-mail Address:</b>	

### Your child's details

<b>Name:</b>	
<b>Age when diagnosed:</b>	
<b>Present Age:</b>	
<b>Gender:</b>	
<b>Diagnosed by whom:</b>	
<b>School / Facility attending at the moment:</b>	
<b>Number of Siblings:</b>	



## Autism Spectrum Quarterly Magazine

### Available In South Africa

Autism South Africa is acting as a local distributor for a wonderful magazine from America called Autism Spectrum Quarterly. We need your urgent response should you wish to receive copies.

Diane Twachtman-Cullen, Ph.D., Editor-in-Chief, Liane Holliday Willey, Ed.D., Senior Editor. ASQ is described as "THE AUTISM MEGA JOURNAL™" to underscore that it combines the readability and interest of a high-level magazine with the substance and depth of a professional journal. It is this combined focus that distinguishes ASQ from other publications of its type, and creates an important niche in the world of autism publications that has heretofore been lacking. Each issue features a line of research and commentary aimed at helping parents, teachers, and clinicians to translate this research into practice. Included in every issue of *Autism Spectrum Quarterly*

- Articles by, for, and about individuals with ASD
- A focus on families and family issues
- Book and product reviews and recommended resources
- Contributions by outstanding professionals in the ASD field
- Spotlight on Best Practices to highlight an educator, clinician, or paraprofessional support person whose work on behalf of those with ASD has been exemplary
- Tips and strategies to translate research into practice
- User-friendly, cutting-edge information from the world of research.
- And so much more!
- Due to the financial implications, we will need potential South African subscribers to sign up, commit and pay up front for the period of a year.

We have been offered the wonderful price of R 33 per magazine (incl shipping from the USA). Therefore for a year's subscription, with local postage it will cost you only **R 160 per year to receive 4 copies of this magazine** with informative, practical and up-to-date information.

**Please deposit an amount of R 160 into our bank account, before placing the order with us.**

Banking Details  
Autism South Africa  
Standard Bank  
Benmore Gardens  
Branch Code: 012005  
Acc. No: 2207 312 33

Please ensure that you write your surname and initial in the reference block and fax your proof of payment to (011) 486 2619. After the payment has been made, please E-mail or fax us the postal address where you would like us to post you your Autism Spectrum Quarterly.

Autism South Africa are not making any surplus on your order, the amount charged is purely to cover costs.

### Creation Of Support Groups Across South Africa

We would like to facilitate the creation of new support groups across the country for families that have a child or adult with autism.

May we ask that anyone who is willing to head up or at least start such a group to please contact Autism South Africa.

### Medicalert Bracelets For All Who Need Them

**By Lifestyle Reporter, Daily News, 30 August 2005**

MedicAlert has launched its Uncedo Project to generate sponsorships for people who need identification bracelets, but cannot afford them. "We are inundated with applications for memberships by doctors, clinics and hospitals whose

patients just cannot afford to pay for their memberships," says Ruth Goble, office manager at MedicAlert.

All that is needed is a letter verifying the patient's need and circumstances from a doctor, social worker or clinic sister.

A MedicAlert bracelet can be a lifesaver for people with medical conditions such as epilepsy or heart disease, food or drug allergies or those who have had an implant or organ transplant.

The MedicAlert Uncedo Project will focus on finding sponsorships to give memberships to less fortunate South Africans.

"Our goal is to raise sufficient funds to allow us to process at least 100 memberships a month," says Mark Hampshire, marketing executive for MedicAlert.

A contribution of R50 pays for the disc, service and back-up of one person's membership.

To date, memberships have been sponsored by various trust funds, Lions Clubs and legacies.

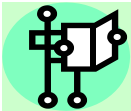
"We are hoping that through creating awareness of the project, we will be able to encourage more sponsorships that will allow us to answer to the tremendous need out there," Hampshire said.

Several breakfasts and banquets will be held this year and next year in aid of the project.

Cape Town will see the first of the banquets in November this year and a further eight banquets will be held in other provinces next year.

**For more information, contact Ruth Goble at 021 425 7328 or 083 729 5431 or e-mail [medicalert@telkomsa.net](mailto:medicalert@telkomsa.net)**

**Formation of network for children with Autism and Fragile X syndrome**



**FRAGILE X SYNDROME is considered to be the most common cause of inherited learning disability and presents as follows:**

- Affects girls and boys and shows itself in a wide range of difficulties with learning and behaviour problems.
- Learning disabilities vary from subtle educational delays to severe mental handicap.
- The most striking feature of Fragile X is the challenging behaviour.
- A typical Fragile X boy is inattentive, easily distracted, impulsive and overactive. The girls are usually less affected than the boys but have similar attention difficulties. They are often extremely shy and socially withdrawn.
- Many have autistic-like features – a dislike of eye contact, difficulty in relating to other people, anxiety in social situations often leading to tantrums, insistence on familiar routines and hand flapping or hand biting.
- Speech and language is usually delayed with continuing speech difficulties.
- Physical features include a largish head and prominent ears but these are rarely obvious in young children. It is because of this lack of obvious physical features that diagnosis is often missed or delayed.

### Testing for Fragile X

The discovery of the Fragile X gene led to the development of reliable DNA tests which will accurately diagnose those whose learning disabilities are caused by Fragile X and identify carriers of the syndrome.

These tests are usually done on a blood sample.

### The importance of diagnosis

Many Fragile X children and adults remain undiagnosed – a situation, which denies them access to the understanding and special care that, would follow diagnosis.

Children and adults need the diagnosis so that appropriate medical, educational, psychological and social help can be given.

The family as a whole needs the diagnosis so that they and their relatives, who may be unknowing carriers of the syndrome, may be offered genetic counselling.

In many families a diagnosis is not made until after the birth of a second or third affected child.

Autism and Fragile X have been known to occur together and Gwen Hedges would like anyone who has received a dual diagnosis to please contact her as she would like to set up a networking system in South Africa.

**Please contact Gwen on 082 778 6467 or via e-mail [Gwen.Hedges@bcx.co.za](mailto:Gwen.Hedges@bcx.co.za)**

### Aspergers Family support circle

Here are the details of a website to allow families living with Aspergers to interact and share information, diets, contacts and any other information that will make living with Aspergers on a day to day basis that much easier. With the hectic lifestyles we all lead, we do not always have time to get to support group meetings and this site is designed to share information electronically.

Please would you share this website address with as many families as you can who you believe will make use of this site and benefit.

[http://groups.msn.com/AspergersFamilySupportCircle-South Africa](http://groups.msn.com/AspergersFamilySupportCircle-SouthAfrica)  
(Above Web Address is all in one!)  
Seth, Gella and the Boyz

## “Tree of Light” to enhance the awareness of Autism

Parkview Golf Course in Gauteng has very kindly offered us a wonderful tree at their entrance through which we have entwined an electric cable that holds 200 light bulbs.

We are asking a R50 donation per light bulb, and as the light bulbs are sold, we will turn on sections of the cable and watch the Tree of Light grow during the second half of November through to Christmas Day.

We ask you to please consider purchasing a bulb thereby contributing to an increase in awareness and support for those affected by autism in our country.

If you would like to join us with this enlightening project, we ask that you please deposit R50 per bulb, into our bank account. Please ensure that you clearly write your surname, initial and the world ‘light’ in the reference section.



**Banking Details: Autism South Africa . Standard Bank . Benmore Gardens. Branch Code: 012005. Acc. No: 2207 312 33**



## Battling to find a school for your child with Autism / Asperger Syndrome?

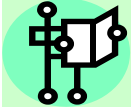
Please find below contact details of the Education Departments and Heads of Inclusive Education for each province and therefore whom you should contact if you cannot find placement for your child in a school.

### Contact Details: Heads of Provincial Education Departments

Province	Name	Physical Address	Postal Address	Tel & Fax
Eastern Cape	Dr DWM Edley Superintendent-General	Steve Tshwete Bld. Zone 6 Zwelitsha, CENTRAL BISHO 5605	P/Bag X 0032 BISHO, 5605	Tel:040 608 4205 Fax:040 608 4249
Free State	Dr MC Nwaila Superintendent-General	CR Swart Building 55 Elizabeth Street, Room 2103, BLOEMFONTEIN, 9301	P/Bag X 20565 Bloemfontein 9300	Tel: 051 404 8428 Fax:051 404 8269
Gauteng	Mr M Petje Superintendent-General	African Life Bld., Arcade 10 <sup>th</sup> Floor , Room1009, 111 Commissioner St, Johannesburg, 2001	PO Box 7710 Johannesburg 2000	Tel: 011 355 1511 Fax:011 333 5546
KwaZulu Natal	Mr T Ndlovu Superintendent General	228 Pietermaritz St. 3 <sup>rd</sup> Floor No 304, Pietermaritzburg, 3200	P/Bag X 9137 Pietermaritzburg, 3200	Tel: 033 355 2355 Fax:033 355 2337
Limpopo	Prof RH Nengwekhulu Superintendent-General	113 Biccard Street Polokwane, 0700	P/Bag X 9489 Polokwane, 0700	Tel: 015 297 0895 Fax:015 297 0937
Mpumalanga	Mr CM Mashaba Acting Deputy Director General	Govt Building No 5, Riverside Complex, Upper Ground Level, Nelspruit, 1200	P/BagX11431 Nelspruit, 1200	Tel:013 766 5462 Fax:013 766 5577
Northern Cape	Mr EAB Williams Superintendent- General	Perseverance Bld. 156 Barclay Street, Homestead, Kimberley, 8301	P/Bag X 5029 Kimberley 8300	Tel:(053)839 6500 Fax:(053)839 6640
North West	Dr AM Karodia Superintendent General	Executive Block, East Wing 1 <sup>st</sup> Floor, Garona Building Dr James Moroka Av, Mmabatho 2735	P/Bag X 2044 Mmabatho 2735	Tel: 018 387 3429/8 Fax:018 387 3430
<b>Western Cape</b>	Mr BR Swartz Superintendent-General	Grand Central Bld. Rm 924, 9 <sup>th</sup> Floor, Lower Parliament St. Cape Town 8000	P/Bag 9161 Cape Town 8000	Tel:021 467 2000 Fax:021 467 2363

### Provincial Heads of Inclusive Education

Province	Name	Postal Address	Tel & Fax
Eastern Cape	Mrs NP Nabe nabe@edu.ecprov.gov.za	Eastern Cape Dept. of Education Private Bag X 0032, BISHO, 5605	Tel: 040 608 4219 Fax:040 608 4276
Free State	Mr ADO Moloabi maphol@edu.fs.gov.za	Free Sate Dept.of Education Private Bag X 20565, Bloemfontein, 9300	Tel: 051 404 8226/5 Fax:051 404 8233
Gauteng	Mr Anthony Meyers anthonym@gpg.gov.za	Gauteng Dept. of Education Private Bag X7710, JOHANNESBURG, 2000	Tel: 011 355 0833 Fax:011 355 1539 Cell: 083 570 4959
Northern Cape	Ms Hawa Abass habass@per.ncape.gov.za	Northern Cape Dept. of Ed Private Bag X 5029, KIMBERLY, 8300	Tel: 053 839 6642 Fax:053 839 6633
North West	Ms JJ van Wyk vanWyk@nwpg.org.za	North West Dept. of Education Private Bag X 2044, MMABATHO, 2735	Tel: 018 387 2071/3 Fax:018 387 2347
Western Cape	Dr MJ Theron mtheron@pgwc.wcape.gov.za	Western Cape Dept. of Ed Private Bag X 9114, CAPE TOWN, 8000	Tel: 021 467 2027/8 Fax:021 425 7465
Mpumalan ga	Mr JR Molai jmolai@nel.mpu.gov.za SweetNkosi@nel.mpu.gov.za mlekgau@nel.mpu.gov.za	Mpumalanga Dept. of Education PO Box 5265, NELSPRUIT, 1200	Tel: 013 766 5358 Fax:013 766 5585
Kwazulu Natal	Dr HP Gumede thobiles@kznedu.kzntl.gov.za	KwaZulu Natal Dept. of Ed Private Bag X04, ULUNDI, 3838	Tel: 035 879 2018 Fax:035 879 2020
Limpopo	Ms Asnath Mojapelo mojapelo@edunorprov.gov.za	Limpopo Dept. of Education, Private Bag X 9489 POLOKWANE, 0700	Tel: 015 290 7686 Fax:015 297 4877



## Membership Form

**If You Would Like To Receive Our Quarterly Newsletter "Aut-Talk" Or Other Autism Related Communication, Please Provide Us With Your Details:-**

Name: \_\_\_\_\_

Tel. No.: \_\_\_\_\_

Fax. No.: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Postal  
Add: \_\_\_\_\_

When negotiating with Government concerning services and facilities for people with autism, we are always asked as to the number of registered members on our records. Please help us to strengthen our case by becoming a member of Autism South Africa.

I \_\_\_\_\_  
wish to become a member of Autism South Africa.

Please find enclosed my cheque/postal order for R 30

 (tick)

**OR I PREFER TO**

directly deposit R30 and fax the deposit slip along with my  
membership application to: 011-486-2619

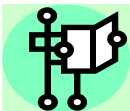
 (tick)

Signature \_\_\_\_\_ Date \_\_\_\_\_

Contact Details  
Autism South Africa  
PO Box 84209  
Greenside 2034  
Tel: 011-486-3696/4037/0122  
Fax: 011-486-2619  
e-mail: [psautism@iafrica.com](mailto:psautism@iafrica.com)  
[www.autismsouthafrica.org](http://www.autismsouthafrica.org)

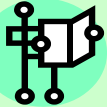
Banking Details  
Autism South Africa  
Standard Bank  
Benmore Gardens  
Branch Code: 012005  
Acc. No: 2207 312 33





## Book order list

No:	Book Title	Quantity	Price
1	How to Understand Autism – The Easy Way. (R211.45)		R
2	Autism – The Eighth Colour of the Rainbow. Learn to Speak Autistic. (R 306.95)		R
3	Autism: An Inside-Out Approach. An Innovative Look at the ‘Mechanics’ of ‘Autism’ and its Developmental ‘Cousins’. (R 272.75)		R
4	Demystifying the Autistic Experience. A Humanistic Introduction for Parents, Caregivers and Educators. (R 221.45)		R
5	A Mind Apart. Understanding Children with Autism and Asperger Syndrome. (R 193.23)		R
6	A Positive Approach to Autism. (R272.75)		R
7	Personal Hygiene? What's that Got to Do with Me? (R 221.45)		R
8	Toilet Training for Individuals with Autism and Related Disorders. A Comprehensive Guide for Parents and Teachers. (R 238.55)		R
9	Asperger’s Syndrome. A Guide for Parents and Professionals. (R 221.45)		R
10	Asperger's Syndrome DVD. (R 1 091.50)		R
11	Asperger's Syndrome Video. Diagnosis and Support. Two 90-minute videotapes. (R 945.97)		R
12	Asperger Syndrome in Adolescence. Living with the Ups, the Downs and Things in Between. (R 238.55)		R
13	Coming Out Asperger. Diagnosis, Disclosure and Self-Confidence. (R 238.55)		R
14	Congratulations! It's Asperger Syndrome. (R 272.75)		R
15	Asperger Syndrome. (Ami Klin) ( R695.30)		R
16	Children, Youth and Adults with Asperger Syndrome. Integrating Multiple Perspectives. (R 341.15)		R
17	People with Autism Behaving Badly. Helping People with ASD Move On from Behavioral and Emotional Challenges. (R 238.55)		R
18	Behavioural Concerns and Autistic Spectrum Disorders. Explanations and Strategies for Change. (R 272.75)		R
19	Autism in the Early Years. (R 307.80)		R
20	Autistic Spectrum Disorders. Practical Strategies for Teachers and Professionals. (R 290.70).		R
21	Accessing the Curriculum for Pupils with Autistic Spectrum Disorders. Using the TEACCH Programme to Help Inclusion. (R 290.70)		R
22	Pre-Schoolers with Autism. An Education and Skills Training Programme for Parents - Manual for Clinicians. (R 598.50)		R
23	Pre-Schoolers with Autism. An Education and Skills Training Programme for Parents - Manual for Parents (R 238.55)		R
24	Making it a Success. Practical Strategies and Worksheets for Teaching Students with Autism Spectrum Disorder. (R 221.45)		R
25	Addressing the Challenging Behavior of Children with High-Functioning Autism/ Asperger Syndrome in the Classroom. A Guide for Teachers and Parents.		R
26	I am Special. Introducing Children and Young People to their Autistic Spectrum Disorder.		R
27	School Phobia, Panic Attacks and Anxiety in Children.		R
28	Asperger Syndrome - What Teachers Need to Know		R
29	Hitchhiking through Asperger Syndrome.		R
30	Freaks, Geeks and Asperger Syndrome. A User Guide to Adolescence.		R
31	Multicoloured Mayhem		R
32	Managing Asperger Syndrome at College and University. A Resource for Students, Tutors and Support Services		R
33	How to find work that works for people with Asperger Syndrome. The Ultimate Guide for Getting People with Asperger Syndrome into the Workplace (and keeping them there!)		R



34	Sex, Sexuality and the Autism Spectrum	R
35	Understanding Sensory Dysfunction. Learning, Development and Sensory Dysfunction in Autism Spectrum Disorders, ADHD, Learning Disabilities and Bipolar Disorder.	R
36	Communication Issues in Autism and Asperger Syndrome. Do we speak the same language?	R
37	Assessing and Developing Communication and Thinking Skills in people with Autism and Communication Difficulties. A Toolkit for Parents and Professionals.	R
38	Diet Intervention and Autism. Implementing the Gluten Free and Casein Free Diet for Autistic Children and Adults - A Practical Guide for Parents	R
39	Special Diets for Special Kids. Understanding and Implementing Special Diets to Aid in the Treatment of Autism and Related Developmental Disorders.	R
40	Nobody Nowhere. The Remarkable Autobiography of an Autistic Girl	R
41	Somebody Somewhere. Breaking Free from the World of Autism.	R
42	Like Colour to the Blind. Soul Searching and Soul Finding.	R
43	Blue Bottle Mystery. An Asperger Adventure	R
44	Of Mice and Aliens. An Asperger Adventure	R
45	Lisa and the Lacemaker. An Asperger Adventure	R
46	Haze.	R
PLEASE ADD POSTAGE @ R10 PER BOOK		R
TOTAL		R

## Have You Changed Any Of Your Contact Details Recently?

To ensure our database is kept up-to-date, we would be grateful if you would confirm your existing contact details with us. Please be sure to include telephone, fax, postal address and e-mail, especially if you have not previously had an e-mail address but have now joined the "Cyber" Club of the world!!

Name: \_\_\_\_\_

Surname: \_\_\_\_\_

Occupation: \_\_\_\_\_

Organisation: \_\_\_\_\_

Postal Address: \_\_\_\_\_

Area: \_\_\_\_\_

Province: \_\_\_\_\_

Postal code: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Tel. No. \_\_\_\_\_

Fax No. \_\_\_\_\_

Mobile No: \_\_\_\_\_



**Autism South Africa**

PO Box 84209  
 Greenside, 2034  
 Phone (011) 486-3696. Fax (011) 486-2619

**DISCLAIMER**

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