

Exploring Autism



Exploring Autism is a programme for parents, caregivers, families and whānau of children aged 0-5 years with a recent diagnosis of autism and is available throughout New Zealand.

Through the programme, we work with you to continue to grow your understanding of autism and your child. The programme provides information and practical strategies that you can use in everyday life. It introduces the range of services and supports that are available in New Zealand for children with autism as well as websites and resources that you may find useful.

The Programme

Exploring Autism has six sessions and covers the following topics:

1. Introduction to autism

- Understanding autism
- An introduction to the main areas of difference
- Talking with other people about your child's diagnosis

2. Social communication

- Communication differences and autism
- Supporting your child's social communication
- The importance of play
- Spending time with other people

3. Sensory processing

- Understanding sensory processing
- The sensory differences associated with autism
- Strategies to support your child

4. Thinking and learning

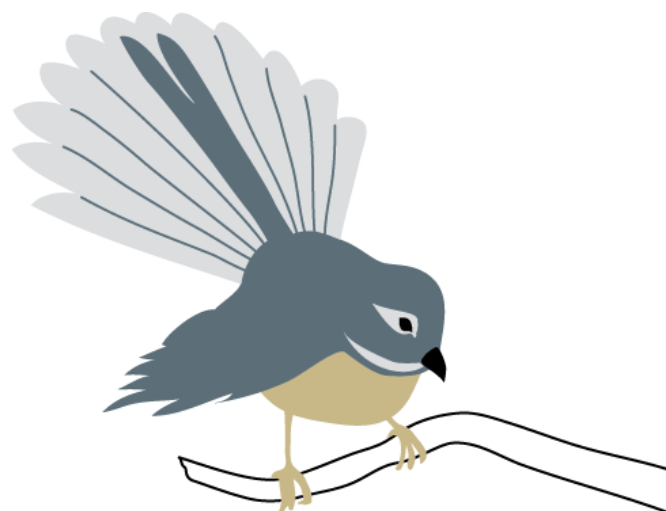
- Thinking and learning strengths
- Thinking and learning differences
- Helping your child learn everyday life skills

5. Supporting stress, anxiety and behaviour

- Recognising and reducing stress and anxiety
- Understanding the link between stress and behaviour
- Thinking about tantrums, meltdowns and emotional regulation
- Developing a simple plan to support and change behaviour

6. Next steps – into the future

- Early intervention services
- Other services and supports
- Autism interventions and therapies



What is involved?

The programme is mostly provided through group sessions and involves a small number of families meeting together once a week or once a fortnight. Families learn with and from others through information, film clips and discussion.

The programme can also be provided individually for your family or whānau group where this suits your situation best.

Before the programme starts, we will visit you at your home so that we can:

- get to know each other
- share information about the programme and what to expect
- find out more about your child, your family and whānau and how autism impacts on your situation
- talk about any specific goals that you would like to achieve through the programme
- discuss how we can provide the programme in the best way possible for you.

How do I register for this programme?

You can self-refer to this programme or ask your child's health professional or ASD Coordinator to make a referral for you. You can phone, email or access a referral form on our website:

Phone: 0800 605 001

Email: explore@explore.org.nz

Web: <https://www.healthcarenz.co.nz/explore-autism-programmes/>

