

Support in Newport & South Wales

Newport Autism Support Group

Meetings take place on the first Thursday of every month, 10am-12pm at Serennu Children's Centre .
Contact Hilary Leadbeater on 07899 906344

National Autistic Society Website

The website has a verity of information around toilet training, hand-washing, dressing and undressing and bowel control.

ASDinfo Wales

asdservice.abb@wales.nhs.uk

01633 644143



**Please refer to your
child's class teacher
or ALNCO for further
advice.**

An ASD Guide to Going out in the Community

**Provided to your
school through ASD
Outreach to New-
port Schools from
Ysgol Bryn Derw**



What you need to know

You may find it difficult going out in the community to access different things. Some people can find it daunting, scary and quite stressful. This can sometimes be a big concern for families and is often a barrier to some parts of family life.

It is important to note that whilst we can not control what happens in the community, we can offer some advice that may support you with some of the challenges you may face. We hope that by providing you with some tips we can help to make going out in the community a more enjoyable and positive for you as a family. We aim to do this by offering some guidance and advice to support you with preparing, transitioning, coping in unfamiliar environments.

This leaflet aims to offer some top tips to enable parents/carers to begin to feel more prepared and comfortable when going out in the community.

Top Tips

We would like to share the following tips, which may help you feel more prepared when going out in the community:

Preparation

- Use a visual schedule with photos of where you are going and the routine of the trip e.g. "Car, Park, McDonalds, Home" (Go over the schedule with your child a number of times before leaving the house) so they know the routine of the trip.
- Before leaving for your trip gather your child's favourite toy/comfort item (Pack a few things to occupy your young person and to use as motivators if they become unsettled)
- Make sure you take the essentials with you in a back pack (visuals (schedule/Now and Next/PECS/toy/drinks bottle/spare clothes, noise cancelling headphones, sand timers etc.)
- if the place you are going is "less preferred" ensure you use a motivating item next on the schedule (treat/place/toy e.g. "Asda, IPAD, home"
- Equally if the place your visiting is a favoured place you may need to take a sand timer to support the transition. Use the timer to count down (e.g. ten minutes left, check timer" remind your child to check the timer when its finished and say something like "soft play is finished in "5,4,3,2,1". This gives them time to prepare for the end of a favoured activity. Use the schedule to support where your going next e.g., "Next is car, then iPad".

Top Tips

When out in the community

- Try to relax and enjoy yourself as a family.
- If your child becomes unsettled refer back to the visual schedule to remind them of the routine.
- Use favoured toys and motivators to distract.
- Remember to use a motivating "next" on the schedule if they are struggling.
- If your child becomes distressed try to identify what the trigger is early on (e.g., noise, lights, toileting needs) This will allow you to help support them to self-regulate before it escalates.
- If your going to typically busy places ensure that you do your research prior to going there to find out what facilities they have (do they have fast track passes, etc.). This will help you feel much more at ease.
- Take visuals for schedules and PECS if appropriate.

Most importantly enjoy your time out in the community!