

AUTISM SPECTRUM DISORDER



fobic
understanding and changing
behaviour



Autism Spectrum Disorder and FABIC Products and Services

This month's FABIC newsletter explores the topic of Autism. With diagnosed cases of Autism Spectrum Disorder on the rise, it is no surprise that more and more people and not just professionals in the field can find themselves mystified if not at a loss when it comes to truly and confidently spending time with or supporting a person with an ASD. And this applies to family members and carers, to teachers, school staff and work colleagues as much as to seasoned professionals.

The 2nd of April was World Autism Day, which is aimed at increasing the awareness of Autism in society and how we can all be part of supporting those who have the condition or are supporting others with it.

FABIC has been a huge facilitator in supporting those with Autism Spectrum Disorder from the start, emphasising not only how important behaviour change is, but how simply and confidently it can be achieved even in the most difficult situations, seemingly beyond redemption .

FABIC has a wide range of fantastic resources that offer rich insight into supporting another with ASD through understanding how they are perceiving and relating to life.

Tanya Curtis is famous for her success in supporting lasting behaviour change even in the most extreme cases. This is what she shares about working with Autism Spectrum Disorder:

"When working with someone with Autism Spectrum Disorder, to me it's just magic. You get to see an absolute honesty from people. Sometimes that honesty leaves others feeling a bit uncomfortable because it is often the blunt honesty that you experience. But it's a quirkiness in terms of a sense of humour that is beyond what a lot of people actually have, but what is shared and what is expressed by my clients is just gold. It is adorable. It's funny. And it is honest. And that's what I love. The absolute honesty that has no filter. Having no filter allows you to know exactly where you stand and you are not left questioning in any way, shape or form." ~ Tanya Curtis

Enjoy an array of resources on ASD from FABIC, including:

1. [Fabic.tv Autism Series](#)
2. [Fabic blogs on Autism](#)
3. [Free YouTube videos to support with Autism Spectrum Disorder](#)

4. Fabric products to support with Autism Spectrum Disorder



Fabic.tv Autism Series

The FABIC Autism Series is the answer to the call for a detailed and more in-depth explanation of what it is like to live with an Autism Spectrum Disorder, both from the perspective of those who have been diagnosed and those around them.

The FABIC Autism Series covers a vast array of topics and Senior Behaviour Specialist Tanya Curtis, who has successfully been working in the field for over 20 years, is often described as the last resort for many who had all but given up. She works all day every day with many cases, whether that be remotely or on site, and her insights are often astounding and can literally turn lives around. Her deep love of people is palpable and she knows without a doubt that within us all there is always an awesome, amazing and lovable being, no matter the outward presentation.

Topics in this series range from an introduction to the Body Life Skills program and an explanation of what Autism is to the way a person with an ASD perceives the world through their senses and in different settings. Factors such as socialisation, expressive and receptive communication, tasks and automatic/internal factors are likewise covered.

Because we all live in the classroom of life every minute of every day, the question always is: what life lesson has been presented to a person with an ASD? And what skills need to be taught when they perceive that they are not yet equipped to deal with that life lesson? Commitment to life is paramount and one whole episode focusses on supporting a person with ASD to increase their commitment to life and no longer shy away from the life lessons on offer.

Also covered in separate episodes are frequently asked questions from parents and carers, teachers and school staff, from practitioners and most importantly, from those who have been diagnosed and live with with an ASD.

The FABIC Autism Series includes the following episodes:



Introduction to Supporting Autism Spectrum Disorder through the Body Life Skills Program

ASD – not a curse but a description of people’s unique lessons in their own classroom of life. Learn how Body Life Skills can support us all.

[Watch](#)



What Is Autism Spectrum Disorder?

Dispelling assumptions and myths about Autism Spectrum Disorder, offering and embracing insights into what it is and what to do – or not do, as the case may be!

[Watch](#)



Senses – Common Life Lessons for a Person with an Autism Spectrum Disorder

How does a person's experience of the world via the senses of sight, sound, taste, touch, smell and feeling influence their anxiety levels?

[Watch](#)



Setting – Common Life Lessons for a Person with an Autism Spectrum Disorder

We are never not in a place or location. How does a setting influence anxiety and thus a person's experience of the world around them?

[Watch](#)



Socialisation – Interactions (Pt 1) – Common Life Lessons for a Person with an ASD

Interactions = time spent with other people. What are the common challenges for a person with an ASD when connecting with others?

[Watch](#)



Expressive Communication – Interactions (Pt 2) – Common Life Lessons for a Person with ASD

All behaviour is a form of communication, as are all words, thoughts and feelings – but what is being communicated, what is received and how?

[Watch](#)



Receptive Communication – Interactions (Pt 3) – Common Life Lessons for a Person with ASD

All behaviours, words, thoughts and feelings influence how a person will likely interpret an intended message. What is the life lesson here?

[Watch](#)



Tasks – Common Life Lessons for a Person with an Autism Spectrum Disorder

We are always engaged in a task or activity. Each task has many micro-components that can impact anxiety and a person's everyday experience of life.

[Watch](#)



Automatic/Internal Factors – Common Life Lessons for a Person with an Autism Spectrum Disorder

Tiredness, hormones, food, pain etc. all affect the body from within; they impact on anxiety levels and how a person experiences their day.

[Watch](#)



Focus on Supporting a Person with an ASD to Increase Their Commitment to Life

Is a person in withdrawal and thus delaying the life lessons offered or do they embrace these lessons fully, commit to life and all that is presented?

[Watch](#)



Common Questions from a Carer's Perspective when Supporting a Person with an ASD

In the clinical setting we get many questions from carers; an extensive selection of FAQs from those supporting a person with an ASD.

[Watch](#)

Common Questions from a Practitioner's Perspective when Supporting a Person with an ASD

In supervision and training we get many questions from professionals; a broad range of FAQs from practitioners supporting those with an ASD.

Watch



Common Questions from a School's Perspective when Supporting a Person with an ASD

Presenting a broad and comprehensive range of FAQs from the many who are supporting a person with an ASD in a school or any other educational setting.

Watch



Common Questions from the Perspective of a Person with an ASD

What better way to learn more about ASD than from a person experiencing it themselves? Some common FAQs from people diagnosed and living with ASD.

Watch



Autism Spectrum Disorder Wrap Up

Bringing the lessons from this series together – a practical way forward to support a person with ASD to embrace their classroom of life.

Watch

Purchase & Watch Online



Fabic Blogs on Autism

Autism Spectrum Disorder is an increasingly common mental health issue affecting more and more people across all of society, from families and care givers to schools, workplaces and the wider community.

Those with Autism Spectrum Disorder tend to see and interact with the world differently from most

and these articles will assist in how you can support someone with an ASD.



Autism Spectrum Disorder – Going Beyond the Label

Tanya Curtis has been working in the field of disability and with Autism Spectrum Disorder since 2002 and sees Autism as a description of a person's weaknesses, i.e., their not yet developed skills.

[Read](#)



Speech Pathology Services at FABIC

FABIC provides assessments and therapy to many children and adults on the Autism Spectrum to support them and their families with minor to severe communication difficulties.

[Read](#)

[View More Blogs](#)



Free YouTube videos to support with Autism Spectrum Disorder

FABIC has a YouTube playlist specifically dedicated to Autism with numerous videos covering the topic extensively. *Here is a selection you may be interested in:*



Fabric's Approach on Autism Spectrum Disorder

At FABIC, the way a person with an Autism Spectrum Disorder is treated is no different to how you and I are treated. Just because someone has an ASD does not make them different because we are all innately awesome, amazing and lovable beings. It's simply that a person with such a condition tends to see the world differently from

most other people and it is our responsibility to understand, honour and respect that.

Watch



Treating Autism Spectrum Disorder from a Behaviour Specialist's Perspective

Tanya is known as the 'I Wonder Why?' lady. When a client presents to her with anxiety, she becomes the detective and explores with them what parts of life they perceive they don't yet have the skills to respond to. This applies to those with an ASD as well as to us all as we can all feel anxiety in our life.

For Tanya, if one person has Autism Spectrum Disorder it affects the whole community and the question extends to "How do we support that community to be the 'I Wonder Why' people and teachers in the classroom of life?"

Watch



Diagnosis, Labels and Autism Spectrum Disorder

A diagnosis is a marker to say what a person's strengths and weaknesses are and supports in understanding what they might be experiencing in life. BUT, as FABIC Senior Behaviour Specialist Tanya Curtis explains, the label or diagnosis does NOT define who the person is. You are not truly autistic, you are an awesome, amazing lovable being who is showing signs of Autism but the label does not define who you are, it just identifies the parts of life you have yet to master.

[Watch](#)

[Sensitivities and ASD – FABIC and Tanya Curtis on Autism Spectrum Disorder](#)

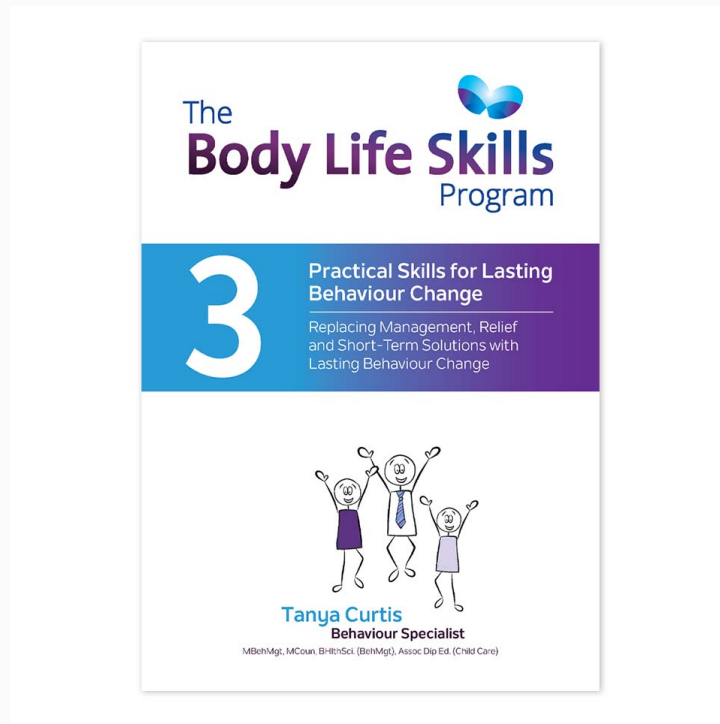
Tanya Curtis of FABIC speaks about the particular sensitivities and awareness that a person with ASD can experience and brings a much broader understanding of the often-used term 'over-stimulation'.

[Watch](#)

[View More Videos](#)

FABIC Products to support with Autism Spectrum Disorder

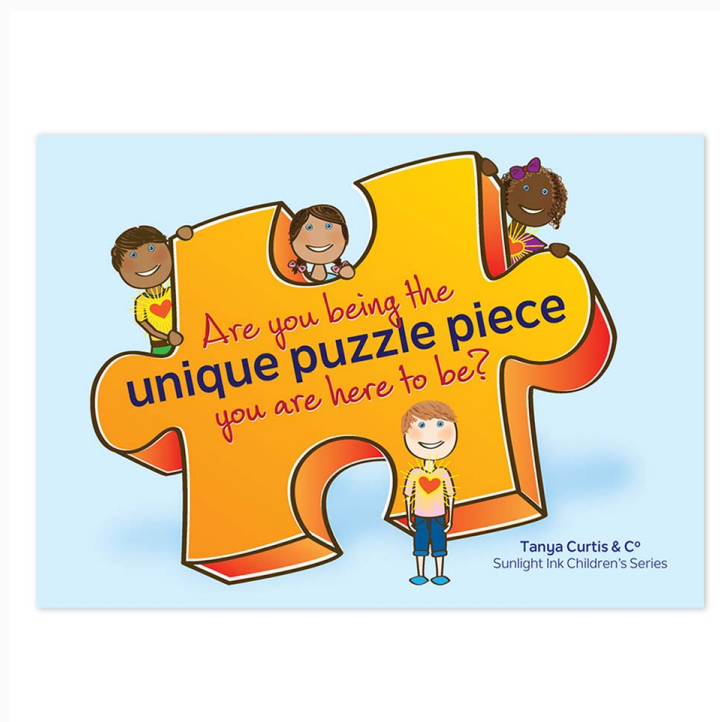
FABIC has a wide range of products specifically designed to assist in supporting with Autism Spectrum Disorder. Of particular note:



The Body Life Skills Program: Book 3

This third instalment in the Body Life Skills series focusses on the Skills aspect of The Body Life Skills Program. Whilst we have all at some point attempted to change our own behaviour or that of another, very few can truly say the change has been a long-term success.

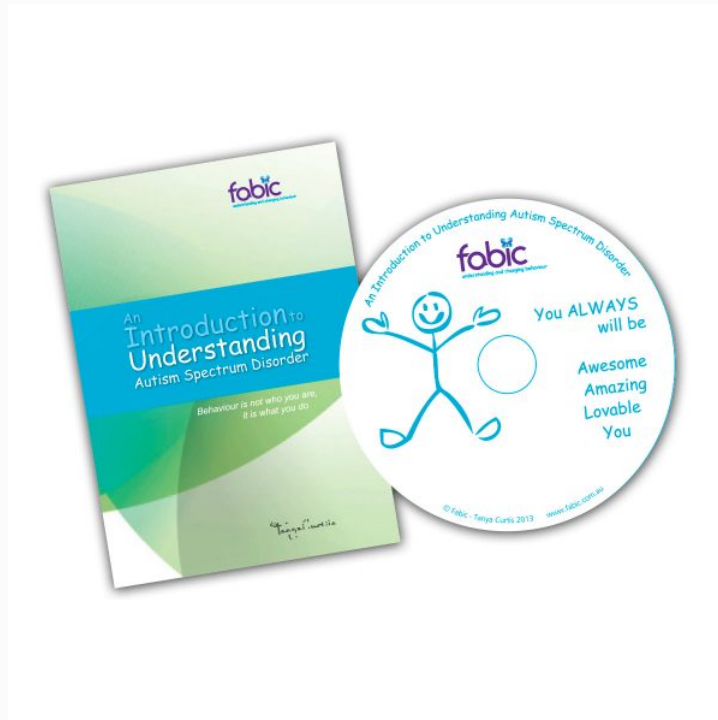
[View & Buy](#)



Are you being the unique puzzle piece you are here to be? (picture book)

Just like every puzzle piece, each and every one of us has our unique colour, size, shape, expression and purpose. But do we truly live this?

[View & Buy](#)

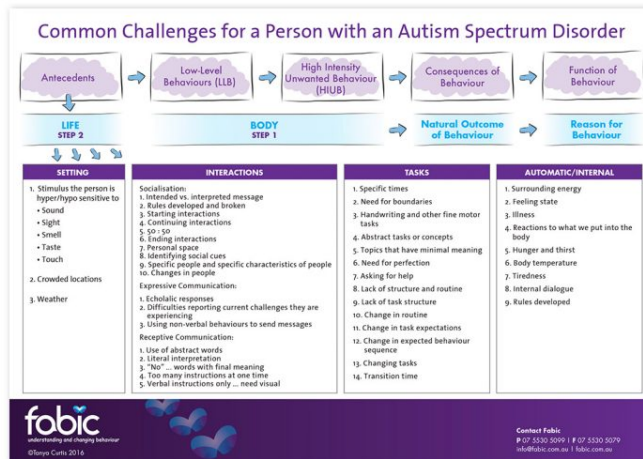


An Introduction to Understanding Autism Spectrum Disorder

This DVD* is a valuable resource for those supporting individuals who fall under the Autism Spectrum. The various tools and insights presented are also relevant to a person with high-functioning ASD wanting to understand and change their own behaviour.

** Also available as streamable content online*

[View & Buy](#)



Common Challenges for a Person with an Autism Spectrum Disorder

This poster highlights many of the common life triggers a person with an Autism Spectrum Disorder is likely to find challenging.

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[View More Products](#)

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