

Autism Spectrum Disorder & ASO

1-888-AUTISM-1 (288-4761)
www.AutismSocietyOregon.org

ASO's Mission

To provide resources, education, advocacy and support for individuals and families impacted by autism



What is Autism?

A difference in brain development that affects:

- **Communication** (verbal and nonverbal)
 - 30-40% nonverbal
 - Even verbal may process language differently
- **Social interaction**
- **Restricted interests & repetitive behaviors**
- **Sensory Issues**

Wide variety of presentation:

EVERY PERSON IS DIFFERENT!

My Sons:



Basic Facts About Autism

- One in 59 children is affected.
- Lifelong developmental disorder
- Early intervention is important ...
but it's never too late!
- Genetic link - can run in families
- More common in males (about 5 times more common)
- Frequently occurs with other diagnoses (Co-morbidity = 86%)

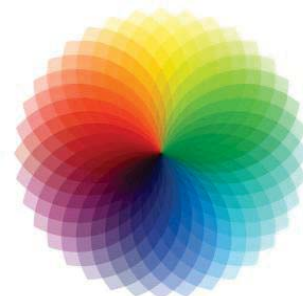


How Does Autism Present?

Autism is a spectrum disorder, meaning that it can range in severity and won't be exactly the same in any two people on the autism spectrum



vs.



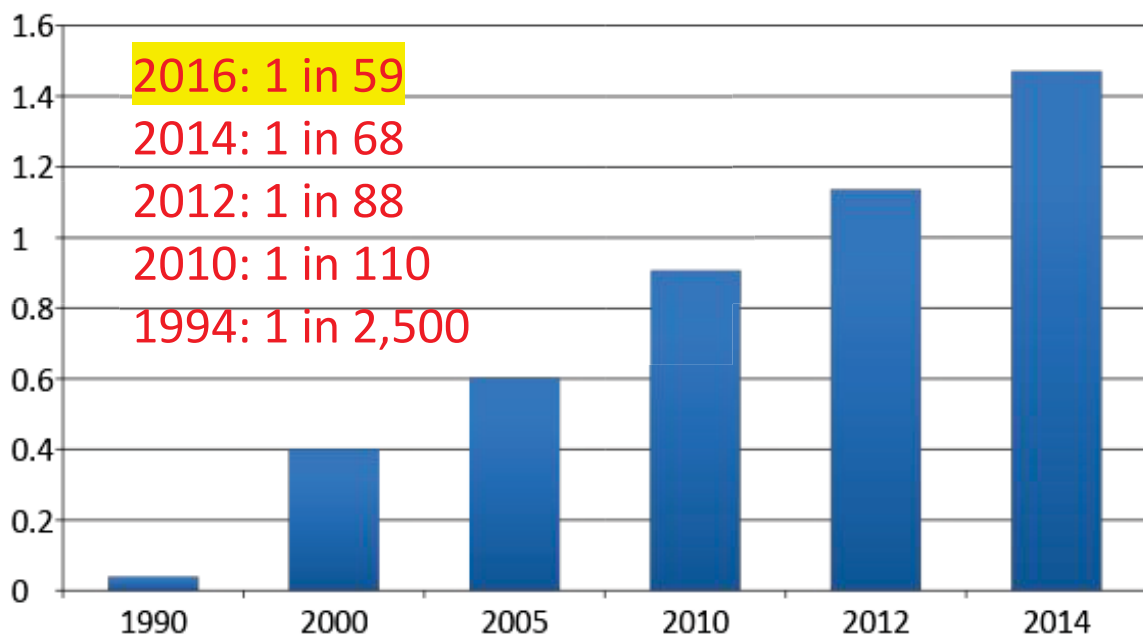
How a person presents CAN CHANGE due to a variety of reasons including: development, circumstances, and treatment.

What Causes Autism?



AUTISM SOCIETY
Improving the Lives of All Affected by Autism
Oregon

Percent of Children with Autism



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Myths:

1. Are savants (Rain Man stereotype)
2. Don't have feelings or empathy
3. Don't want friends
4. Are violent and a danger to society
5. Are miserable and suffering
6. Only males are autistic!



TRUTH:

Every person with autism is a unique individual. Everyone has different needs, wants, abilities, strengths, lifestyles, and goals.

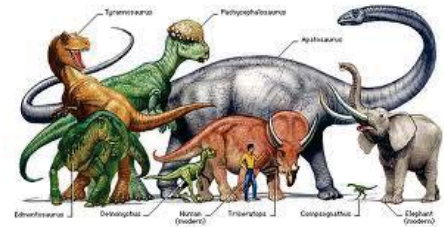
Supporting People on Spectrum

- Circumstances:
 - Sensory issues – consider the environment!
 - Anxiety /Transition points
- Behavior is communication!
- Language supports
 - visuals, literal language, slow down
- Won't vs. Can't
- Make time for breaks – for you and for them

SUPPORT: BUILD RAPPORT



One of the best ways to build a connection? No mystery here – just like in any other relationship, it helps to show a genuine interest in the other person’s activities or fascinations!



THERAPIES

- No cure
- Therapies covered by insurance and OHP include:
 - ABA (“Applied Behavioral Analysis”)
 - Speech
 - Physical Therapy
 - Occupational Therapy
- Numerous alternative therapies:
 - Diets: new studies on gut bacteria

SAFETY

- 1/3 of children with ASD wandered off from a safe environment in the past year.

Attraction to water = drowning is the leading cause of death in children on the autism spectrum

Source: AWAARE

Golden Rule: R-E-S-P-E-C-T

- Be **CALM.**
- Be **PATIENT.**
- Give them **SPACE.**
- **OBSERVE. LISTEN.**
- Allow **EXTRA TIME** for a response.
- If unsure, **ASK.**
- **EMPATHY.**
- Do **not** expect **eye contact**
- Do **not touch or hug** without permission
- **Avoid sudden changes**



What is ASO?

- Established in 1981
- State affiliate of Autism Society of America
- Serving the entire state of Oregon
- Address needs throughout the lifespan and across the autism spectrum
- 501(c)(3) – donations are tax-deductible; and all donations remain in Oregon



TAKE A BREAK ON ASO!

- Provides an evening out to parents of children on the autism spectrum:
 - \$25 gift card to restaurant, 2 movie tickets, \$56 to respite provider

- ✓ State-wide
- ✓ No waitlist
- ✓ Participate once a year



Community Education:

➤ WORKSHOP SERIES:

- Puberty & Sexuality
- Behavior 101
- Toileting
- Housing
- Employment
- Law Enforcement Training



➤ Presentations

➤ Resource Tables

For more information, see our online **Calendar of Events**, **Facebook page**, or sign up for our **E-newsletter**

Support:

➤ Support & Activity Groups throughout State:

- Parents, Grandparents, Siblings
- Children, Girls, Teens, Adults on spectrum
- Online support networks
- **On website: [Support Groups by region](#)**



➤ On-line Resource Guide:

- From therapists to camps to hair cuts!
- **On website: under [Resources / Professional Directory](#)**

Awareness/Acceptance:

April is Autism Awareness Month!

- **Autism Walk in Portland – April 22, 2018**
 - Supporting Oregon’s autism community
 - Walks in Central Oregon, Astoria, Coos Bay and Eastern Oregon too!



Autism Acceptance

Autism Acceptance is actively offering autistic individuals the supports they need to be fully included as valuable and valued members of our families, schools, neighborhoods and our community.



How Can We Help?



www.AutismSocietyOregon.org

888-AUTISM-1 (or 288-4761)

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