

# *Spectrum News*

*The Magazine of Autism Tasmania Inc.*

ISSUE: December 2013

## INSIDE THIS EDITION

Bruny Island Ultra  
Marathon and relay  
- Run4Autism

Prospective  
Memory & ASD  
Study

Social Life on the  
Spectrum

Book Review-  
Love Anthony by  
Lisa Genova

Travelling with  
ASD

Ride Tasmania for  
Autism Awareness  
2014

Rings Pulls, iPads  
and Laptops



# Contents



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Message from our CEO	3
Bruny Island Ultra Marathon and Relay Run4Autism	4-6
Prospective Memory & ASD Study	7
Social Life on the Spectrum	8-10
Autcraft - Minecraft server	10
Book Review	11
Airports and ASD	12
Travelling with ASD	13
Ride Tasmania for Autism Awareness 2014	14-15
Rings Pulls, iPads and Laptops	16
Jewellery for a Cause	17
Shoe lace tying instructions	18
Mind Moves Chess Club	19
Social/Support Groups	20-27

## Autism Tasmania Board Changes

The 2013 AGM continued the reinvigoration of the Board, with three new Board Members elected for two-year terms. Several months earlier, to finalise remaining vacancies, the then Committee sought expressions of interest from Association members and approached some other people whose experience, skills and perspectives we felt would benefit Autism Tasmania. The response was very positive and has not only resulted in the three new Board Members but has generated considerable interest for the future.

Launceston-based Abbey Guilbert was appointed to a casual vacancy earlier in the year and is now elected in her own right. She brings a legal background, specialising in employment and workplace law.

Simon Chadwick is a Hobart parent with a teenage daughter on the Autism Spectrum. As well as the experience of his personal journey, he brings his skills as a senior manager of a national tourism and accommodation business.

Kathryn Fordyce is the Manager of the Burnie Autism Specific Early Learning & Care Centre and has a considerable depth of experience in ASD with Autism Queensland, Aspect and the Positive Partnerships program.

We welcome each and look forward to the contributions they will make to **the Board's decision-making** and the betterment of Autism Tasmania.

Regrettably, NW Coast Psychologist Paul Campbell has resigned suddenly for family reasons. His departure means we have two Board vacancies, each for one year until the 2014 AGM. We will complete our discussions with the two people from the expression of interest process and expect to make the remaining appointments to these casual vacancies in the coming weeks.

Mick Clark - President

### Cover image:

During the Bruny Island Ultra Marathon, a large bumblebee took a liking to one of our Autism Tasmania Run4Autism runner's singlets. The bee chased the flower on the back of the runner's singlet for nearly 10 kilometres!



# Message from the CEO



Above: CEO Terry Burke supporting our Run4Autism teams and individuals at the Bruny Island Ultra Marathon & Relay

Summer has arrived and hopefully with it some better weather following a very wet spring. Our Annual General Meeting was reconvened on 21 October via video link and we are grateful to those members that attended from around the State. This allowed us to pass some Constitutional changes and satisfy our reporting responsibilities.

The major change to the Constitution was the **adoption of a "Board of Governance" model replacing the previous "Committee of Management"**. Other minor amendments were to remove transitional arrangements which were no longer relevant and some operational efficiency changes. A copy of the current Constitution is available on our website.

The other significant change at the AGM was the removal of membership fees for individuals with autism and parents/direct family members /carers of a person with autism. We believe this will allow these members to more easily access our resources such as the library whilst expanding our membership base. So I would encourage you to share this news with your networks of family and friends so we can also welcome them as members of Autism Tasmania.

Autism Tasmania was recently overwhelmed by the endurance and tenacity of some inspirational parents who completed the Bruny Island 64K Ultra Marathon, Gabby Wilson and Daniel Gardner not only completed the event solo but raised over \$18,000.00 for Autism Tasmania via the online fundraising site Run4Autism. Congratulations also to Tim Squire who also completed the event solo and the other Autism Tasmania relay team runners.

I also acknowledge the amazing efforts of South Australian father Travis Saunders in creating the Run4Autism site that allows autism organisations around Australia to raise funds for their valued work and meeting his personal challenge of completing 12 Marathons in 12 Months whilst raising funds for his

chosen autism charity.

We were indeed fortunate that Travis completed both his first and final Marathon for this challenge in Tasmania and we express our sincere appreciation to the Bruny Island Ultra race organisers in supporting **Autism Tasmania by naming it the event's official charity for 2013**. Please see the articles and images within this edition of Spectrum News and I look forward to reporting on the final fundraising tally from this event.

I am pleased to announce that our focus now turns **to an expanded "Ride Tasmania for Autism Awareness" (please see article inside this edition)**. This year Ultra 106.5 fm are getting right behind this event which will result in greater media coverage, sponsorship opportunities and participation. The energy and commitment that Clinton and Crystal Taylor showed in 2013 has been rewarded with the expansion of this event and Autism Tasmania will be there for the journey providing information and support to families around the State. This will represent our major awareness building event for the year culminating in the arrival back at Parliament House to coincide with World Autism Awareness Day 2 April 2014.

I acknowledge the significant contribution that Nella Keane has made to Autism Tasmania since joining the organisation in June 2011. Nella recently resigned to pursue a different career direction having provided much valued support to her families as an Autism Advisor of the Helping Children with Autism program.

In closing off for 2013 I commend the great efforts of the Autism Tasmania staff and their commitment to go that extra mile in providing support. Thank you.

I wish you and your family very best wishes for the holiday season and good things in 2014. We look forward to meeting many of you during March/April as we travel around our beautiful State.

Terry Burke, CEO

## Autism Tasmania Board Members:

President  
Mick Clark

Secretary  
Ms Anita Brunacci

Treasurer  
Mr Mike Derbyshire

Board Members  
Mr Keiron Cornwell  
Mrs Linda Murphy  
Ms Abbey Guilbert  
Ms Kathryn Fordyce  
Mr Simon Chadwick

# Run4Autism at the Bruny Island Ultra Marathon & Relay

The Bruny Island Ultra Marathon is famous for being the southernmost Ultra Marathon run in Australia. The picturesque course starts at Dennes Point and heads south to the Bruny Island Light House - approximately 64km. Entrants can run the whole 64 kilometres solo, or as part of a relay team.



This year Autism Tasmania was the official nominated charity for the 26th running of Bruny Island Ultra Marathon and relay. As well as this, we had a number of teams and individuals entered who are raising money for Autism Tasmania through the Run4Autism Gofundraise website:

<http://run4autism.gofundraise.com.au/>



Autism Tasmania would like to thank the Run4Autism teams and individuals for their incredible effort raising money and awareness for Autism Tasmania. Together, they collectively raised over \$22,500.00!



- **Dan's Ultra ASD Challenge**  
Daniel Gardner
- **Gabby's Run4Autism**  
Gabrielle Wilson
- **Tim's Autism Ultra**  
Fundraiser 2013  
Tim Squire
- **Kingsley's Summer Fundraising Challenge**  
Mark Kingsley
- The Late Reinforcements  
Team
- Autism Tas Speed Spectrums  
Team



Above (left to right): Our two major Run4Autism fundraisers Daniel Gardner and Gabby Wilson.



## 12 Marathons in 12 Months!



### Run4Autism founder Travis Saunders

Travis Saunders, the founder of Run4Autism just completed his 12th marathon in 12 months to raise Autism awareness; having run 7 marathons and 5 Ultra marathons including running for 24 hours.



He finished his amazing year on the 30th of November by running the Bruny Island Ultra Marathon - a total of 64kms. Travis is excited to confirm that this is not the end, just the beginning of a growing interest in helping raise funds and awareness for Autism by teams and individuals across Australia. The Run4Autism site will continue to grow stronger and expand in 2014 and beyond.

Over 200 runners have set up more than 100 official fundraising pages and raised almost \$87,000 this year for nine not for profit autism organisations around Australia! The Run4Autism campaign is about making people feel connected, raising autism awareness and helping those that need support. There are some very exciting things planned for 2014, including partnering with one of Australia's largest running clubs for an event.

Travis extends a huge thankyou to all the runners and walkers who have joined the growing Run4Autism team. A huge thank you also to everyone who has donated to the Run4Autism campaign and helped support the runners and walkers.

If you would like to help, you can make a tax-deductible donation to one of the teams or individuals, share the Run4Autism Facebook page with your network, or consider running or walking for Autism in 2014 and beyond.

# Bruny Island Ultra & Relay Run4Autism Teams and Individuals



## EXPRESSION OF INTEREST

### *PROSPECTIVE MEMORY & AUTISM SPECTRUM DISORDER STUDY*

*Prospective memory is the memory for remembering a planned action or intention at the appropriate time*

You and your child are invited to take part in a Masters of Psychology study that investigates prospective memory in children with autism and the ways in which support may be provided to assist in the successful completion of such tasks.

### **Are you eligible?**

We are looking for children aged between **8-12 years old** (male and female) who have autism and children who do not have autism and their parent or guardian.



### **What is involved?**

Your child will:

- o Participate in a computer game that is designed especially for children. During the game, children will need to remember to carry out particular tasks that occur in a normal day as well as different tasks that occur each day.
- o Be administered a brief battery of tests that involve your child answering verbally presented questions and following instructions. In addition, your child's memory will also be assessed.

Parents or guardians will:

- o Be required to be present at the testing session and complete a couple of questionnaires regarding their child which should take no longer than 30 minutes.

Testing sessions should take around 2 hours and can be conducted at a mutually convenient time and location, such as your home.



Parents and children will both be reimbursed with a child and adult movie ticket as a sincere thank you for your time. If you have any questions regarding this project, or after participating please contact the supervisors, Professor Peter Rendell on 03 9953 3126 or Dr Gill Terrett on 03 9953 3121 in the School of Psychology, 115 Victoria Parade, Fitzroy, Victoria 3065. If you are interested in participating in this study or would like more information, please feel free to contact Eliza Gill: [ekgill002@myacu.edu.au](mailto:ekgill002@myacu.edu.au)



## Social Life on the Spectrum



Human beings are naturally social creatures who derive pleasure from the company of others. For people with Autism however, social situations can be stressful and exhausting. Navigating the unspoken rules, figuring out what to discuss and when, and dealing with sensory stimuli can put a huge strain on **the person with Autism's potential to succeed** socially. Repeated negative social experiences can lead many people with ASD to choose to withdraw in order to avoid stress. There are many ways to lessen social anxiety and improve social confidence. Some tried and tested tips designed for teens and adults are discussed below. Young children will need some help from a parent or carer to identify stressors and develop strategies.

### Plan in Advance

If you are considering attending a social event, try to find out as much information about it as you can. Being prepared for when, where and how things will happen beforehand will leave you with less to think about on the day.

### Be Prepared and Relaxed

Prepare as much as you can in advance. Allow yourself plenty of time to groom, eat, dress etc so that you do not have to rush. If necessary, give yourself extra time to read a few pages of a good book, or engage in some other relaxing activity that will put you in the right frame of mind before setting off.

### Be Aware When Stress Levels are Rising

Understand the symptoms of stress, and be conscious of the physical traits of anxiety. If you feel **stressed, don't panic! Try to combat any negative thoughts** you may have before they take control.

### Use Relaxation Methods

If something that can easily be changed causes you stress - change it! Often bright lights, loud noises and strong smells can be a cause of irritation. You can move yourself away from the source, or sometimes move a group by politely asking them. **Something like "Its quite noisy here, do you think we'd be more comfortable talking over there instead?" might work.**

If you are unable to change the situation, it is worth finding a few relaxation methods that may help. Sometimes, by being aware of and tackling the outward signs of stress (such as rapid breathing and clenched muscles), you can better manage the stress you may be feeling internally.

### Take a Break

It is best to recognise your personal limits. Have a backup plan when you need to give yourself some space. If you need time out, politely excuse yourself, and take a break. Take a breather, find a quiet area, and maybe put on some headphones to listen to your favourite music. A short intermission can be helpful to break up longer social situations into manageable chunks.

### Know When Enough is Enough

**There are times when you've done your best, but you need to call it a day.** If you thank people for your invite and let them know that you are tired and need to leave, most people will understand. If you did your best, and exited politely, sometimes that is the best you can do.

### Communicate to Others

**Don't be afraid to talk about your issues with others.** You should never be ashamed of who you are. If your friends know your limits, this will help you and them in the future.

### Practice Makes Perfect

**You won't handle every situation perfectly, but new situations are perfect practice** to help you make improvements in the future. Remember that social faux pas happen to everyone. If you didn't make some occasional mistakes, you wouldn't be human.

**Every so often, remind yourself of what you've learnt, and how far you've come.**

## The fine art of conversation

We often take it for granted that when we socialise, conversations just happen. There is in fact, a science and an art to conversation. Conversations require several skills. These include:

- Understanding body language and facial expressions
- Initiating interaction with others
- Beginning and ending conversations
- Witnessing appropriate social behaviours and learning to mimic them
- Understanding reactions from others
- Reading emotions and anticipating responses from others
- Comprehending consequences of inappropriate social interactions

### [Join a Social Group](#)

One way to build social skills and experience is to join a group. Autism Tasmania coordinates a number of Autism specific social/support groups for children and adults across the state.

Social groups provide the opportunity to meet others and socialise in a structured, supportive environment. While they don't provide formal social skills training, they are a wonderful place to practice what you have learnt. All groups operate differently. Most meet on a regular basis eg: monthly, and at an agreed venue. The activities will vary depending on the interests of the members. For example, groups for parents of young children with an ASD tend to share experiences and information about useful resources and services for young children. Zone groups (for high-functioning ASD students in years 5-8) have regular outings to animal parks, ten pin bowling, laser skirmish and hold seasonal craft activities. Adult Aspergers groups have been identifying common hobbies and interest areas as well as special talents amongst their members.

If you would like to find a group that suits your needs or would like to register your interest in establishing a specific group, please contact Autism Tasmania.

Ph: 1300 288 476 or email [autism@autismtas.org.au](mailto:autism@autismtas.org.au)

### [Join a Special Interest Group](#)

Special interest groups are a great way to socialise with other people who share a common interest. Special interest group meetings are an excellent opportunity to share your passion for your hobby or interest with others, share knowledge, experience and sometimes resources with others interested in the same thing as you. People at these groups are

usually happy to talk about your special interest with you as it is their interest too.

There are hundreds if not thousands of special interest groups to choose from. The following is a useful link that lists many special interest groups across Tasmania. You can narrow your search to your local area, or type a key word such as **"photography", "gemstones" or "kite flyers"** for example to help find one that suits.

<http://www.tas.gov.au/tasmaniaonline/community/Hobart/101>

### [Learning a new skill](#)

Learning a new skill is always beneficial, but learning in a class group has the added bonus of a structured environment with social opportunities. Some examples of daytime, evening or weekend courses you could consider are Art, IT, Cooking and Languages. Sometimes there are groups run specifically aimed at people with additional needs.

### [Join a sports team](#)

Joining a sports team gets you out and about with like-minded people. You might like soccer, running, gymnastics or even yoga. Consider whether you want to be part of a seriously competitive team or a friendly social team. The environment will tend to be more relaxed if it is a social, non-competitive team.

### [Internet social media platforms and chatrooms](#)

There are a number of online groups and organisations that provide opportunities for meeting and socialising with other people with an ASD. As with all other internet social exchanges, be careful not to give out personal information to people you don't know well.

For more information on internet safety, check out the Cybersmart internet safety tips provided by the Australian Communications and Media Authority (ACMA) from their website:

<http://www.cybersmart.gov.au>

However you choose to socialise, be well-prepared so that you can maximise the enjoyment of your social experience!

### [References:](#)

- <http://www.autism.org.uk/living-with-autism/communicating-and-interacting/social-skills/social-skills-for-adolescents-and-adults.aspx>
- <http://www.autismafter16.com/article/09-13-2011/social-life-spectrum>
- <http://socialsignaled.com/resources/#axzz2med58ZUj>
- <http://theautisticlife.com/social-exhaustion-and-autism/>
- <http://stlhealthandwellness.com/learning-social-life-autism-spectrum/>

## Recommended reading

Csoti, M (2000). *People skills for young adults*. London: Jessica Kingsley

This is a course designed to improve social skills. The tasks will assist you to develop skills such as listening, self-disclosure and assertiveness.

Grandin, T (1999). *Social Problems: Understanding emotions and developing talents*.

Temple Grandin is an accomplished author and public speaker who was diagnosed with Autism in early childhood. In this article, she explains her rule system for social interaction and behaviour. Download from:

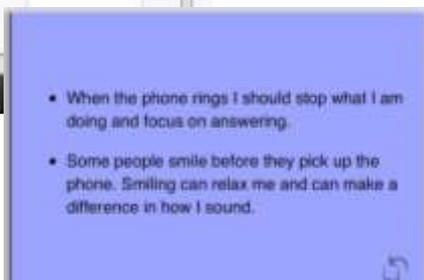
<http://www.iidc.indiana.edu/index.php?pageId=600>

## Social skills iPad apps



### Quick Cues

A social script app that helps young adults on the autism spectrum to handle new situations and learn new skills.



### Social Skills

This app is aimed at children and young adults, but users can modify the social stories to suit any age by adding different photos, text and audio.



### Emotion X

Shows 30 of the most common emotion expressions.



*\*These apps cost between 99c and \$5.50 on the app store. Cost subject to change without notice.*

## Autcraft - a Minecraft server for children with Autism



Safe



Fun with Friends



Learning

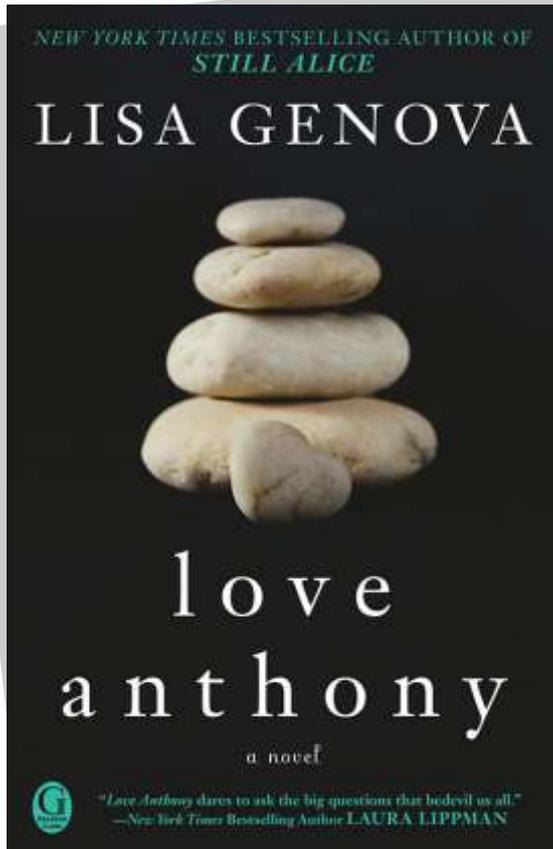
**Autcraft is a privately run 'whitelist' server** meaning that only approved people can play. It is specifically set up to meet the needs of young Minecraft players with Autism ages 5 and up. It is not open to the general public.

Every block is tracked, every item put in and taken out of a chest is tracked. Children learn to **respect other people's properties but also have** the comfort in knowing that everyone else will respect theirs. No swearing, no monsters, no hurting each other (players cannot hit other players).

When you first join AutCraft, you will be in the middle of a big fun village filled with other players, things to do and even some resources to get you started. Despite being monster free, there are still dangerous adventures to be had - as caves still have lava, water, big heights and even falling gravel. There is a limitless world to explore! Also, Autcraft features games, contests and challenges. Get together with new friends and play together or venture off on adventures of your own (or bring a parent).

Learn how textures, colours and shapes all work together - **or don't, how to automate processes** and even how to work with groups of other AutCrafters. This might be one web server worth checking out! Find it at: [www.autcraft.com](http://www.autcraft.com)





'Love Anthony' is written by Lisa Genova author of 'Still Alice' and was first published by Simon and Schuster in 2012.

Love Anthony is one of the most attention getting books regarding Autism Spectrum Disorder I've ever read. It is also the most different of the books on ASD I've ever read.

Lisa Genova has written a book about motherhood, love and friendship and a book I found difficult to put down and one I kept thinking about during the day – wanting to get back to my evening read to see what was happening to the people within those pages.

Anthony has autism and throughout the book there are excerpts in his own words. This is one of them:

*"My name is Anthony. When I was a smaller boy, I used to think I had two names: Anthony and YOU. My mother and father would say things like:*

Anthony, come here.  
Do YOU want to go outside?  
Do YOU want some juice?  
**Anthony, here's your juice.**

Can YOU say TRUCK?  
Anthony, say TRUCK.  
Anthony, say TRUCK.  
Anthony, put your shoes on.  
Go ahead YOU can do it  
YOU can do it.  
Anthony, do it.

**So it's easy to see the cause of my earlier confusion.** These nickname works – YOU, I ME, WE, HE, SHE – **they can still confuse me, but I'm mostly OK with them even though I don't like them. Nickname words depend on the situation, and I've never liked things that depend on the situation.**

This is why I like numbers:  $6+3 = 9$ . Always, 6+3 Pringles or 6+3 doughnuts or 6+3 rocks in a line or 6+3 silver minivans in the parking lot. The answer is 9. Always.

But YOU can mean Anthony or my mother or my father of Danyel or a total stranger in the parking lot..."

The book is set on the island of Nantucket in the US, a book about two women, families and a child on the Autism Spectrum called Anthony who was diagnosed **at three and who didn't speak. It is a deeply moving, empathic and a wonderful read.**

Rose Clark

## Read a Good Book Lately?

Have you borrowed a book from our resource library that you found particularly useful? Have you recently read an Autism-related book you would recommend to others?

Why not share your recommendation by writing a book review to be included in Spectrum News!

Email: [jacqui@autismtas.org.au](mailto:jacqui@autismtas.org.au)

## Heathrow Airport recreates departure day for a young man with autism



All too often we hear stories about those with autism facing hurdles and challenges in their daily lives. Too often physical or social barriers impact on their daily functioning and impose restrictions that impede their opportunities for independence. Recently however the BBC reported the story of a young man with severe Autism and Obsessive Compulsive Disorder (OCD). When it came to my attention, because it is such a heart-warming story, I thought it was worth sharing. It demonstrates the lengths one establishment will go to in order to meet the needs of the individual.

Aaran Stewart is a 21 year old student with Autism, complex needs and OCD. Because the family home where his parents live is in the UK, and Aaran attends Boston Higashi High School in the US for young adults with high-functioning Autism, he has to fly from London to Boston every term with his family. So for the past five years and four times a year, Aaran has travelled by air from London's busy Heathrow Airport to Boston.

Now 'insistence on sameness' is a part of Aaran's OCD, and a well recognised feature of Autism. As his Mum Amanda explained, "Aaran would not be able to fly if any of the details on each trip were to change". For the past five years to support Aaran and his family, the airport staff at Heathrow have helped recreate the 'sameness' experience for him every time he flies. The routine includes a visit to the same shops, checking in at the same check-in desk, and

leaving by the same gate A10, to board a plane on which the same seats are reserved. His mother explained that without this procedure he wouldn't get on the plane and the routine had all to be carried out absolutely pristinely otherwise "we'll end up with a problem".

Amanda added, "if there are any delays, he'll think you're going to try to change something - which will then panic him. When we get to the gate he'll settle. If everything goes to plan, he'll wait for the bus, we get the seats we need and we're off!"

Mrs Stewart explained that on one occasion the bus, on its arrival, did not display the flight number due to a malfunction on the screen, which led to Aaran growing suspicious about its destination. Fortunately the driver was able to quickly swap buses so he could display BA215, which resulted in Aaran getting onboard and making his flight.

Heathrow is one of Europe's busiest airports with, on average, almost 200,000 passengers a day passing through the terminals. In their support for Aaran and his family, they have shown what is possible, at little or no cost, and with a few people being inconvenienced. The subtle organisation means that Aaran and his family are able to function as any other family of travellers.

I feel their efforts should be applauded, and their example followed by many more establishments, organisations and institutions. It goes well beyond entitlements or 'Rights'. It is simply accommodating the needs of *all* of their passengers and removing barriers for those whose lives are just that bit more difficult than it is for others. Just how good is that?

Judith Hudson





With school holidays and the festive season fast approaching, many Tasmanian families are preparing to travel from Tasmania by plane or ferry. Travelling with a child or children with an ASD presents a few extra challenges that we hope to make easier by sharing some tips that have worked for others.

## Before the Big Day

1. Prepare an itinerary of your trip starting with something like:
  - Leave home at .....(eg. 6am )
  - Check our luggage in
  - Go to the toilet
  - Our plane/ferry leaves at (eg. 9am) but it could be a little late... *(Visuals are always good)*
2. Google photos/maps of the airport/ferry terminal and where you will be staying and what attractions you will be visiting
3. Pack a little goodie bag to give to them at the **airport/dock while you're waiting for the plane/ferry.**
4. Do a trip to the airport/dock a few days before - at least once so that they can become familiar with it. Take earmuffs if your child is sensitive to sound. Show them where you check in your luggage and ask Security if you can walk through the security detector (airport security are usually good if you explain to **them first that you're doing a rehearsal for the big day**). Show them around the departure lounge.

Make sure the iPad/iPod is charged and charger is packed the night before.

## On the Big Day

Take a photo of everyone before you leave (if the worst case scenario happens and they wander away from you at the airport, you have a photo of what they look like and what they are wearing to show airport security/police)

When checking in, explain to the check in counter staff that you have a child with autism and its their first flight/ferry trip. For flights, they may arrange for you to get on the plane first (this is very exciting as **they call your child's name over the PA system** to board the plane) If you think your child will have ear pressure problems, as soon as you get settled on the plane ask the flight attendant for a cup of ice cubes for them to crunch on during the flight.

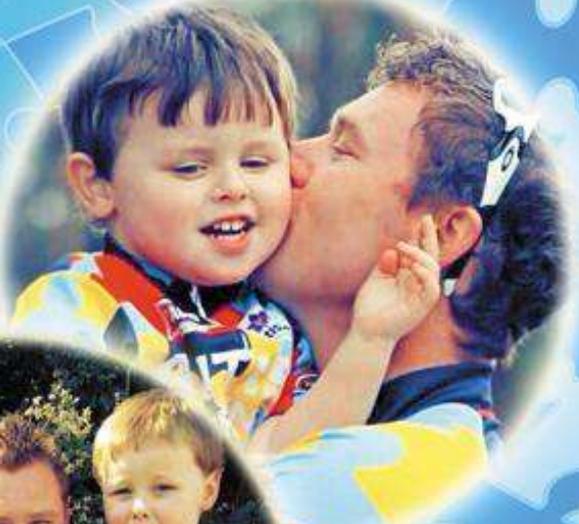
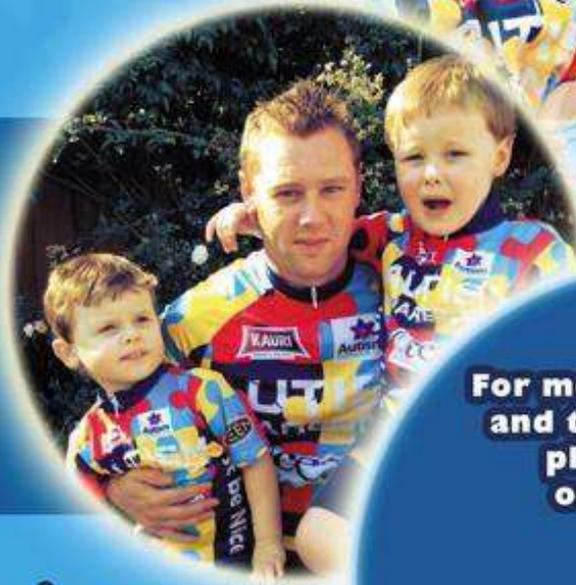
Best of luck and happy holidays.

Allison Lapham



# Ride Tasmania for Autism Awareness 2014

Our mission is to promote awareness and understanding of Autism, and to raise funds for Autism Tasmania to support families touched by Autism



For more information  
and to get involved,  
please like us  
on Facebook



[www.facebook.com/  
RideTasmania  
ForAutismAwareness](http://www.facebook.com/RideTasmaniaForAutismAwareness)

**Starts  
9am March 22nd  
at the  
Hobart Parliament  
House Lawns**



## Ride Tasmania for Autism Awareness 2014



Ride for Tasmania Autism Awareness is on again, and in 2014, it is set to be even bigger and better than **this year's amazing effort!** Despite only recently adding a new addition to the Taylor family, Clinton and Crystal Taylor have been very busy making preparations for the ride. This time, Clinton will be joined by many more cyclists, and he has already secured some promising sponsorship deals.

If you would like to follow the ride, take part, help out or donate, head to the Facebook page *Ride Tasmania for Autism Awareness* or the Everyday Hero fundraising page <https://give.everydayhero.com/au/ride-tasmania-for-autism-awareness>.

Facebook Page: *Ride Tasmania for Autism Awareness*



## Itinerary

On Friday 21 March, Ultra 106.5FM will conduct a live broadcast from John Paul II Catholic Primary School, Clarendon Vale from 7am to launch Ride Tasmania for Autism Awareness 2014.

- DAY 1} Saturday 22 March 2014  
Hobart Parliament Lawns (9am) ride to Orford
- DAY 2} Sunday 23 March 2014 Orford to Bicheno
- DAY 3} Monday 24 March Bicheno to St Helens
- DAY 4} Tuesday 25 March 2014  
St Helens to Scottsdale
- DAY 5} Wednesday 26 March 2014  
Scottsdale to Launceston
- DAY 6} Thursday 27 March 2014  
Launceston to Devonport (via Deloraine stop)
- DAY 7} Friday 28 March 2014  
Devonport to Burnie ASD Centre
- DAY 8/9} Saturday 29 and Sunday 30 March  
Burnie to Queenstown
- DAY 10} Sunday 31 March 2014  
Queenstown to Derwent Bridge
- DAY 11} Monday 1 April 2014  
Derwent Bridge to New Norfolk
- DAY 12} Tuesday 2 April 2014 World Autism  
Awareness day and conclusion of Ride  
Tasmania for Autism Awareness.  
New Norfolk to Hobart Parliament Lawns

Everyday Hero fundraising page:

<https://give.everydayhero.com/au/ride-tasmania-for-autism-awareness>.



## Ring Pulls become iPads and Laptops!

Who would have thought that everyday items we would normally throw away could become iPads and Laptops? Members from the Ring Pull Association Inc thought exactly that, and so began an Australia-wide drive to collect scrap metal and use it to buy wheelchairs, iPads, Laptop computers etc. Starting out in 2010 in Rockhampton in Queensland, Ring Pull Association is now active across Australia.

Ring Pull Association Inc is a not for profit charity registered with ASIC. They recycle aluminium ring pulls, cans and all metal lids as well as scrap metal. The funds generated are then used to provide medical aids to disadvantaged families who have children with special needs. Tax deductible cash donations are also gratefully received and receipted.

So far, five families from Autism Tasmania have been recipients of this wonderful initiative. Pictured (below right) is one of the grateful recipients of an iPad kit from Ring Pull Association Inc. We would like to thank Denise Hamilton from TASCARE for arranging for five of our Autism Tasmania families to be included.

If you would like to assist in raising money by collecting recyclable metals, please take your collection of metal lids and ring pulls to one of the collection points below:

- **TAS MOBILITY (Opposite Cooley's)**  
52a Main Road, Moonah
- TASCARE (Opposite Carlyle)  
231 Main Road, Derwent Park
- Your participating local Hotel or Club
- Community Centres
- **Men's sheds**
- RSL Clubs
- Scrap Metal Recycling, One Steel  
6 Jackson Street, Glenorchy.

If you would like to get involved, Ring Pull Association Inc are looking for volunteers in Tasmania. Contact Bruce Rogers by email at [barogers53@bigpond.com](mailto:barogers53@bigpond.com)

## TURN THIS:



## INTO THIS!!!



BJ is quite chuffed to receive his iPad kit thanks to Ring Pull Association Inc!

Access to interactive devices such as iPads or Laptop computers is of great assistance to students with Autism. There are many programs and applications available that can make learning new skills engaging and fun.

# Jewellery for a Cause



20% of the sale of each piece of jewellery sold is donated to the very important cause it represents.

The founder of Jewellery for a Cause, Kirin Matthews, has a passion for supporting charitable organisations and important causes.

With Jewellery for a Cause, *buying* something special means you're *doing* something special. Jewellery for a Cause donates 20% of every jewellery sale to a charitable organisation the jewellery represents, helping raise not only awareness, but also financial support for valuable services.

If you would like to order jewellery relating to Autism Spectrum Disorder, please consider nominating Autism Tasmania as the beneficiary of your 20% donation.



Like us on  
**Facebook**

## Share Your Story

Autism Tasmania's magazine provides relevant information about Autism services across Tasmania, current research and resources of interest to families of children. Spectrum News magazine also provides an opportunity for parents/carers of children with Autism, professionals working in the field of Autism, or adults living with an ASD to share their experiences with others by writing personal stories for publication.

If you are interested in sharing your story, please contact Autism Tasmania on 1300 288 476 or email [autism@autismtas.org.au](mailto:autism@autismtas.org.au)

Interested in setting up an ASD Social/Support Group in your area?

Contact Autism Tasmania to see how we can help.

Ph 1300 288 476  
or email  
[autism@autismtas.org.au](mailto:autism@autismtas.org.au)



# Shoe Lace Tying Instructions

These instructions have been created by Josiah Taylor (with help from his mother Kalua acting as scribe and hand model). Josiah is 20 years old and, thanks to these instructions, he can now tie his own shoe laces! He hopes that other people find them useful too.

If you would like a copy with larger writing and pictures, please contact Robyn Thomas: [robbynt@autismtas.org.au](mailto:robbynt@autismtas.org.au)

## 1. Make sure laces aren't knotted



## 2. Hold up laces ...1 lace in one hand and 1 lace in the other hand



## 3. Crossover laces ... now the left hand holds the right lace and the right hand holds the left lace, holding up the laces.



## 4. Make a triangle and put thumb of left hand on the top of the triangle and hold.



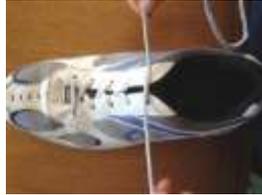
## 5. Take the right hand lace and take toward the toe area of the shoe



## 6. Put the toe lace through the triangle so the end of the lace ends up at the heel area



## 7. Pull down the shoe laces and make them tight on to the top 2 holes



## 8. Pick up left lace left hand ...right lace right hand

## 9. Lift middle of right lace up high then bring down right lace so sits down near two top holes so you should have a loop and a tail



## 10. Hold with thumb and finger next to it



## 11. Pick up left lace and still hold onto the right one

## 12. Lay right hand loop over shoe so it faces left



## 13. Hold left lace like a skyscraper



## 14. Drop skyscraper lace down so it goes over the right lace to the toe area still hanging onto the right lace



## 15. Take fingers out of right lace. There should be a circle hole left



## 16. Take skyscraper lace at the very bottom in the left hand and push through the hole



## 17. When the circle comes out gently pull

## 18. Take the right and left circles with your fingertips and pull



## 19. Make sure laces are even by putting them together and pull to make even

## 20. Finished!



# Mind Moves Chess Club News

[www.mindmoves.info](http://www.mindmoves.info)

## 2013- A very eventful and exiting year!

When club resumed in February after the summer break, we had no idea what was coming our way! Now only ten months later and we look back at an incredible year for our club and our children. For the first time this year, we enrolled a team in the Interschool Chess Tournaments, only to find ourselves in the Tasmanian State Finals where the children exceeded all expectations and qualified for the 9th Annual Australian Interschool Chess Finals to be held in Melbourne from the 24th-26th of November!

We had the pronounced opportunity to take part in the LINC School Holiday program in September and will also be taking part in a Photographic Exhibition on the 5th of December (6 - 8:30pm): Pursuit of Fair Play, Celebration of Sport and Recreation in the West Tamar Region. We also appeared on ABC News and in the Examiner! These are all prodigious opportunities for our children to showcase their talents, learn to deal with new situations and meet new people.

Throughout the year we received visits from various people, did numerous presentations and received tremendous support, which included donations and grants from various bodies. We would like to express our deepest gratitude to all who supported us. The club has grown to one of the most active chess clubs in Australia, with club attendances exceeding even the Melbourne Chess Club, the oldest chess club in the Southern Hemisphere!



Mind Moves Chess Club - A Chess Club for everybody - but with a special invitation to children on the Autism Spectrum, Gifted children and children diagnosed with ADHD.

Mind Moves Chess Club is a club for all level players. You can learn how to play a game of Chess or improve your game with quality coaches. You can socialise and make new friends! You can also develop many other skills.

Mind Moves Chess Club meets every Monday evening between 6 and 7pm at Choose Café situated in the Windsor Park community precinct in Riverside, Launceston, Tasmania.

The team representing Mind Moves at the National Finals in Melbourne



Amongst 200 other children at the State Finals



### CONTACT US

**Mind Moves Chess Club  
Incorporated  
Dawida Rose-Nel  
0417981770  
Dawidaandshawn  
@bigpond.com  
Like us on Facebook!  
[www.facebook.com/  
MindMovesChessClub](http://www.facebook.com/MindMovesChessClub)**

VISIT OUR WEBSITE:  
[www.mindmoves.info](http://www.mindmoves.info)



*A few coaching tips....*



Mind Moves Junior Team receiving their awards at the Interschool Championships

*"Coming together is a beginning. Keeping together is progress. Working together is success." - Henry Ford*

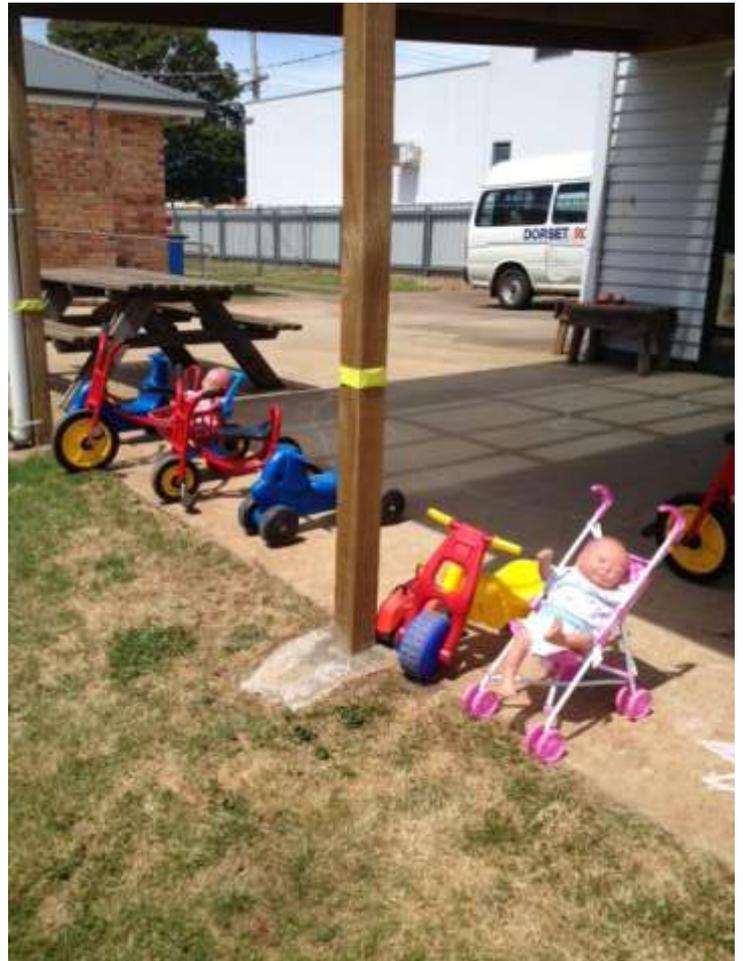
## Bike Centre Family Get Together, Launceston



There was plenty of kids helping kids and sharing of laughter at the family get together at the Launceston City Council Road Safety Centre on the 3rd of October.

Fourteen families attended - around 50 people whizzed around on bikes, scooters and roller blades, or sat for a chat.

Thanks to Mark and Stuart for your expertise with the tongs - the sausage sizzle was very popular!



## Scottsdale Group

The recent Dorset Get Together met at the lovely setting of Dorset Community House in Scottsdale. Since it was such a stunning, sunny day, the group chatted outside while the daughter of one of the attendees played with the great assortment of bikes and trikes. Topics covered included: the advantages of iPads being used in school, anxiety and ASD and school holidays.

**Would you like \$500 to help pay for an iPad, speech therapy, resources for physical therapy, school expenses and more?**

You may be eligible if you have:

- a child at school, or starting in 2014
- a concession card
- some household income from work

**Saver Plus is a 10 month matched savings and financial education program, funded by Federal Government and ANZ, that matches your savings \$1 for \$1 up to \$500 to help pay for education.**



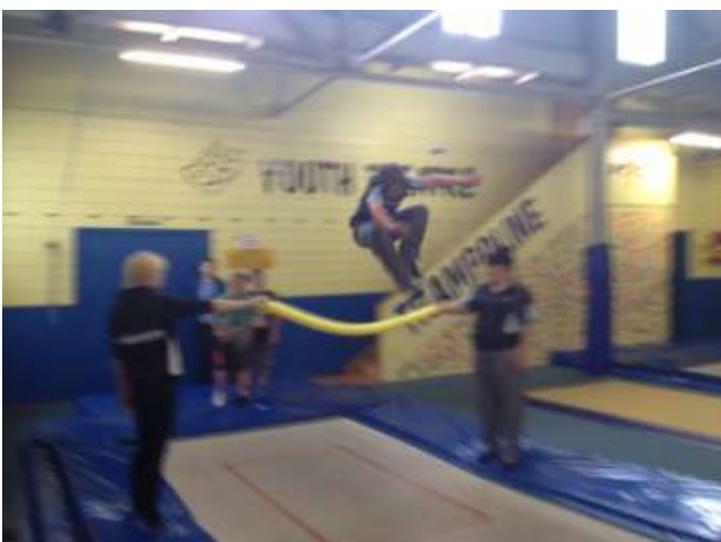
**For more information contact your Saver Plus worker at The Smith Family on 1300 610 355**

# Social/Support Groups



## The Zone - North

The northern Zone group met at the PCYC for a thrilling time of bouncing, balancing and tumbling. Our adventurous group leapt to great heights on the trampoline while their parents watched in amazement. The PCYC staff assisted with providing some extra challenges. See how Lucas manages to jump the pool noodle with a skilful high-flying leap in the picture below!





## FAMILYFLICKS

### \$6 SENSORY FRIENDLY FILMS

Village Cinemas Australia are bringing Sensory Friendly Films to families affected by Autism Spectrum Disorders.

Sensory Friendly Films allows families to enjoy their favourite films in a safe and accepting environment with the cinema lights turned up and the sound turned down.



11:00 AM  
Saturday 14th December  
Sunday 15th December



11:00 AM  
Saturday 18th January  
Sunday 19th January

BUY TICKETS AT THE TICKET BOX  
OR AT [VILLAGECINEMAS.COM.AU](http://VILLAGECINEMAS.COM.AU)

**VILLAGE CINEMAS**  
EASTLANDS

# Social/Support Groups

## Northern Adult Aspergers group

On the first Saturday in October, the usual get together day, the group organised a trip to The Gorge in Launceston. The timing couldn't have been better as the north of the state had had a lot of rain and The Gorge was in flood. When we met on the eastern side we were greeted by a massive amount of water on the lawn where the pool supposedly was – but couldn't be seen because it was well and truly inundated.



The group walked along the low track (the easier of the two) to the suspension bridge, which was slightly swaying because of the power of the water below, and then across to the western side, up the path to the cafe where there were some free tables!



During our walk we passed a lot of tourists with cameras out (as did we) as the weather was absolutely perfect.

While afternoon tea was happening, we were visited by many of the tame peacocks that roam around the area. It was a great day for everyone who came



along.

After the Christmas break the first get together for 2014 will be in February at the usual venue on the corner of Charles and Frederick Streets in Launceston.

## Parent Support Groups

As we all know the weather during the winter months certainly was challenging, however all parent focus groups have been really well attended across the north-west.

There have been sessions with various focuses: National Disability Insurance Scheme (NDIS), holidaying with children on the spectrum, transition ideas and strategies for a new school year, as well as watching two very interesting movies. The first was **'The Magnificent Seven'** which features Helen Bonham Carter as mum Jacqui Jackson and the second was **'Autism, The Musical'**. Both are based on real stories of real people with children on the spectrum and both were greatly enjoyed.

The north-west group are also had a social occasion – a lunch at the Hellyers Road Distillery Cafe and Restaurant in late November. This venue has become a favourite for the group.

West Coast parents recently met in Queenstown and the focus of the get together was transition and to also plan an end of year lunch which will be in the beautiful west coast town of Strahan at the beginning of December.

# Social/Support Groups

The Ulverstone parent group decided to 'brave the elements' during the holidays and have an outing to the park in Ulverstone. As we might have predicted the weather was extremely blustery and cold however a few mothers braved the conditions and the children had a great time playing on the wonderful equipment at what used to be known as the 'Dinosaur Park'. The group are planning an end of year function in Ulverstone during December.



Circular Head parents usually meet in the Community Meeting Room at the District Hospital in Smithton. Each get together has been well attended and the group are very enthusiastic about services in their region and are aiming to attract one of the newly elected politicians to a future meeting. It will be interesting to see if this happens and will keep everyone posted as to the outcome!

## North West Aspergers Group

The north-west group has had quite a 'hit and miss' time with get-togethers being very difficult: with a venue (renovations) and then inclement weather when a picnic was a planned.

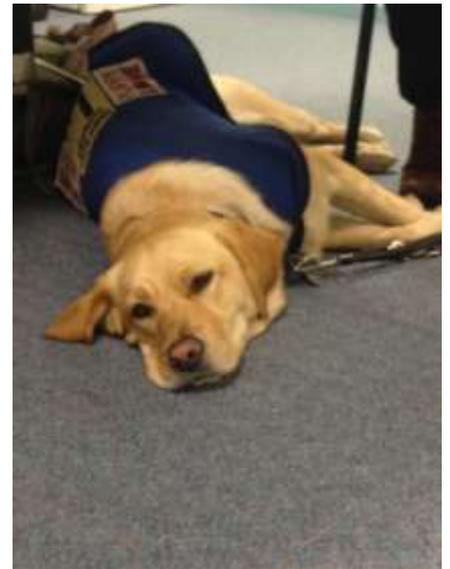
However the next get together will go ahead with an **outing planned AND an alternative if the weather isn't conducive to being outside.**

*Anyone interested in attending the North West Aspergers group can ring Rose on 0407 320 048 for details.*

## Southern Adult Aspergers group

Attendance at the Aspergers group in Hobart continues to grow with an interest in a partner's group to be established as well.

At the last get together we had a 'regular' four legged friend Indie, a trainee guide dog visit for possibly the last time as she has completed her time with her Hobart family and is going on to the next phase of her guide dog life. Indie has been raised by one of the parents who attends on a fairly regular basis and some of the people in the Aspergers group have gotten to know her despite being a bit fearful of dogs. It has been a very complimentary arrangement both for Indie and the group.



Our discussion last time focussed on many topics with lack of services for people who are diagnosed as high functioning being the main one. Some of the attendees are finding that support work agencies have little understanding of High Functioning Autism/Aspergers Syndrome and this will become the focus for the group in the first part of 2014.

## Great News!!!

Membership for individuals with Autism and their family and carers is now free!!! Professional & other individual membership remains at \$27.50.

If you aren't already a member of Autism Tasmania, why not take up this amazing offer! Membership gives you access to our quarterly magazine "Spectrum News", our borrowing library, up to date information on Autism specific activities and events and a whole lot more!

Contact us at 1300 288 476 to join.

# Social/Support Groups

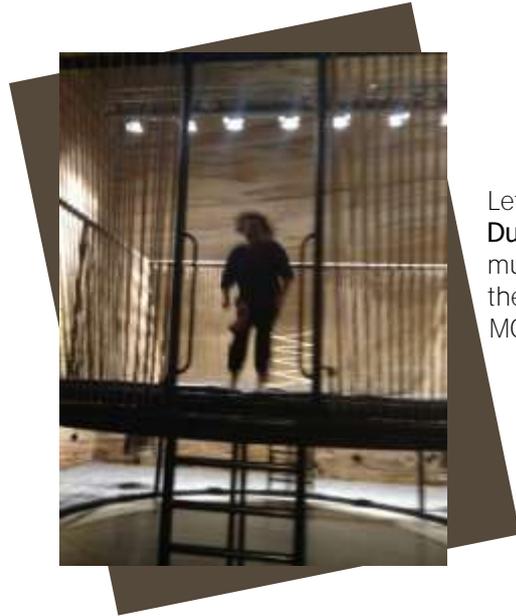


The Zone - South

The southern Zone group have gathered at three of their favourite venues over the past few months. Mini golf is always popular, as is bowling and Zoodoo.



## Dunalley Support/Social Group



Left: One of the **Dunalley group's** mums jumping on the trampoline at MONA.

Dunalley support group recently enjoyed a trip to the Museum of Old and New Art (MONA). There was plenty to look at and many of the installations were interactive. The trampoline was a big hit - even for the mums! It was a great venue to explore, but a long way for our families to travel. We thank all the Dunalley Group members who were able to make the long drive to take part.

## School Holidays Cricket at New Norfolk



A few families met in Tynwald Park, New Norfolk during the school holidays for a friendly game of cricket. It was perfect weather for a relaxed social game!

## Our talented community

The artwork you see here has been done by a young man, Jamie Daft who lives in Queenstown and is now aged 21 years of age. Jamie has always shown a talent for drawing and painting and after completing school at Mountain Heights District High School studied art via Further Education.

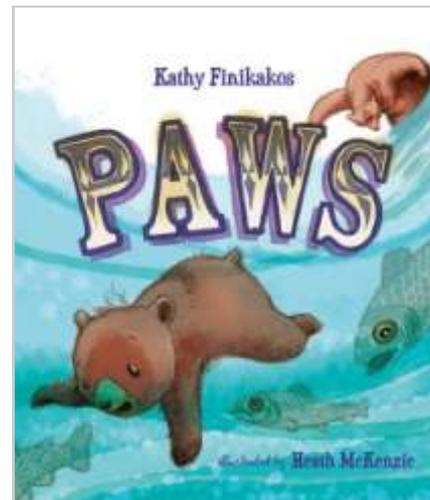
Jamie's artwork can be seen on the walls of his parent's cafe, Serenade which is in the main street of Queenstown. You'll often see Jamie there either in the kitchen or waiting on the tables.

Jamie has a diagnosis of Aspergers Syndrome and art is his passion. One of Jamie's paintings 'Queenstown Unearthed' now graces the fronts of T-shirts which can be bought locally.



Currently Jamie is trying his hand using watercolours in classes run by Maxine Brown.

Rose Clark



## Book Giveaway!

A young child with Autism who struggled to fit in inspired primary school teacher Kathy Finikakos to write this touching story about the fundamental need to belong. Paws started as a little story told to students to demonstrate how they could find their place in the world.

Paws is a curious little baby bear who questions everything. He adores his famous father Roman, who teaches Paws to find contentment in his own corner of the world.

Autism Tasmania has 5 copies of this wonderful children's book to give away! If you are interested in entering the draw for a copy of Paws, email your name, phone number and email address under subject heading "Paws book" to:

[autism@autismtas.org.au](mailto:autism@autismtas.org.au)



## SHIRTS AND SINGLETS ARE AVAILABLE!

We have a small stock of Autism Tasmania Run4Autism tops available for sale at \$30 each in a range of sizes.

If we don't have your size, contact us to place an order (orders take the manufacturer 6 - 8 weeks to process).

Why not order now so that you'll have your blue Autism top in time for Autism Awareness activities in early 2014!

Ph 1300 288 476 to order!



# Social/Support Groups

## Southern Tasmania

### New Norfolk

Ptunarra Derwent Valley Child & Family Centre  
Second Thursday morning in the month – 10.30 – 11:30am.

### Dunalley

Dunalley Community Neighbourhood Centre,  
Arthur Highway  
First Thursday morning in the month – 10am – Midday

Contact: Robyn Davis 0408 376 838

### Hobart- **Asperger's Syndrome Adult** Support Group

Autism Tasmania office, 1 Bowen Rd, Moonah  
Last Sunday in the month 2.00 – 4.00pm.

Contact: Rose Clark 0407 320 048

## North West Coast

### Burnie

Burnie Community House, 24 Wiseman St, Burnie  
Third Thursday in the month - 10.30am - midday.

### Circular Head

**Smithton District Hospital's meeting room**  
Third Friday in the month – 10.30am - midday.

### Devonport

In recess pending confirmation of venue

### Burnie—**Asperger's Syndrome Adult** Support Group

152 Wilson Street, Burnie  
Second Saturday in the month 1.30pm - 3.30pm

Contact: Rose Clark 0407 320 048

## Northern Tasmania

### Launceston

**Northern Children's Network, Amy Road, Newstead**  
Coffee mornings - Fourth Tuesday in the month from 10am  
Evening Meetings - Third Tuesday in the month from 7pm  
Bike Centre family get togethers in school holidays

### Scottsdale

Dorset Community House  
Second Tuesday in the month 11am—12:30pm

Contact: Robyn Thomas 0458 375 604

### Launceston

**Asperger's Syndrome Adult Support Group**  
Aspire Building, 190 Charles Street, Launceston  
First Saturday in the month 1.30 – 3.30pm.

Regular visits to Campbell Town and George Town. Please contact our office for details.

Evening information sessions at Northern Children's Network, Amy Road, Newstead are conducted regularly. Please contact our office for details.

Contact: Rose Clark 0407 320 048

## West Coast

Meetings on the first Thursday in every month on a rotational basis—Rosebery, Queenstown, and Strahan 10.30am -midday. Please contact Rose Clark for details of upcoming venue.

## East Coast

Monthly meetings organised by Karen Rawnsley  
Phone 6372 5077 or 0418 375 450

For more information please call: 1 300 288 476  
or  
email [admin@autismtas.org.au](mailto:admin@autismtas.org.au)



Our offices will be operating with limited staff presence between the 20th of December 2013 and the 6th of January 2014.



The Board, Management and Staff of Autism Tasmania wish you a very Merry Christmas and a happy New Year!



**Autism**  
**TASMANIA INC.**  
Making Futures Brighter

ABN: 90 215 494 454

## Hobart

1 Bowen Road, Moonah  
PO Box 514, Moonah 7009  
Ph: (03) 6278 9985

## Launceston

59D Amy Road, Newstead  
PO Box 358, Newstead 7250  
Ph: (03) 6344 1212

Phone: 1300 288 476  
Email: [autism@autismtas.org.au](mailto:autism@autismtas.org.au)



or our website  
[www.autismtas.org.au](http://www.autismtas.org.au)