

AUTITUDE!



INFO AND ADVICE!
MOVIES! ART!
AND MUCH MUCH MORE!

WELCOME!

It's that time of year, it's beginning to look a lot like Christmas! Thank you to everyone who has contributed to Autitude in 2022.

Keep your fantastic contributions coming in 2023. Whether it's a poem, a written reflection, a cartoon, a blog, photography or example of another creative pursuit, we would love to hear about it. If you have something you would like to share, please get in touch with us at autitude@scottishautism.org.

To make sure you are updated when the latest edition is released sign up here – thank you



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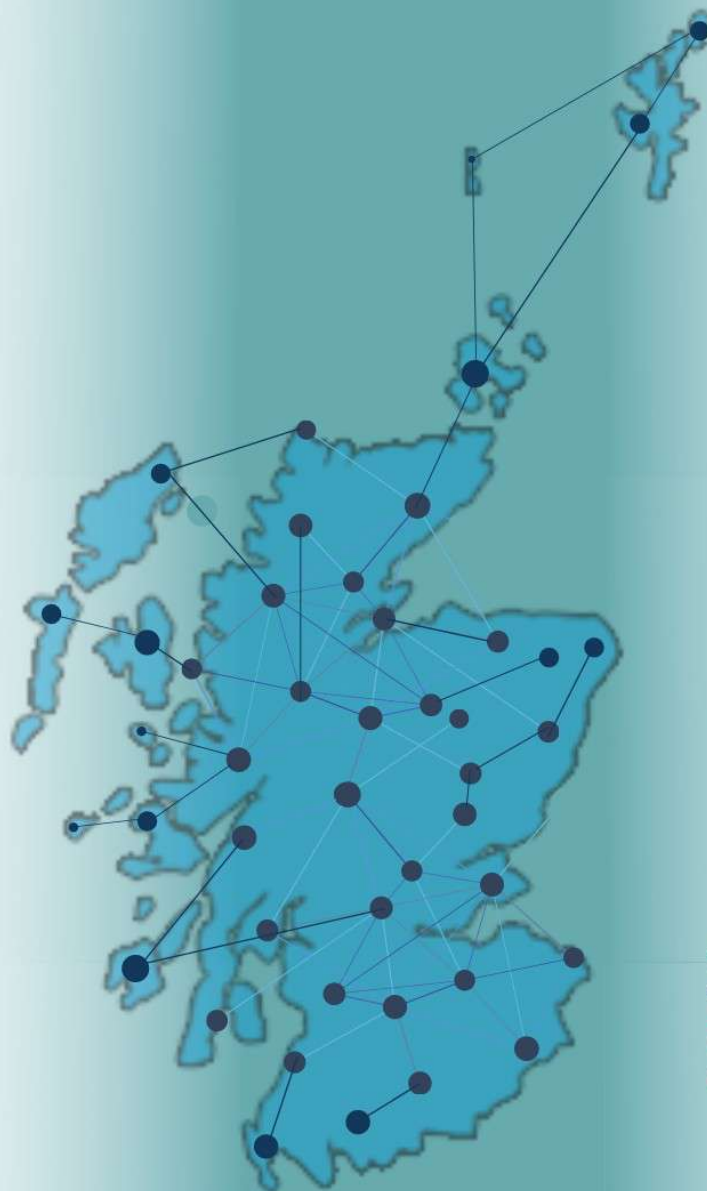
4. Click & Connect Updates.

7. David Yeoman's Neurodiversity Journey.

17. Artitude! – A specially expanded holiday special!

35. Spectrum Superstars!





Scottish
autism
WHERE AUTISTIC PEOPLE
ARE VALUED

Book your place for Click & Connect Block 7 taking place from October to December!

These online events aim to help the autistic community and families in Scotland to stay connected.

All group sessions run via Zoom and are free to join.

Mindfulness for Autism

Mindfulness for Autism is a strengths-focused mindfulness approach that provides recovery and counteracts the negative sensory impact of the world for autistic adults and their carers. It also aims to reduce the impact of stress, isolation and fragmentation in autistic people and family members/carers of autistic people and aims to break this negative cycle, helping people to live a more self-aware, empowered and fulfilling life.

The group will take place every Tuesday morning until 15th December, 10am - 11am.

Online Art Group

The Art Group is open to autistic people and their families and aims to bring people together for creative expression in an informal and safe environment. It offers the chance for a mindful break from the day's worries and can help to reduce stress. Join our online Art Group taking place every Wednesday until 14th December, 5pm - 6.30pm.

Virtual Choir Group

If you're a music lover who enjoys singing, come along and share music with others in a fun, no pressure environment. This group is for autistic people and their families in Scotland, and all ages and abilities are welcome!

Join our Virtual Choir group taking place every Thursday until 15th December, 5pm - 6pm.

Autism Support Group

This is a guided support and dialogue group that uses guided mindfulness meditation and group conversation as a basis for stress recovery and improving relaxation and wellbeing. Come along and join our Autism Support Group for autistic individuals and family members of autistic people in Scotland. Run by Jonny Drury, the group will take place every Thursday until 15th December, 1pm - 2.30pm.

Don't miss out, find out more and book your place now:
www.scottishautism.org/click-and-connect

My Neurodiversity Journey Part 9

Imagine if you can, accompanying a mother (moral support) to her child's secondary school where her daughter was struggling; not for the first visit I may add for the anxious and confused Mum. Also, the numerous email exchanges and telephone conversations on a weekly basis.

This scenario will be all too familiar to many parents and carers.

I include school teachers too; they are also frustrated how restricted they are given a referral to CAMHS (NHS Scotland Child and Adolescent Mental Health Services) can take between 18 months to 2 years apparently.

How can we achieve "Neuroinclusion" in our society when schools are struggling to offer the most appropriate teaching style along with assisting in picking the most appropriate subjects the year before their first major exams?

Imagine watching at first hand how compassionate the Deputy Head and the class register was in dealing with the occurring presenting challenges the 3d year child was experiencing daily.

The school were assisting the person and not the label of potential diagnoses. Most encouraging in this instance and very professional. Pupil orientated.

Below the slide highlights what really is happening at a Sub Conscious level. Anger is a secondary emotion.

THE ANGER VOLCANO



Anger is neither a positive or a negative emotion. However it can be an uncomfortable emotion.

If anger is not controlled, it can "ERUPT" into violence or abuse.

Like the lava from a volcano that builds the island, anger has a purpose, anger indicates something is wrong.

Anger is a secondary emotion which means there is some other emotion at play. It is important to challenge the anger to see what is behind it. These are common emotions hidden behind anger.

Helpless		Rejection
	Fear	
Embarrassed		Frustration
	Envy	
Disappointment		Overwhelmed
	Guilt	
Injustice		Jealousy
	Shame	



With so much tension, anxiety, frustration and overwhelming emotions (to mention a few) it is important that there is downtime for both the pupil / student and of course parent and carer too.





















A very useful visual reminds to listen to our bodies and no our limits.

The Spoon Theory



The Spoon Theory is a creative way to explain to healthy friends and family what it's like living with a chronic illness. Dysautonomia patients often have limited energy, represented by spoons. Doing too much in one day can leave you short on spoons the next day.

If you only had 12 spoons per day, how would you use them? Take away 1 spoon if you didn't sleep well last night, forgot to take your meds, or skipped a meal. Take away 4 spoons if you have a cold.

			
			
get out of bed	bathe	make & eat a meal	go to work/school
			
get dressed	style hair	make plans & socialize	go shopping
			
take pills	surf the internet	light housework	go to the doctor
			
watch TV	read/study	drive somewhere	exercise

The Spoon Theory was written by Christine Miserando, which you can check out on her website www.butyoudontlooksick.com.

Visuals assist neurodivergent learners.

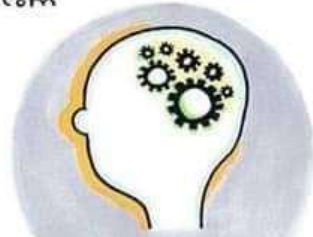
9 REASONS TO USE VISUALS

www.northstarpaths.com

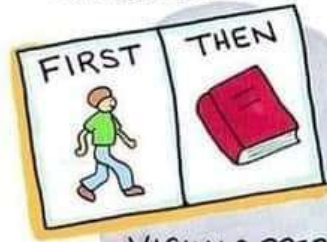
@kwiens62



- VISUALS ARE PERMANENT
(SPOKEN WORDS DISAPPEAR)



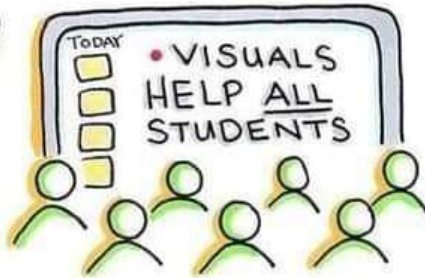
- VISUALS ALLOW TIME
FOR LANGUAGE PROCESSING



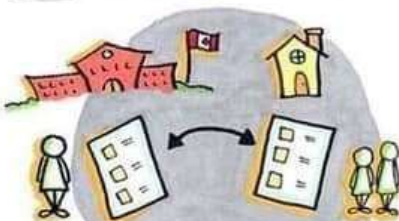
- VISUALS PREPARE
STUDENTS FOR TRANSITIONS



- VISUALS HELP KIDS
SEE WHAT YOU MEAN



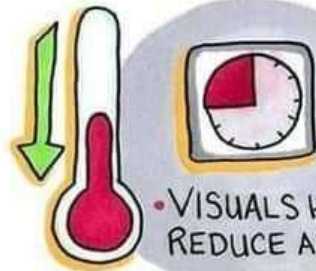
- VISUALS HELP
BUILD INDEPENDENCE



- VISUALS ARE TRANSFERABLE
BETWEEN ENVIRONMENTS
AND PEOPLE



- VISUALS HAVE NO ATTITUDE
• NO TONE • NO FRUSTRATION
• NO DISAPPROVAL

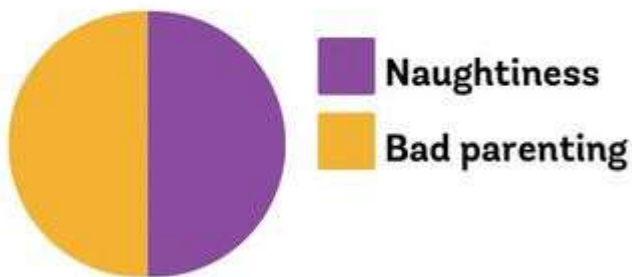


- VISUALS HELP
REDUCE ANXIETY

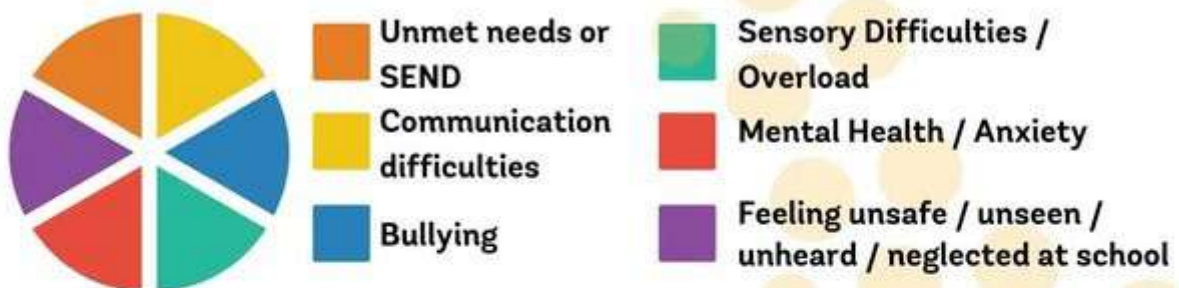
Illustration by [unreadable]

Reasons for the urgency in primary school pupils are screened / assessed at a very young.
Teachers being trained on what to look out for.

WHAT PEOPLE THINK ARE THE REASONS FOR SCHOOL AVOIDANCE



THE REAL REASONS...



SCHOOL AVOIDANCE SHOULD NEVER BE IGNORED.



SUNSHINE SUPPORT

Award winning SEND consultancy service for parents & professionals

www.sunshine-support.org

All education authorities', schools, collages and universities working to the social model.

WHY PROFESSIONALS SHOULD UNDERSTAND

NEURODIVERSITY

CHALLENGES NEURODIVERGENT PEOPLE FACE

Accessing health, social, and educational services



Barriers accessing support



Focuses on disorder & cures



Systems rely on verbal communication



Diagnostic overshadowing

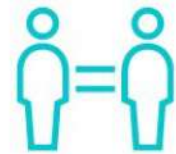
MEDICAL MODEL:

- See the disorder
- Treat symptoms
- Gatekeep services
- 'One-size fits all'
- Sees high/low functioning



PRO-NEURODIVERSITY MODEL

- Empowerment
- See the person
- Co-production
- Person-led
- Support their needs



Ensuring a pupil's / student's mental health and psychological well-being are met.

Table 1

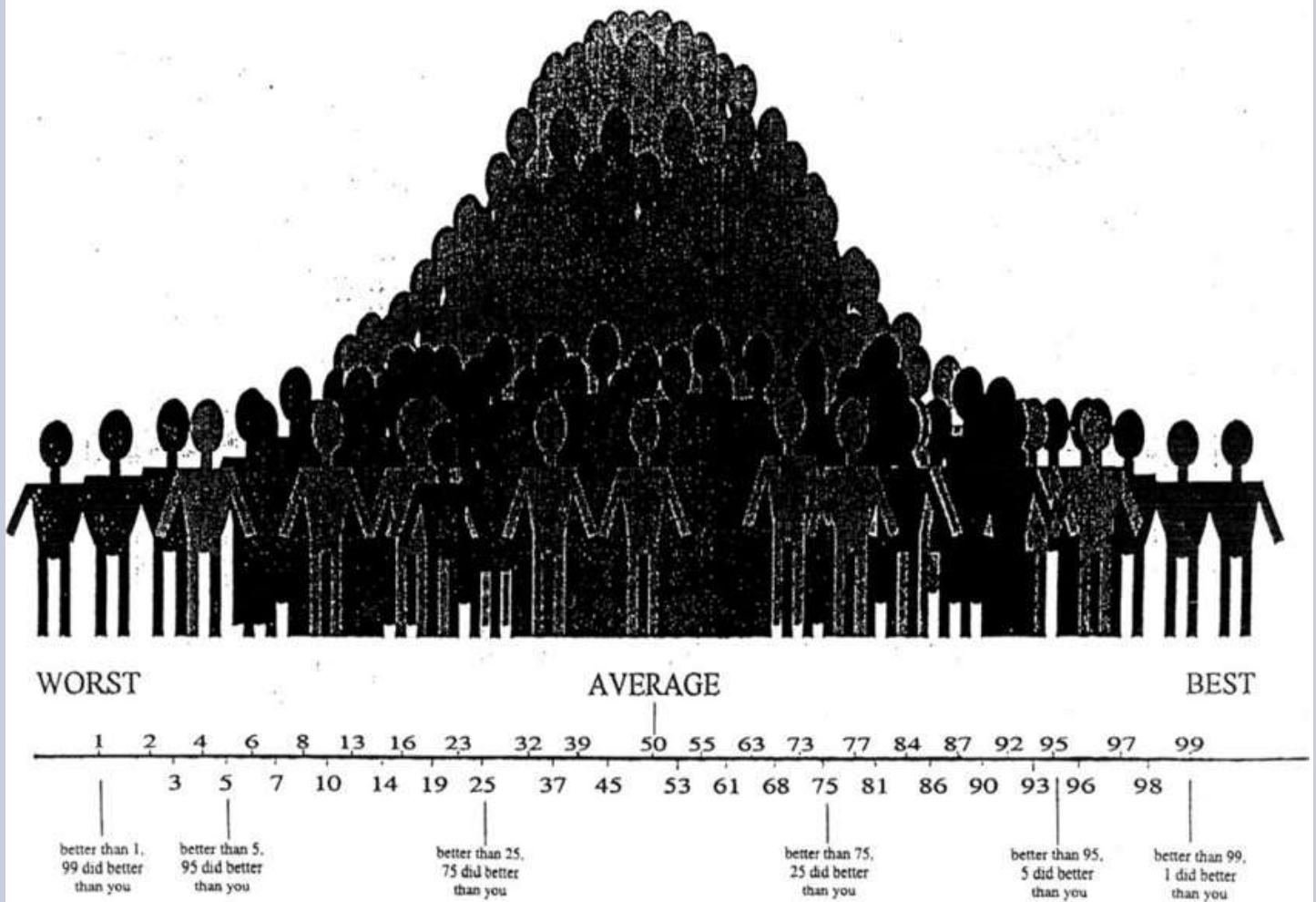
Definition of the six dimensions of psychological well-being.

Psychological well-being dimension	Definition
Self-acceptance	Emphasis on acceptance of the self and of one's past life.
Positive relations with others	Having strong feelings of empathy and affection for all human beings and as being capable of greater love, deeper friendship, and more complete identification with others and warm relating to others.
Autonomy	Expressions of internal locus of evaluation, thus not looking to others for approval but evaluating oneself by personal standards.
Environmental mastery	The individual's ability to choose or create environments suitable to his or her psychic conditions.
Purpose in life	Having goals, intentions, and a sense of direction, all of which contribute to the feeling that life is meaningful.
Personal growth	Emphasis to continued growth and the confronting of new challenges or tasks at different periods of life.

Minimising, meltdowns, shutdowns or burnouts.

"Accept the deficits and embrace the strengths" is a phrase I coined just after my diagnoses.

It's vitally important that each child is not suffering needlessly due to lack of support and waiting times for a thorough assessment that will determine their own unique neurobiology.



Below is an example of an uneven cognitive profile or sometimes called a spiky profile.

What will it mean if every child knew this at the beginning of their school journey?

For many, and I include myself, Schooling was a bootcamp that legally had to be endured.

The following headings I was tested on: -

Reading and Handwriting

Handwriting skills

Phonological skills

Memory & speed of visual processing

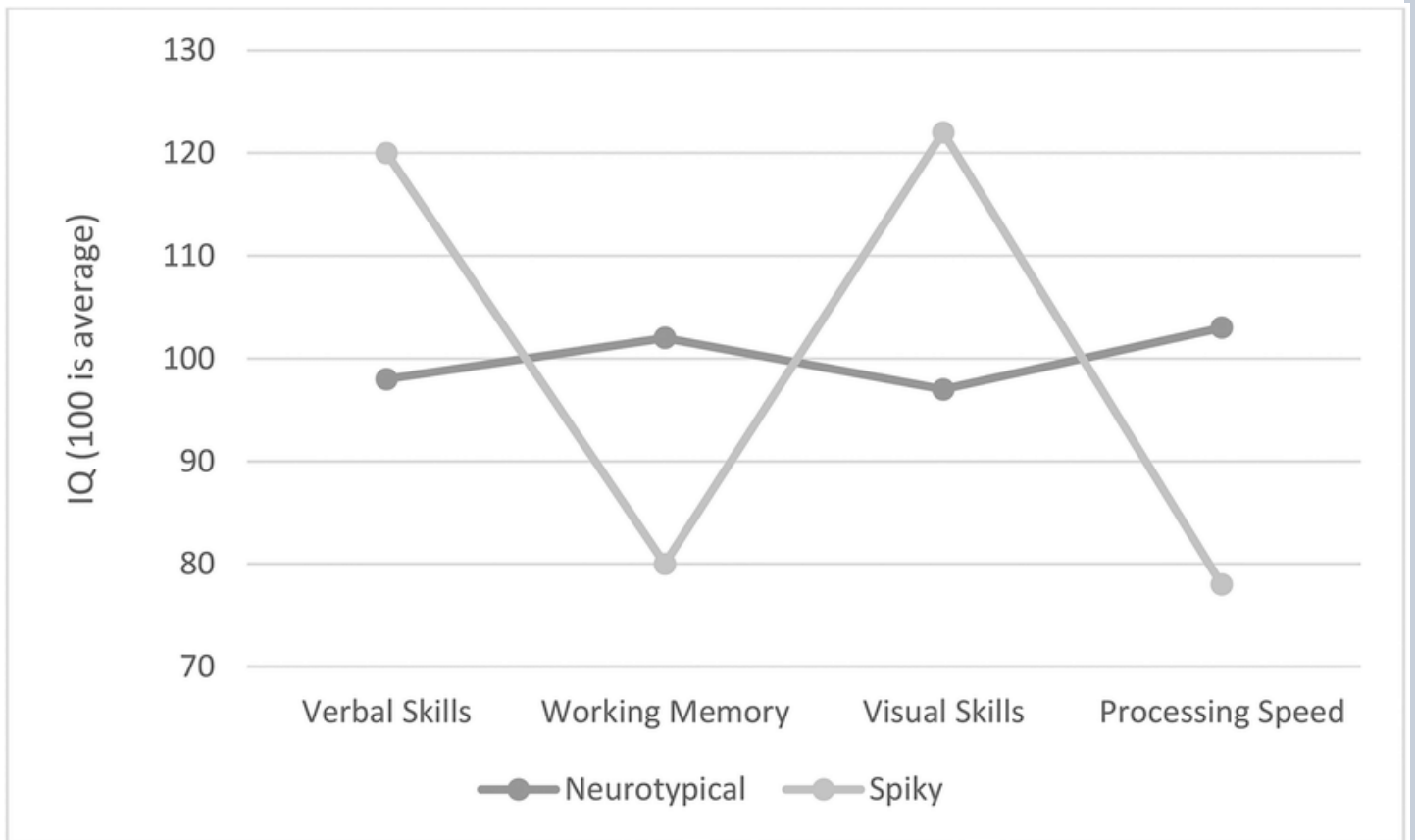
Literacy & numbering

Underlying Ability (WRIT Score) Wide Ranging Intelligence Test

As you will see the slightly wavy line in the middle illustrates the neurotypical brain.

I was off the bottom scale in 4 of the tests. Below and well below average.

However, my Underlying ability is still hard to accept and digest.

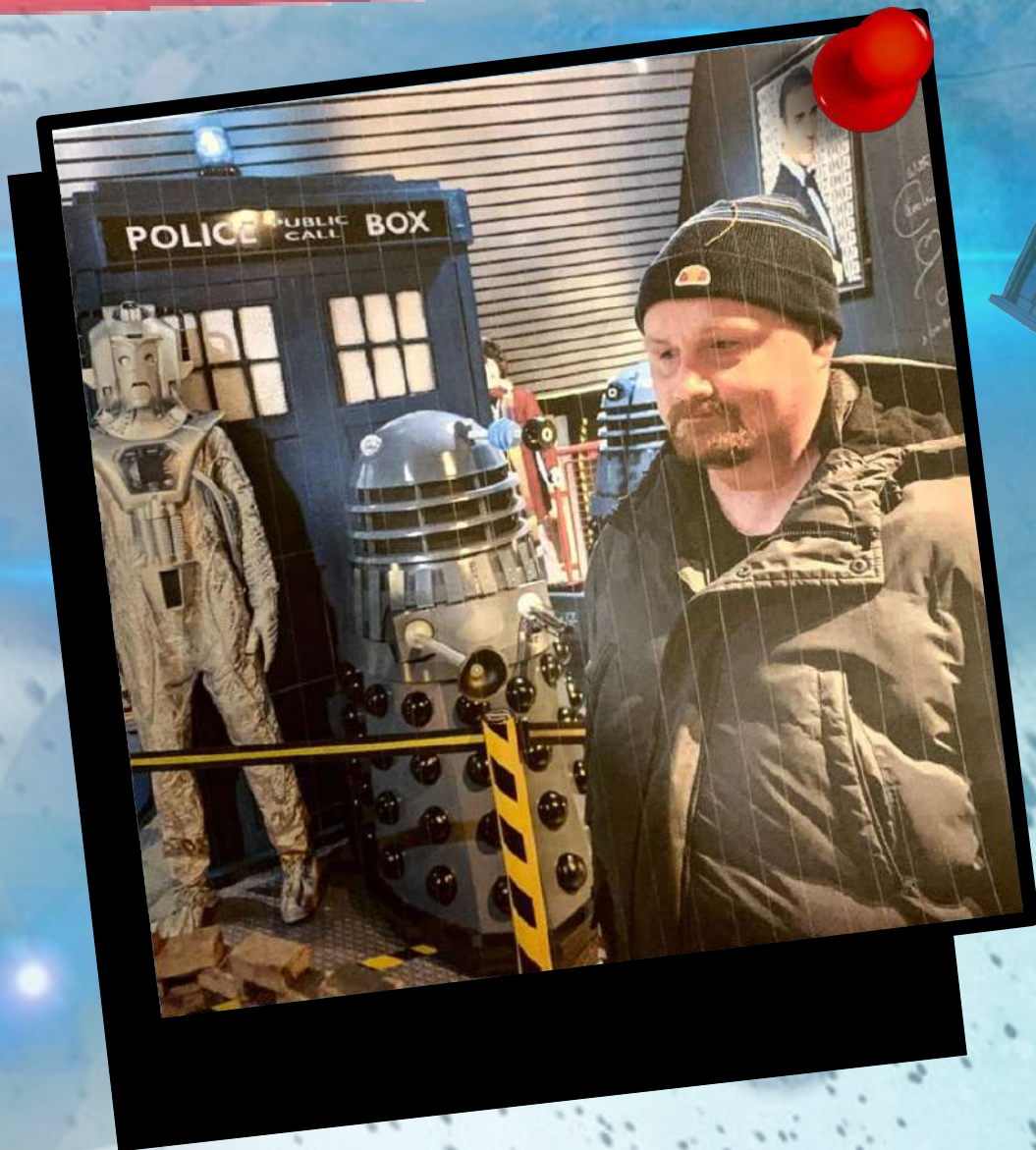


I am driven to ensure that every pupil / student as early as possible, establishes where their strengths lie and to not suffer in their weaknesses making school a very unhappy environment to be in.

David Yeoman – Blogger & Volunteer; Scottish Autism, Contributor @ Autism Advisory Forum, Consultant at Dyslexia Scotland. Advisor / Consultant Autistic Knowledge Development

ARTITUDE!

More readers art and photography for your viewing pleasure!



Hi, my name is Dale. Welcome to Dale's Movie House. I have a passion for all types of memorabilia and collect all sorts of models and figures from tv and film.

One of my favourite tv shows is Dr Who and my favourite thing from Dr Who is the TARDIS.

I invite you to watch the premier of the Dr Who story I have made using realistic toy photography. Tonight at Dale's Movie House – Dr Who Dale's Invasion..

VWORP!
VWORP!





TARDIS stands for
Time And Relative Dimension In Space



The words TARDIS and Dalek are both in the Oxford English Dictionary.

The TARDIS sound effect was made using a piano and a front door key.

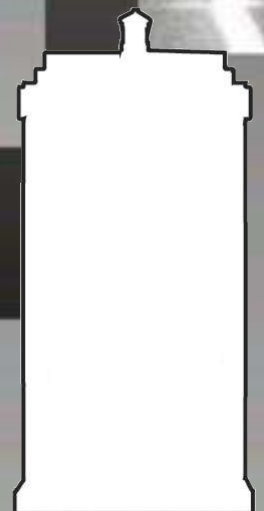




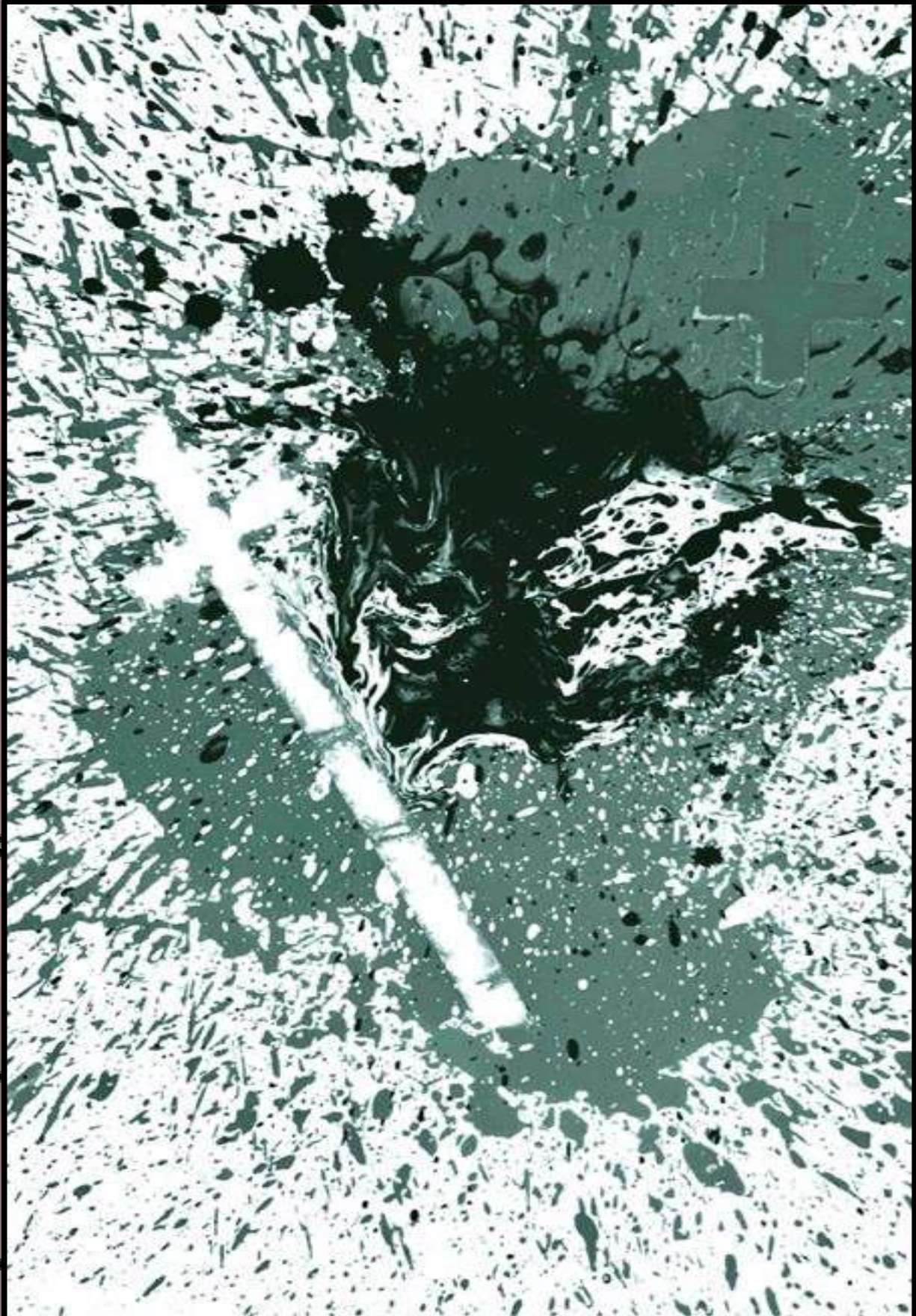
The Doctor's home planet is called Gallifrey.



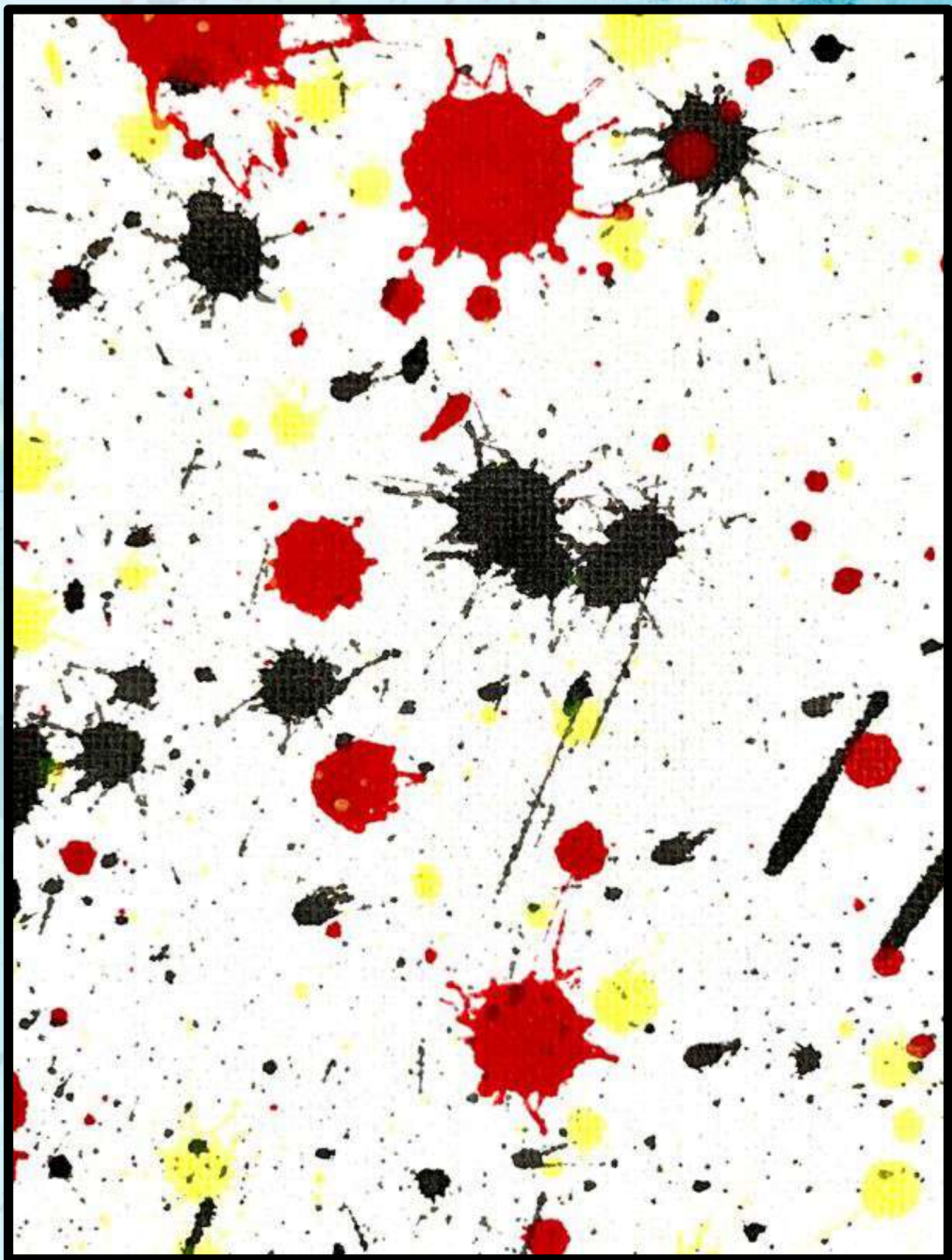
The Doctor has 2 hearts.



Barry and Lee's artwork is themed around remembrance day. Both have explored the representation of the Poppy through action painting on canvas.







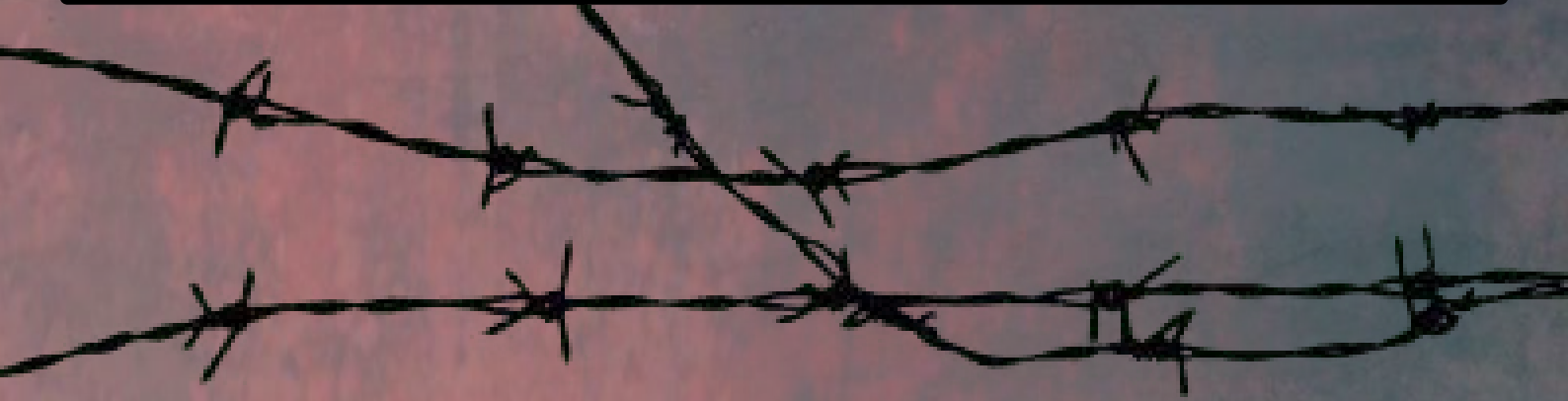
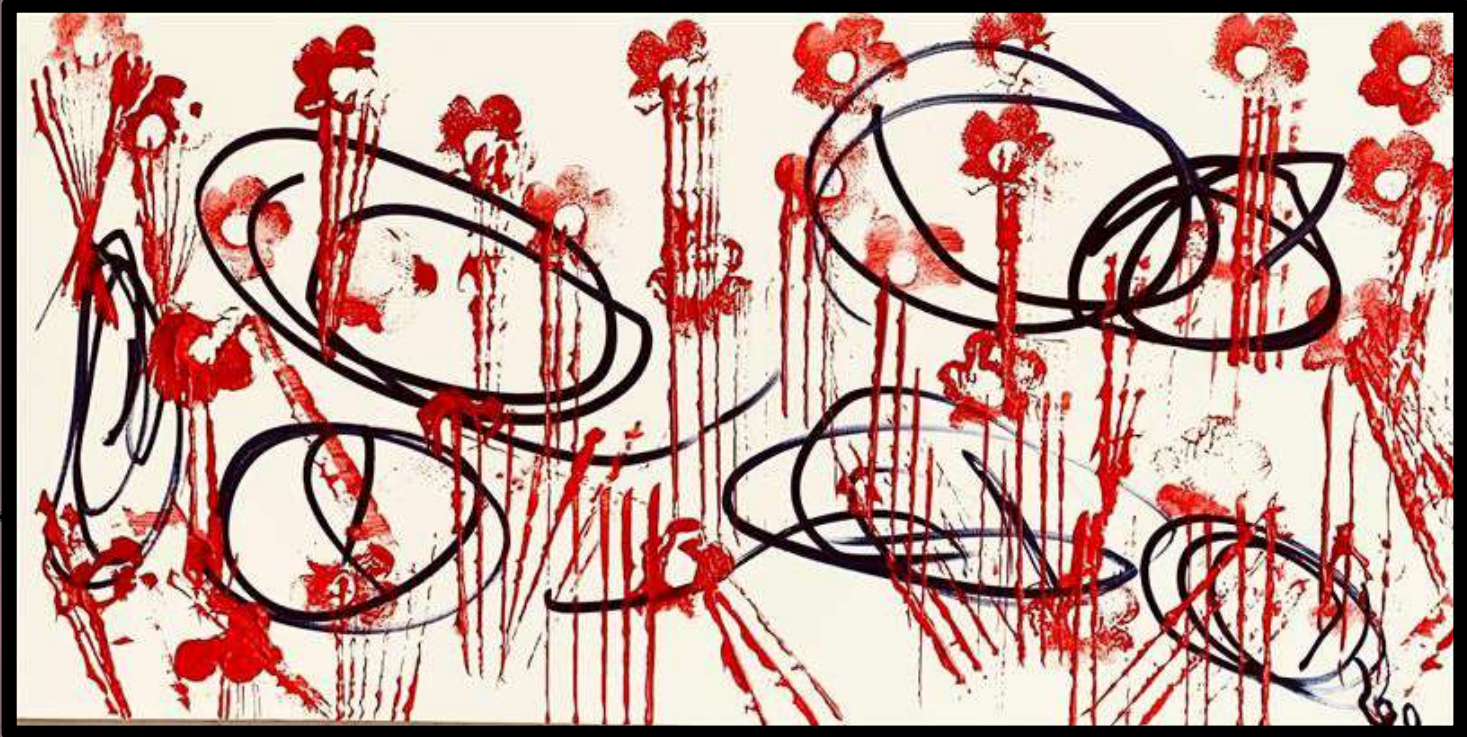
Barry at work.





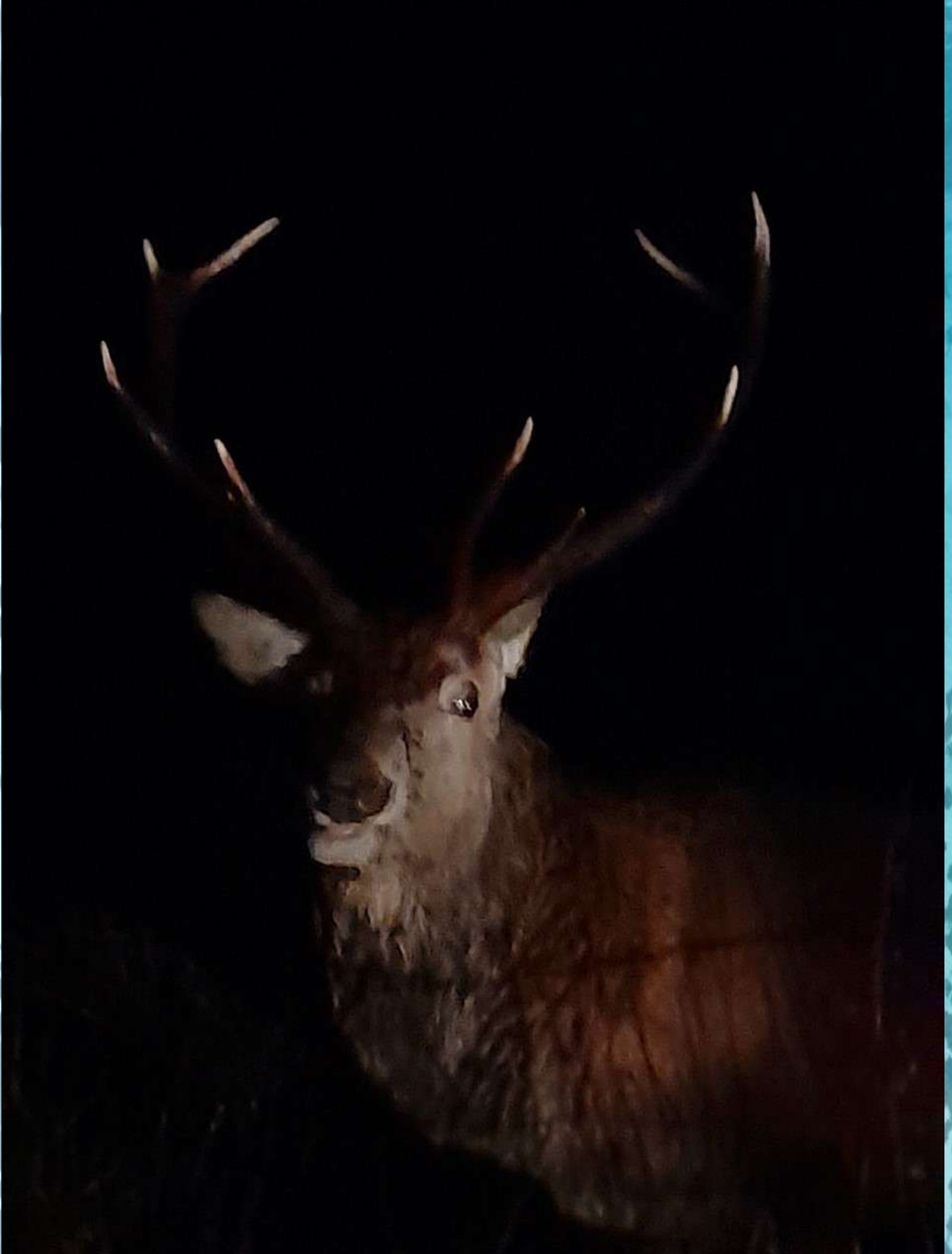
Lee.

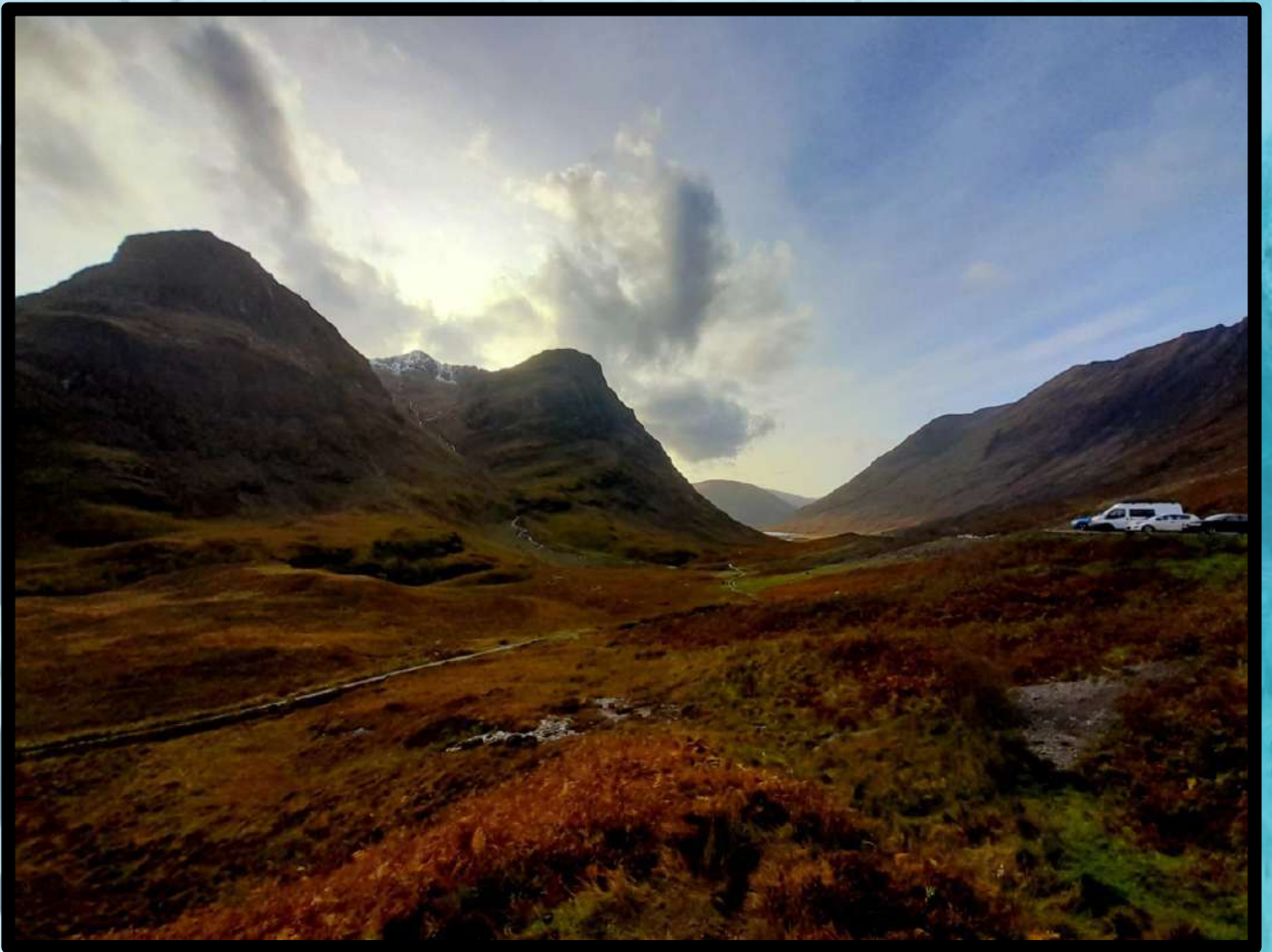


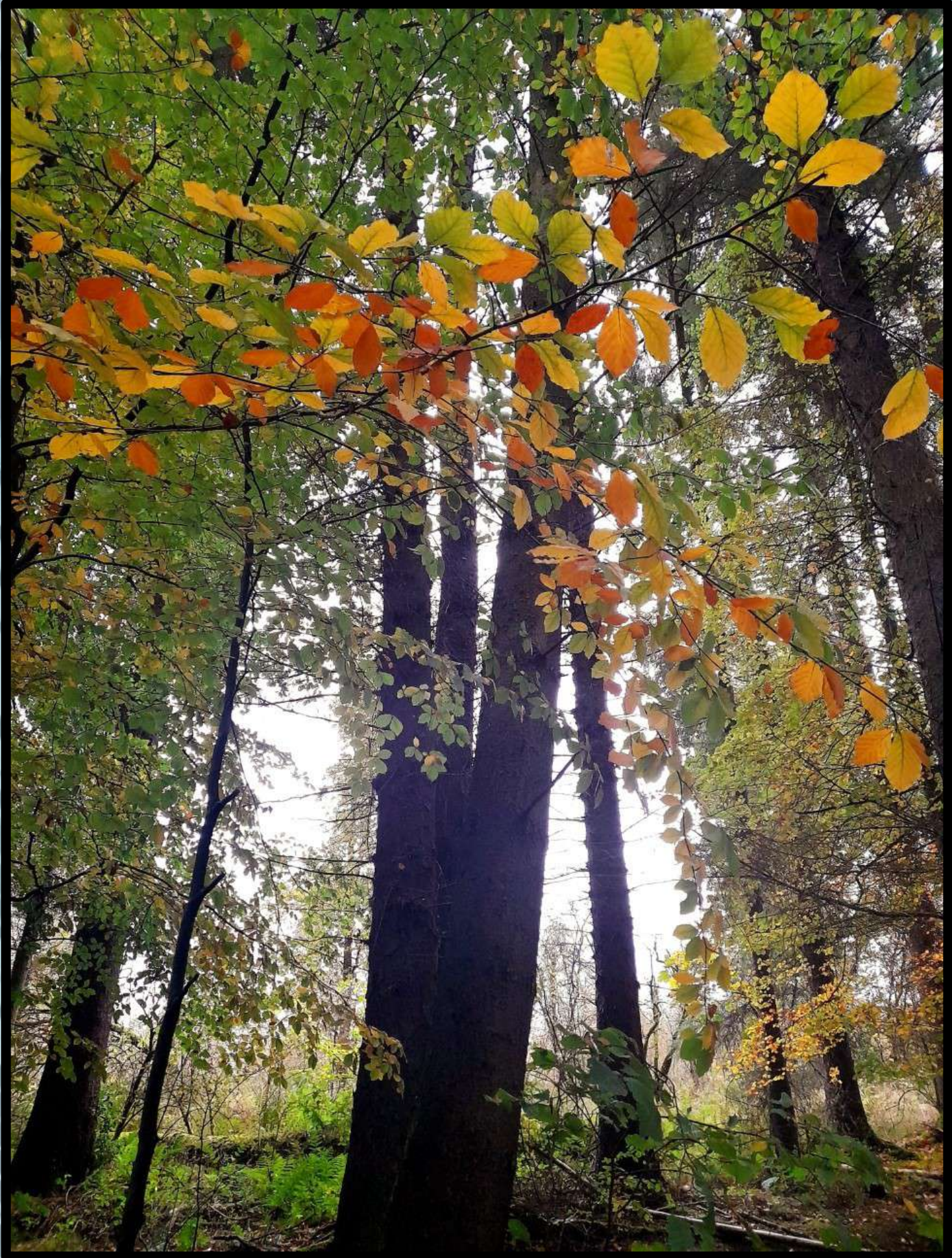


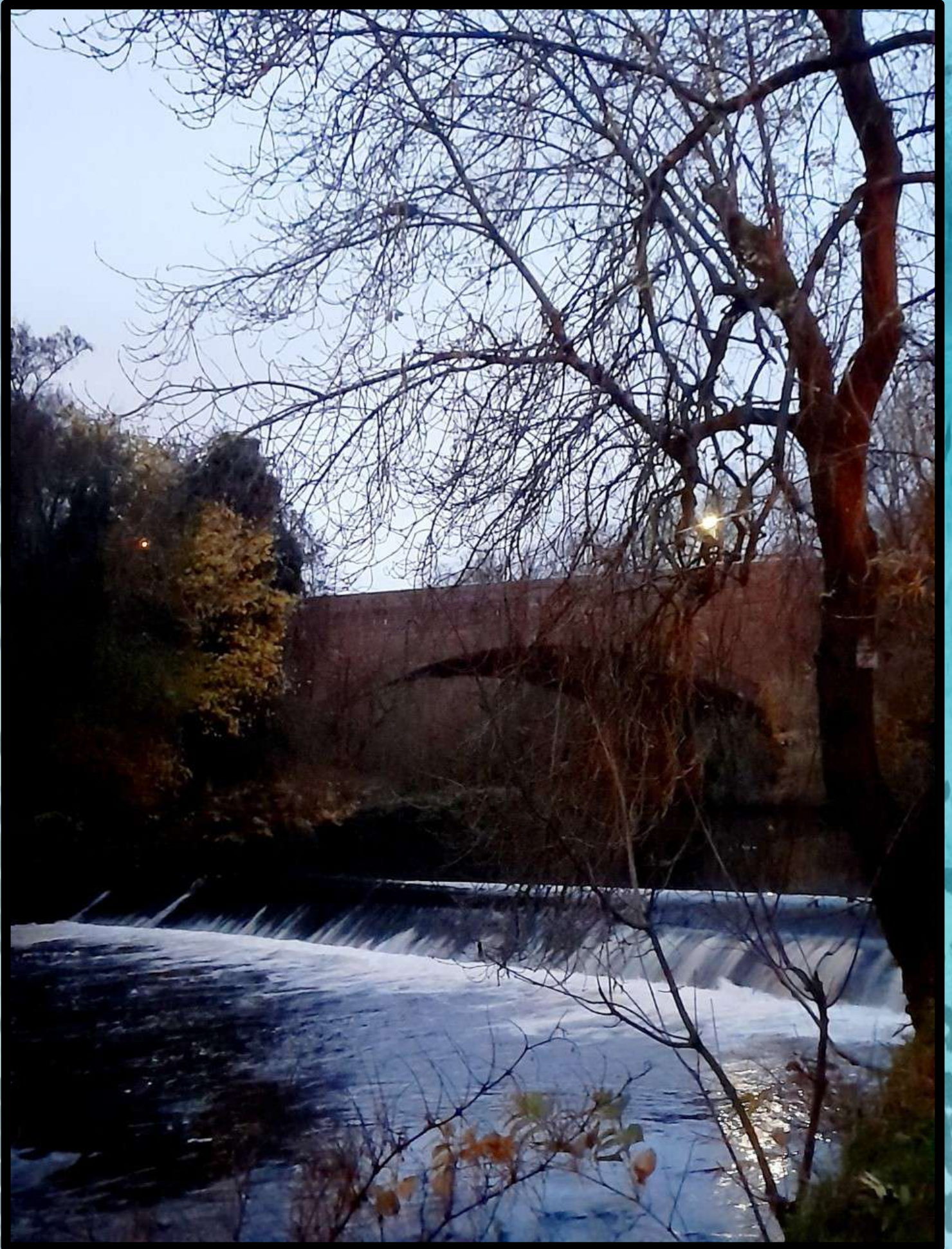
Out and about in this cold season with my camera.

By Sandra Louise Smyth.









SPECTRUM SUPERSTARS!



Name: Wentworth Earl Miller III
Born: June 2, 1972 (age 50)
Occupation: Actor and screenwriter.

AUTITUDE NEEDS YOU!



Well that's it for issue 20!
Hope you've enjoyed it!
Don't forget to send your contributions to
autitude@scottishautism.org