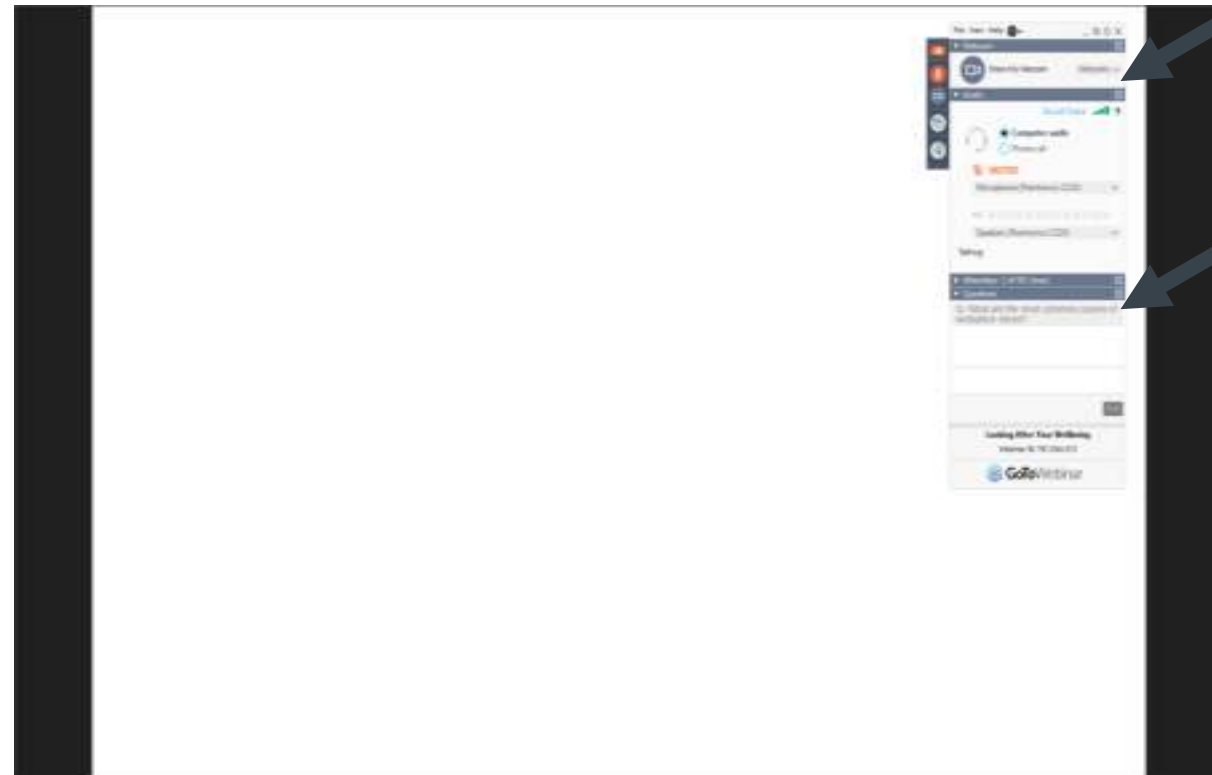


*Welcome to  
your charity*



# Welcome to our Webinar

The console will show audio levels of the speaker; your mic will remain muted.



Type questions, thoughts or comments and press 'send'. They will only be visible to the host of the webinar.

# **Our Vision...**

is to be a supportive community in which everyone has the chance to live their life to the full.

## **We offer...**

a range of financial assistance and services to support you.

# Key Facts

- ▶ All serving, former or retired civil servants (and their dependants) can seek the Charity's help at any time
- ▶ There is no need to donate to be eligible for our help, (but it's great if you do and there are many ways you can)
- ▶ We are **NOT** a membership organisation

# In 2021...

People came to us for help nearly **97,000** times



Nearly **£1.66 million** was given out in **4,700** payments to support people in need



Every **minute** someone accessed or applied for help



**80%** of the total times people came to us for help was related to wellbeing

**Linda Eades**

Head of Caring, Health &  
Wellbeing Services

**Making the complex, easy.  
Simple Strategies & Resources  
for ASD & ADHD**

Dr Annie Clements(Hons)



# Who & what needs to change ?



What do we say about  
a diagnosis?

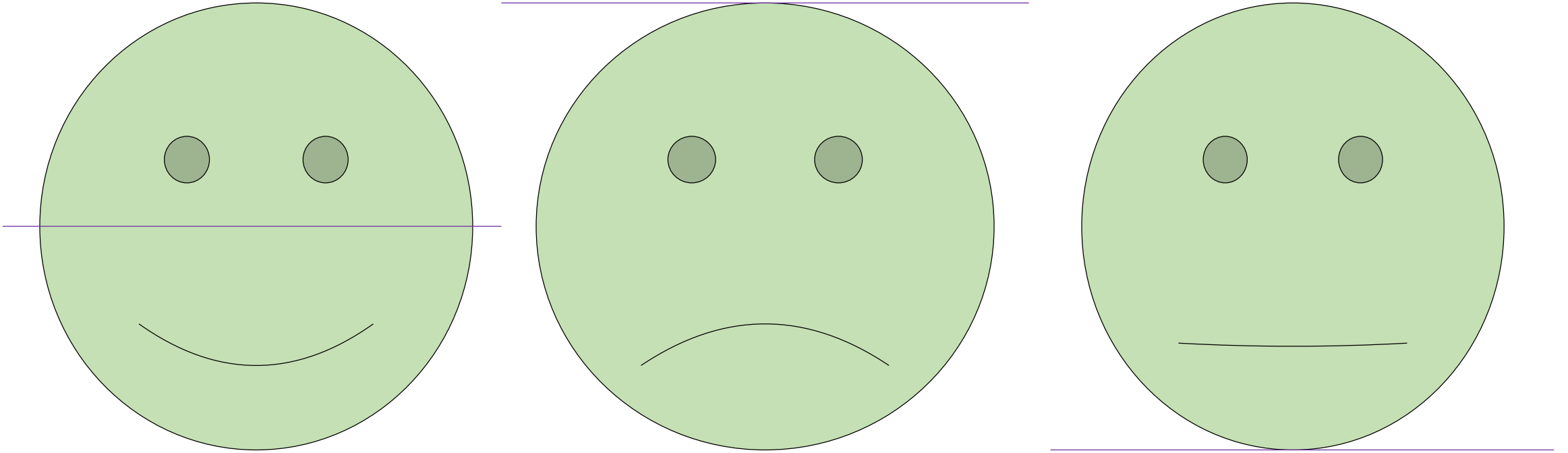
What is a strategy?

Can we make it go away?

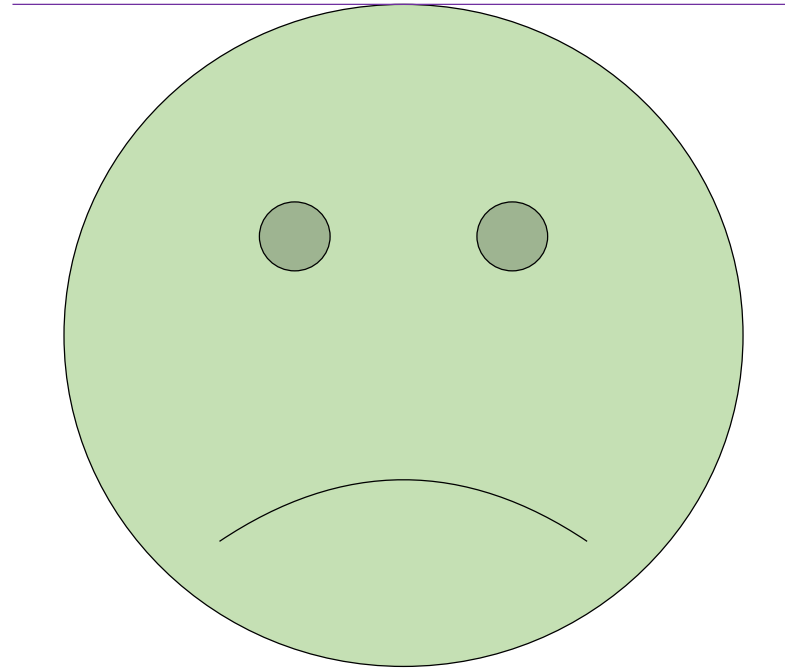
Can we change it?

Do we need a strategy manage it?

# Block 1: Emotional Overwhelm



Lets talk a bit more about face 2



Think of it as a fire, we want it to go out

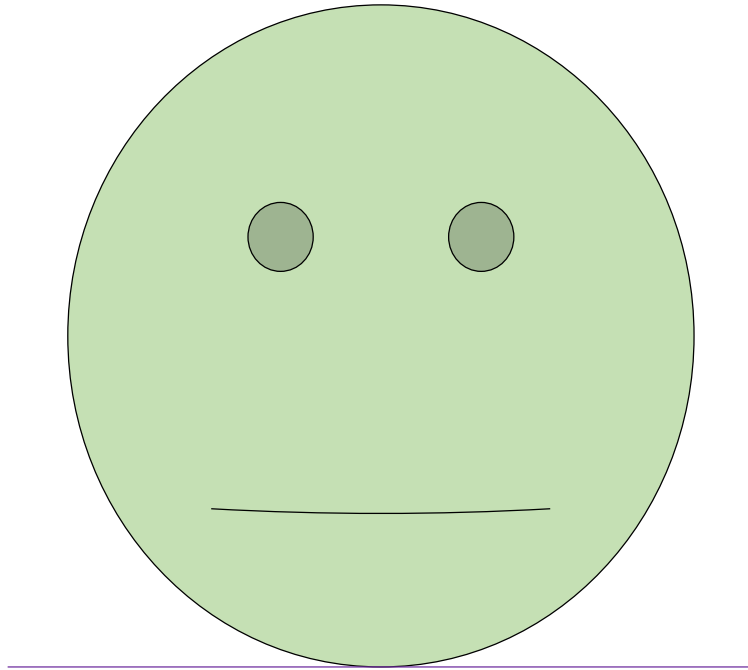


# Managing an overwhelm

- Empathy
- Safety first
- Space/quiet
- Slow breathing
- Counting
- Food
- Fluids
- Visual distraction



# More about face 3



# Face 3 What is it like ?



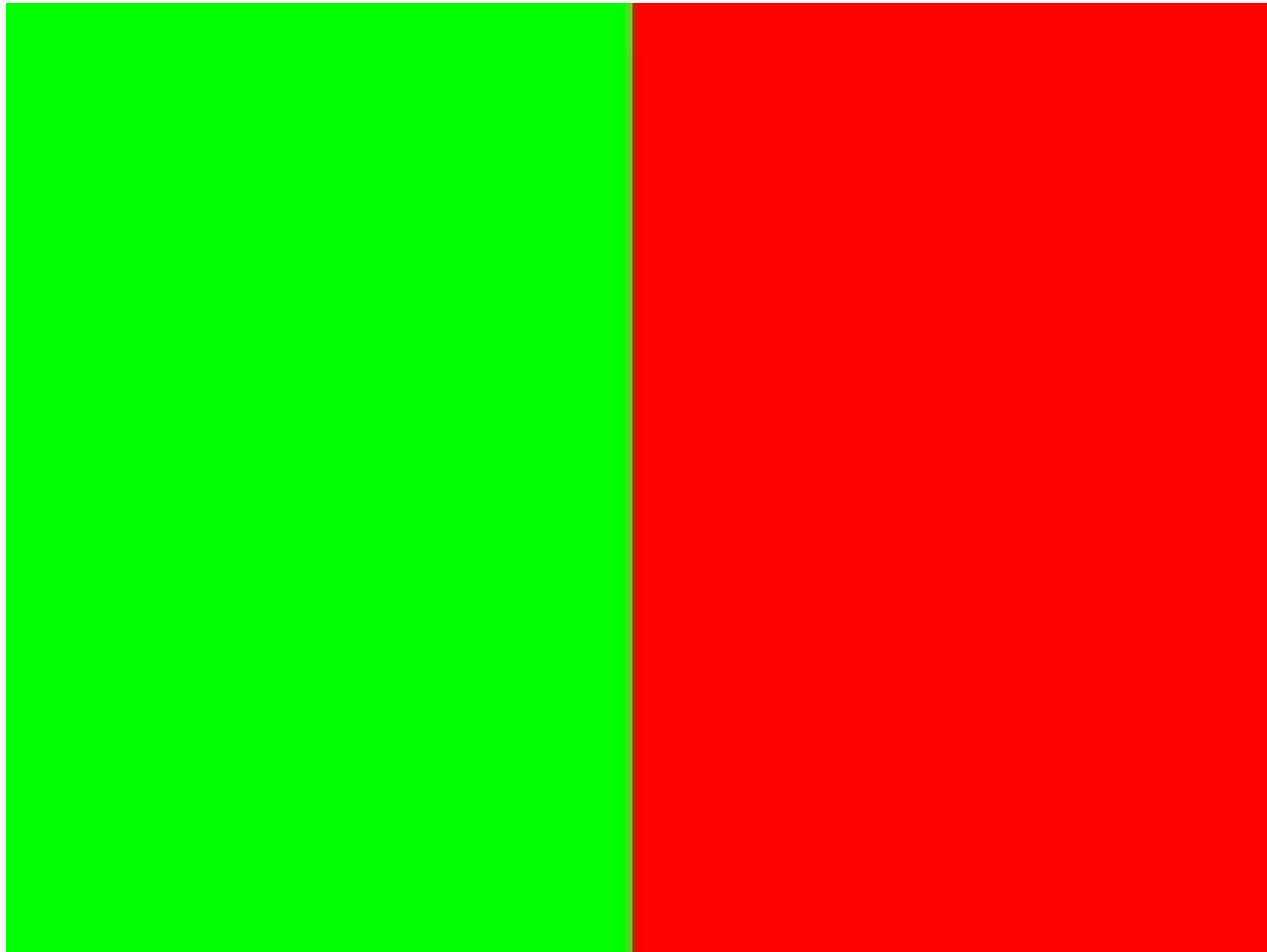
We are NEVER completely ok at school or when we are out and about (even if we are enjoying themselves)



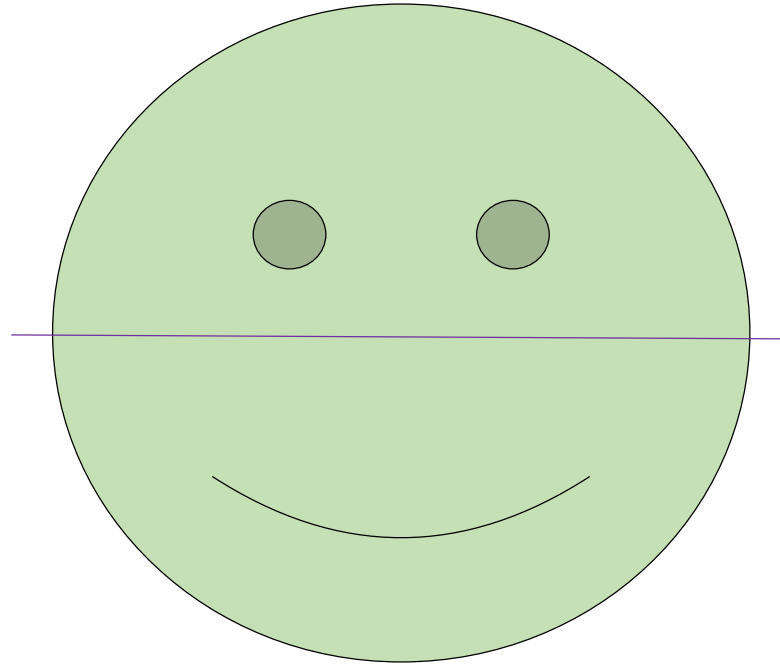
# When we are back home - first things first for everyone

- Food
- Drink
- Some like to move
- Some like quiet
- No real questions about our day, if you can help it, until we have had time

# Red & Green Experiences



# Thinking more about Face 1



What we use to relax is very personal, and maybe not what we think

# How about families ?





# Moving forward..

- Work towards embracing a Neurodiverse Lifestyle
- Work as a team-we all have different skills
- It's a marathon not a sprint
- You don't need to learn it all at once
- Bring in others with experience
- Where is your pocket of time?
- Journaling
- Do things with your children, not too them

# Block 2 Imagination Fracture

- Planning
- Choices
- Risk assessing
- Relationships
- Time
- Self Reflection

Anxiety is probably the biggest issue

Yours as well as theirs, you need to  
look at changes for you too.

# Make their imagination Visible

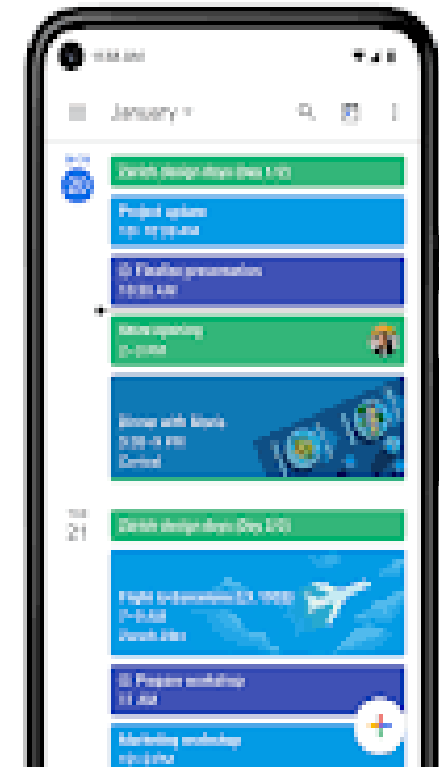


# Planning

Arrival at school		
1		Take off coat <small>(coat, sweater, scarf and hat)</small>
2		Open Backpack
3		Take out work
4		Take out lunch
5		Hang up coat
6		Hang up backpack



Intelligently manage work, school, and personal calendars



# Choices - The Ice Cream Approach (first, eat ice cream lol)



# Trips out and car journeys



# All about information

**WE ARE  
VISITING**



**BANHAM ZOO  
ON SUNDAY**



**we are travelling in our car**

You can sit in the back with Jenny and watch your ipad. The journey should take an hour but don't worry if we get held up, we will keep trying to get there.



**When we get there we may  
have to queue**

but don't worry, we will be with you and it wont be for too long



# Relationships – all about trust and feeling safe



**They are just like jam doughnuts**



# Main issues

- Communication
- Boundaries
- Empathy
- Understanding consequences
- Unpredictability
- Body language
- Facial expressions

# Bullying versus perception

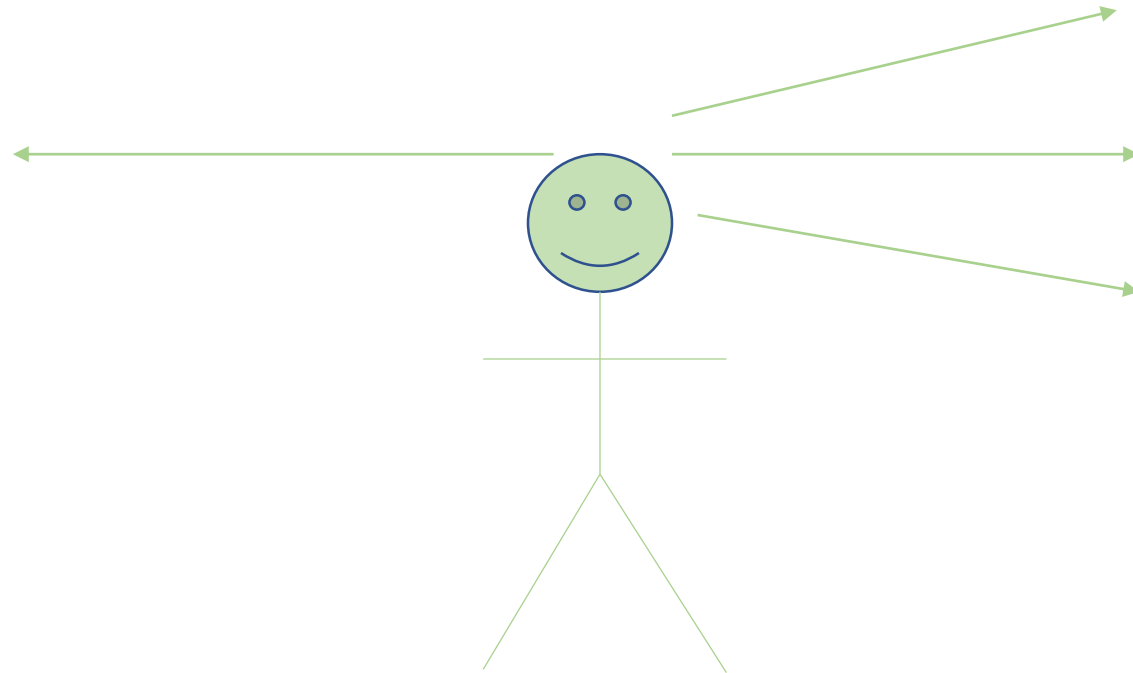


# Time



# Lets look at self reflection...

Where did it  
start to go  
wrong ?

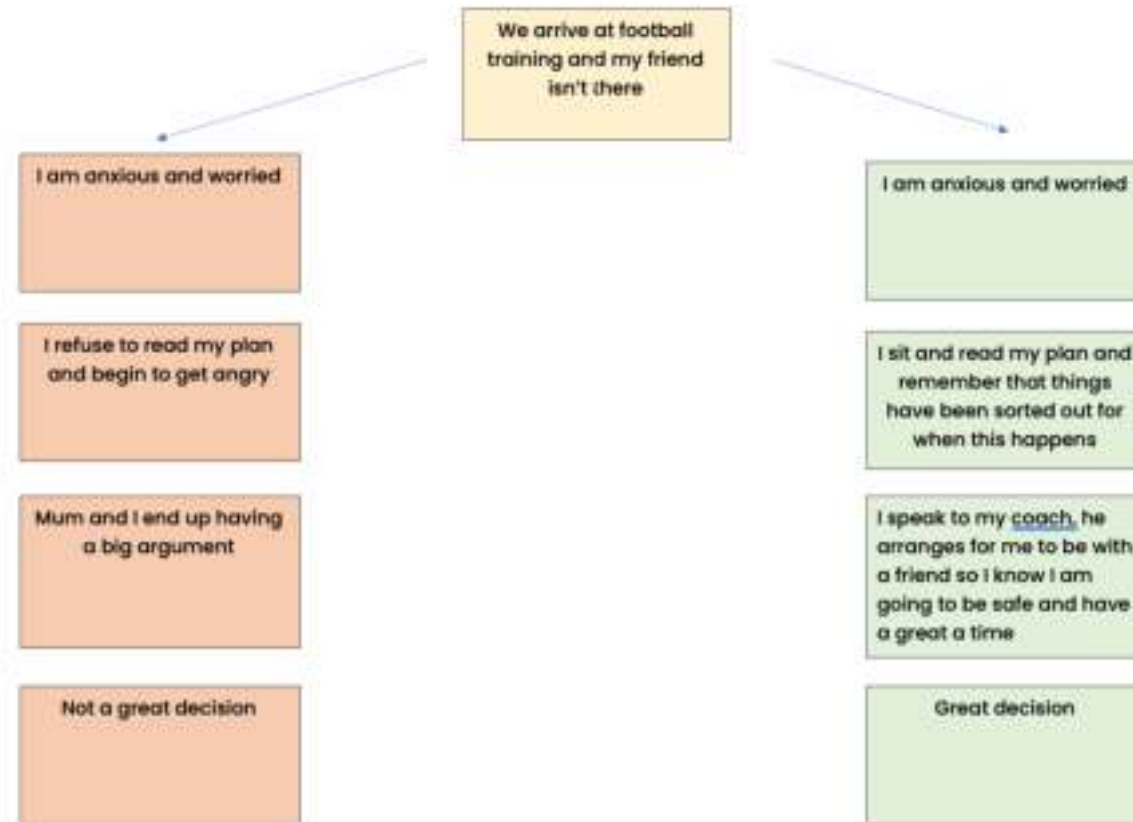


# Backward story lines



Start  
here

# Back it up with a flow chart to support consequence of choice





# Block 3: Language of Assumption



# Ask clear questions, and back up with visuals

- Are you ok?
- Where would you like to go today?
- Do you think you would like peas?
- What worries you about school ?

# The "Break down the brick wall" approach

ART	MATHS	SCIENCE	HISTORY
MUSIC	ASSEMBLY	TOILETS	LUNCHTIME
CORRIDORS	ENGLISH	DRAMA	PE

# Break it down even further

READING	WHERE I SIT	LISTENING TO A STORY	CHOOSING A BOOK
SPELLINGS	READING OUT LOUD	PARAGRAPHS	DEBATING
DOING A PLAY	ESSAYS	CHAIRS	WHO I SIT NEXT TOO

# “What if’s” and “I need to remember cards”

## **What if my TA isn’t there to meet me at the door I can....**

- Wait with my mum
- Sit on the green chair on reception
- Ask mum to speak to the lady in the office.

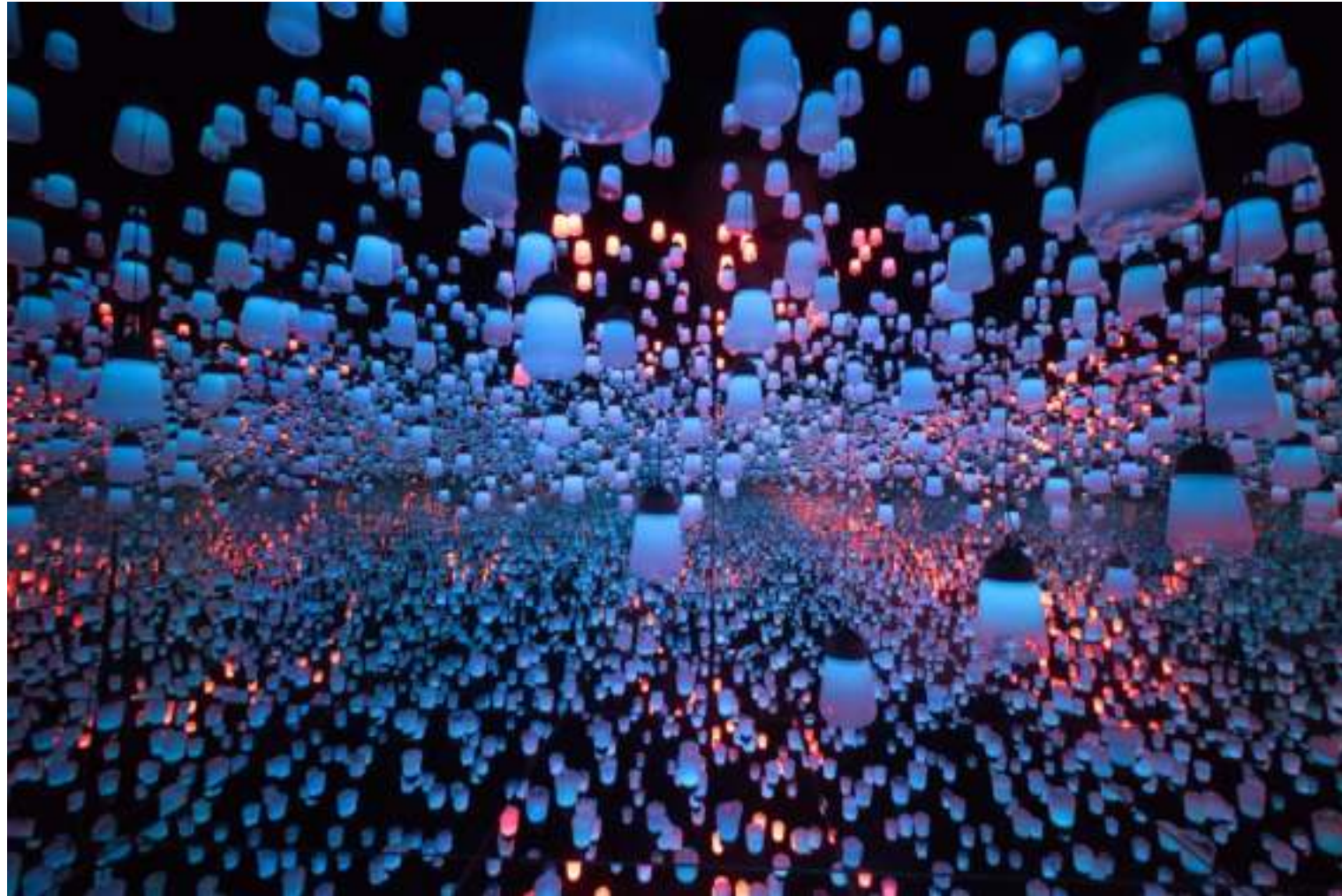
## **I need to remember that....**

- My mum will never leave me on my own and will stay with me until things are sorted out properly.

# Use their name first

- Go and get your coat and bring it here James....
- James, go and get your coat and bring it here..

# Block 4: Sensory Processing



# Take it seriously

- Taste: food/toothpaste/temperature/bubbles/biting
- Sounds: tone/levels/intensity
- Smells: shampoo/toilets/grass/coffee/fabric conditioners/fresh bed linen/menstruation
- Touch: clothes/haircuts/towels/tiles/carpets/sand
- Jumping/running/skipping/pushing/squeezing/  
hitting
- Sight: lights/screens/patterns/colours/shine
- Rain/sun/snow/wind/moon



# What to do?

- Remember, its all about feeling safe and adds to face 3
- When other things are too much, stimming will increase

Think it through:

Eg: If smell is hyper then look at non fragranced products, if it is hypo then find smells they like and use them to help calm things down or as a diversion.

It is the same across the board, use the sensory differences to adjust and calm responses, they are not making this up.

# Behaviour is Communication

Not just theirs, but yours too.  
So, what is yours, saying to them

# Behavior is like an onion..



- We tend to contain behavior to make it safe, and try to manage it with rewards, stickers & sanctions or wine, chocolate, spending money
- This is like putting a sticky plaster on the wound of an elephant !! It will just fall off and get worse.
- We always, always, always need to get to the middle and find out why ?
- Its early always related to fear of conflict or failure, breakdown of trust, environment and and being unsure of what's happening next

# What does it look like ?

- Avoidance
- Withdrawal
- Shouting/inappropriate language
- Stimming
- Laughing
- Running off
- Physical behavior
- Destroying work, physical items

# How you respond is critical, for both of you

- What would you do if a child fell over ?

**compared to.....**

- What would you do if a child swore at you ?

- What would you do if the adult you cared about for started to cry ?

**Compared to.....**

- What would you do if the adult you cared for 'purposely' knocked over a chair?

# It is a different way of living

- Are you ready to embrace it ?
- Positive acceptance
- A willingness to change and see things differently
- Being open to learning from our children & partners
- Stop trying to live Neurotypically-adapt and introduce strategies when necessary

# Keep in touch

[Email : annie.clements@autismandadhd.org](mailto:annie.clements@autismandadhd.org)

Facebook: @autismandadhd1  
@annieautismadhd

Website: [www.autismandadhd.org](http://www.autismandadhd.org)

Please visit to learn about our membership  
Site "The Lifestyle Zone"



*Thank you*



# Support us to support you

- ▶ **Donate.** We need you today.
- ▶ We wouldn't be able to offer help like this without your help.



# Give help – donating is simple

Monthly donation

Single donation

## My donation

I am making a monthly donation of £10\*

£5

£10

£25

£

10

The minimum donation amount is £3.50. If you wish to donate more than £10,000 please call us on +44 20 8240 2451

\* indicates a required field

**CIVIL SERVANTS MATTER.**

**YOU MATTER.**

**SUPPORT US TO SUPPORT YOU.**



The Charity for  
Civil Servants



**Find out more at:**

**[foryoubyyou.org.uk](https://foryoubyyou.org.uk)**

**t:** 0800 056 2424

**e:** [help@foryoubyyou.org.uk](mailto:help@foryoubyyou.org.uk)



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# Give help – donating is simple

## Gift Aid

*giftaid it*

You can **make your gift worth 25% more** by making a Gift Aid Declaration.

Please check the box below:

- I want The Charity for Civil Servants to claim back the tax on all donations I make in the future or have made in the past 4 years.

[Read Gift Aid statement](#) ↕ | [What is Gift Aid?](#) ↕

## Keeping in touch

We'd really like to keep in touch with you to give you information about how we can help you: updates about our work i.e. newsletters; fundraising activities; volunteering; donating to us and events.

- I consent to receive information by email

We promise to always keep your details safe and we will never sell or swap your details with anyone. For more information on how we look after your data please see our [privacy statement](#).

Under 'legitimate interest' the Charity may use your details to post you information about our work, the difference your support makes, information about our services, and how you can support us financially.

