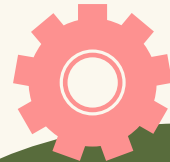


WELCOME

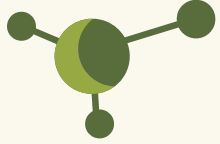
Autism + Environment = outcome
A balancing act between
support and shortfall.



By Hannah Gibson and Jo Hobbs



What we will cover today



- What's is Autism?
- What is Adhd?
- What is Audhd?
- Challenges faced by those with autism and Adhd.
- Strengths and qualities of Autistic and Adhd brains
- How we can best accommodate our neurodivergent clients
- Resources that you and your clients can use

We hope that you will find this presentation helpful, and that you will take something new away today!

Resources you can introduce

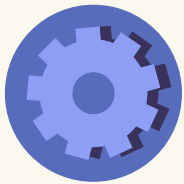
(Handouts will be provided at the back of the room)

- Communication profile and checklist
- Mobile sensory toolkit and checklist
- Meltdowns and shutdowns
- Autistic burnout
- Executive function

Use resources in a way that matches your confidence and your clients' receptiveness / needs:

You might not show the resource to your client directly, but take a few ideas to guide your approach. We hope in many cases, using the full resource with your client may be the best choice.





Autism + Adhd : Dual diagnosis

Before 2013 diagnosing both together was discouraged.

DSM- 5 update

Now allows formal recognition of both

Mixed research

Co-occurring rates:

15% of people with ADHD are also autistic

30- 70 % of autistic people have Adhd



Autism vs ADHD: Key differences

Autism main traits

Social and sensory differences.

Focus style

Intense focus on interests and on detail.

Social cues (neurotypical)

Difficulty reading or using them.

Routine

Seeks sameness and predictability

Repetitive actions, routines, interests,
resistant to change.

ADHD main traits

Inattention, hyperactivity, impulsivity.

Focus style

Easily distracted/ short attention span.
(hyperfocus to meet deadlines)

Social cues

May interrupt or miss social cues.

Routine

Seeks novelty (dopamine)

Struggles with organisation and
prioritisation.



AuDHD = Autism + ADHD

Explaining AuDHD: Dr Khurram Sadiq (consultant developmental psychiatrist)

AuDHD is not an official diagnosis

Ongoing debate: a separate diagnosis or part of a broad neurodivergent spectrum.

Three common presentations:

Autistic traits are more prominent

ADHD traits are more prominent

Traits fluctuate over time or context

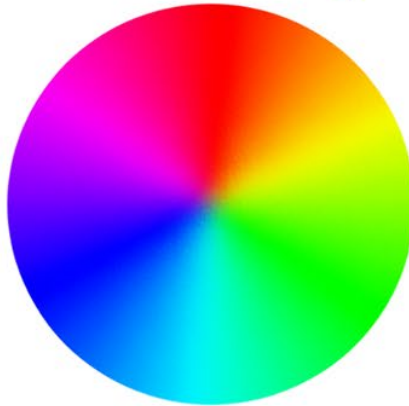
A dynamic mix of strengths and challenges.

The Autistic 'spectrum'

Does it look like this?



... or maybe something more like this:

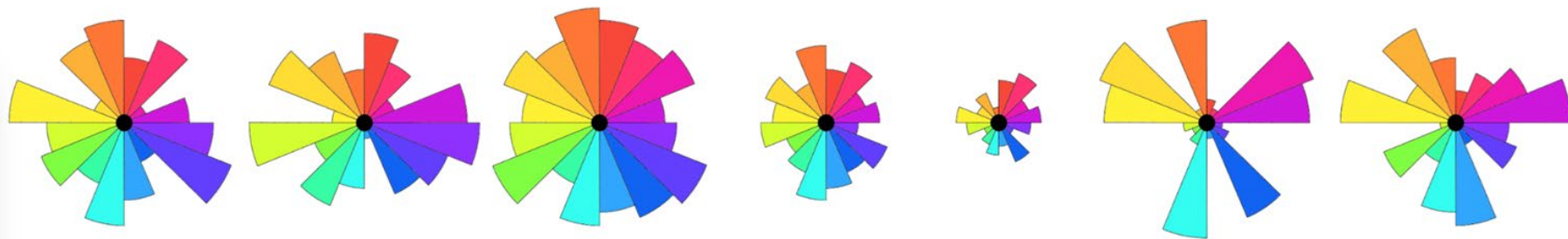


Slide Designed by Rob Howes, Autistic peer trainer, Recovery College Brighton & Hove

What is Autism?

The Autistic 'spectrum'

... it could be better visualised as a 'spiky sphere':



The 'S' Model of Autism

THE COST OF BEING
"The Pain of Existence"

DEPLETES
ENERGY

Calm/Alert
Action Potential

Shutdown/Meltdown

Strategies

- Routine / Structure
- Familiar people / places
- External support
- Single-input activities
- Personal space
- Mobile sensory toolkit
- Sensory soothing input

Sorting and getting
things done

Unwritten
rules

Social
scripts

Social input

Masking

Sensory input

Engaging in
Interests

- Research, Art, Design, Lego,
Nature, Gaming, Chess, Fashion,
Sports, Music
- Complete focus
- 'Flow'
- 'Rebooting' the system
- Soothing home
sensory environment

ESSENTIAL SELF-MANAGEMENT
"The Source of Autistic Joy"

GIVES
ENERGY



Neurodiversity is the art of
being beautifully different
in a world that seeks
conformity.

— Unknown author



Challenges faced by those with Autism and ADHD

AUTISM

- Challenges picking up social cues and reading body language
- Social and communication differences
- Sensory sensitivities
- Restrictive and repetitive behaviours
- Finding change difficult

ADHD

- Difficulties sustaining attention and Focus. Also being easily distracted.
- Hyperactivity (internal or external restlessness) along with Impulsivity and lack of impulse control.
- Losing things frequently and often being forgetful.
- Emotional dysregulation - unable to manage and control emotional responses.

Masking is becoming more understood today.

masking is the attempt to hide neurodivergent traits, by changing your behaviour to fit in with those around you.

This may include: Suppressing stimming, mimicking others social behaviour & forcing eye contact.

It can lead to burnout, high levels of stress and long term mental health damage.

Strengths and qualities of autism



AUTISTIC STRENGTHS

UNDERSTANDING THE POSITIVES TO "A DIFFERENT WAY OF THINKING" CAN SUPPORT THE DEVELOPMENT OF COMPASSION TOWARDS YOURSELF WHICH CAN HAVE SIGNIFICANT IMPACT ON WELLBEING AND MENTAL HEALTH



VISUAL SKILLS
visual learning,
detailed focus



ATTENTION TO DETAIL
thorough &
accurate



CREATIVITY
unique way of
thinking, novel
solutions to problems



INTEGRITY
honest &
trustworthy



EXPERTISE
in-depth knowledge,
high level skills



MEMORY
excellent recall and
memory



OBSERVATIONAL SKILLS
learn by
looking/doing &
self-evaluate



ANALYTICAL
problem-solve,
identify patterns



DEEP FOCUS
concentration &
responsiveness to
structure



CRITICAL THINKING
may question
normative
behaviour



TENACITY & RESILIENCE
strength &
determination, self-
motivated



KINDNESS
kind to others,
acceptance of
difference



Evidence-Based Therapy Centre

May 2019, modified based on Harriet Cannon
Disability Services, University of Leeds, February 2018

AND SO MANY MORE...

Strengths and qualities of Adhd



THE ADHD STRENGTHS ICEBERG

WHAT PEOPLE
THINK ADHDERS
ARE GOOD AT:

talking
fast

creativity

WHAT ADHDERS
ARE ACTUALLY
GOOD AT:

literally anything
they find
interesting

problem
solving

working
under
pressure

learning

empathy

brainstorming

changing
the world

crisis
situations

risk-taking

forgiveness

unique
intuition

entrepreneurship

optimism

tackling new
challenges

sense of
humor

competitive
challenges

creating
something
beautiful

imagination

hyperfocus

mastering
new hobbies

authenticity

Accommodating for our neurodivergent clients

Consider the environment

Eg, quiet, dimmed lights, minimize distractions.

Provide small breaks during long meetings, to help keep focus and prevent burnout.

Maintaining a consistent one to one support worker.

This reduces anxiety and prevent having to re explain needs.

Provide clear deadlines and expectations

Give dates and times when possible to reduce anxiety.

Aligning tasks with strengths

Consider clients capacity

Written down information and instructions, So that things can be read over again and processed much better.

Providing visual resources, such as;

Pictures of new places, people, directions or instructions. (like maps)

This can help make new experience feel less abstract and more comprehensible.

Recommended Reading

Unmasked: Ellie Middleton

Girl Unmasked: Emily Katy

Strong Female Character: Fern Brady

Odd Girl Out: Laura James

AuDHD: Blooming Differently: Leanne Maskell

What Works for Autistic Adults: Dr Luke Beardon

Avoiding Anxiety in Autistic Adults: Dr Luke Beardon

Explaining AuDHD: Dr Khurram Sadip

What I Want to Talk About: Pete Wharmby

Autism and ADHD Resources

https://resourcesforautism.org.uk/wp-content/uploads/2019/04/Autism_Homelessness_Toolkit.pdf

- provides practical guidance for supporting autistic people experiencing homelessness, developed collaboratively with charities, health professionals, and individuals with lived experience

<https://padlet.com/ParticipationTeam/neurodevelopmental-participation-ifepyz61081lymhj>

- A digital resource hub offering updates, participation opportunities, and support materials for individuals with autism, ADHD, and related conditions, co-developed with lived experience advisors

Thank you for
attending today's
workshop

