

Aspect Positive Behaviour Support



Parent Information

The Aspect Positive Behaviour Support Program is Autism specific, funded by DHS, statewide and includes workshops and follow up individual consultation where additional support is needed.

Eligibility for the workshops includes the following criteria:

- Parents or Carers of children and young adults aged between 6 and 25 years, diagnosed with an Autism Spectrum Disorder (ASD)
- The individual with ASD must be living at home
- Participating families are encouraged to invite professionals or service providers working with them to attend the workshop

The PBS workshops run for 3 consecutive days between 9:30am and 2:30pm. The aim is to provide parents with the skills and confidence to positively support their children and improve quality of life for their children and the family as a whole.

Over the course of the 3 days families participating in this evidence based workshop will:

- Develop an understanding of autism and how an ASD impacts upon learning and behavior.
- Learn how to be proactive by creating an autism friendly environment at home.
- Learn how to write an autism specific positive behaviour support plan for one of their child's behaviours.
- Learn how to write a plan to respond confidently when challenging behaviour occurs.
- Learn how to teach new skills to promote their child's independence and quality of life.

Workshops consist of verbal presentations, group discussions, activities and hands-on interaction with visual supports and other materials. On completion, parents are provided with a CD to take home useful tools and information to allow them to support their children in the most effective way.

Workshops and Online Registration

www.autismspectrum.org.au

For an upcoming workshop in your area, click the 'View more events' link on our home page. Then click on the link 'Click [here](#) for a listing of our upcoming events and workshops'. This will take you to the full events listing for Aspect. To find the workshop you are looking for, enter the workshop suburb name into the search field and then click 'GO'.

Contacts:

Workshop dates and registrations

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Aspect Positive Behaviour Support Program

Contact: Heather Kirkhope (Service Coordinator) Ph: (03) 9377 6628

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What do others say about Aspect's Positive Behaviour Support Workshops?

"Brilliant information and concrete strategies to use, thank you. I have learnt very important self-reflection, being able to step back and really look at and examine behaviour, so valuable. I really value the focus on being positive and improving my child's, my own and my family's quality of life. Great workshop – I will highly recommend it to others."

"My partner and I really enjoyed this workshop. He's really taking it on board. I know by attending this workshop it will make our life manageable. And I know our life and my relationships with my kids and my partner will be better. We have to understand J's issues and situation and tantrums. Thanks guys for the positive input you did for everyone"

"Well done guys, I thoroughly enjoyed the course. It not only changed my ideas of teaching my son, but gave me the background knowledge and tools. I feel empowered to make positive and proactive change. Thank you from me and my son"

"Feel a weight lifted as I felt so much pressure to discipline it out of them.

"Feel like I have permission not to enforce consequences but prevent behaviours and teach skills"