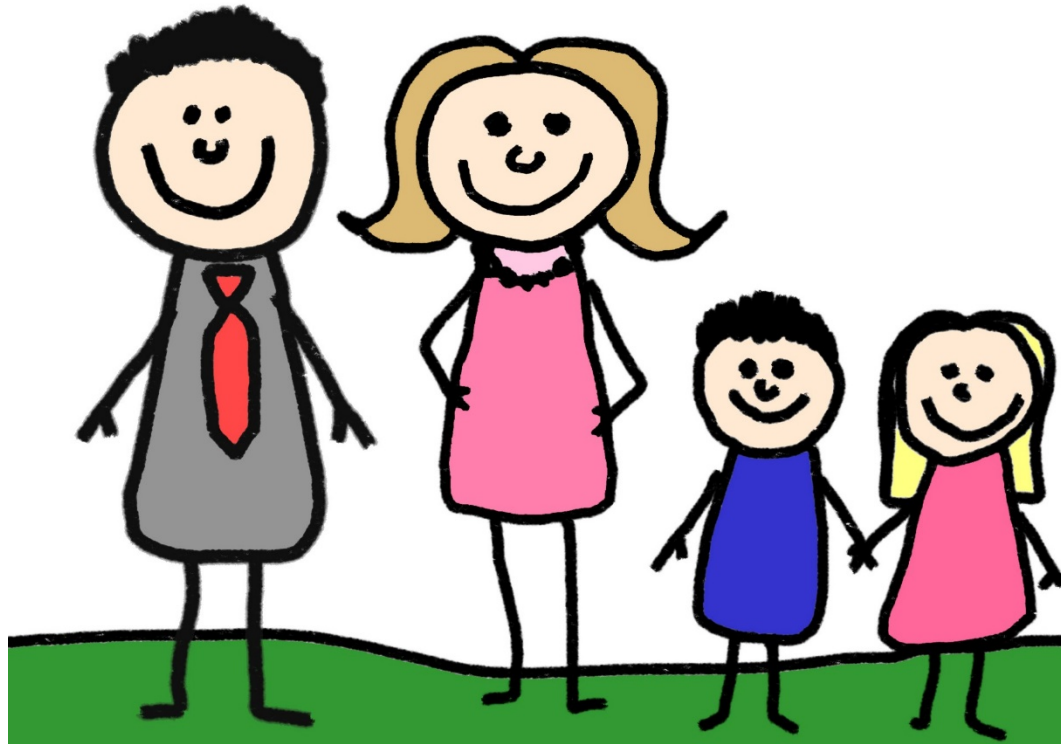


Living with Autism

Linda Woodcock
AT-Autism

We are family!



Possible Impact – What we know

- Emotional impact – Grieving
- Physical impact
- Relationships child, partners, siblings, wider family, professionals
- Career choices
- Financial Issues

Our family

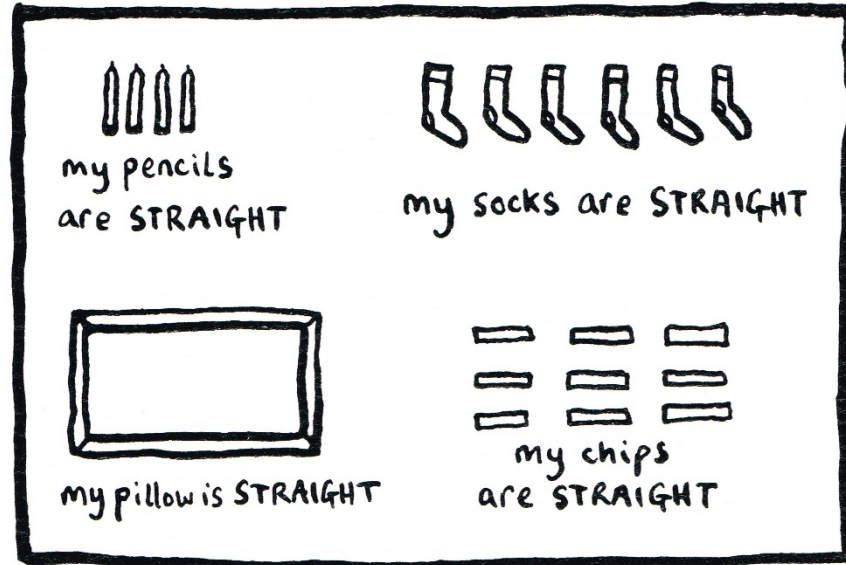
- All of the above!
- But.....
- Our lives have been enhanced
- We are stronger as a family
- The road less travelled

Sharing some lightbulb moments
(and some that were more of a
slow burner!)



- Understanding Autism
- Spikey developmental profile
- Understanding the law of straightness

The LAW of STRAIGHTNESS



EVERYTHING must be STRAIGHT
or else the World will EXPLODE*

*Those who do not believe in the
Law of Straightness will not
BE SAVED

Resilience

Optimism
focus on your
strengths

Attitude to life
focus on action
'can do'

Emotional
Awareness
key to good
communication

Control (of self)
your response to
circumstances/
organisational ability

Social support
network of
friends or family

Sense of humour
can laugh at lifes
frustrations

Self-belief
confident & have
high self-esteem

Ability to
problem solve
Willing to
adapt/be flexible

Empowerment

- Understand the system and it's limitations
- Rights and responsibilities
- Future planning
- Advocacy