

ASD Plus – accessing the programme

Who can participate?

Families of pre-school children who have a diagnosis of Autism Spectrum Disorder. This includes children with and without an intellectual disability. This could include parents, guardians, other main caregivers, grandparents, aunts and uncles, other family or whanau members.

Where is the programme available?

Anywhere in the South Island and Northland.

Autism NZ delivers a similar programme in other locations – contact them for more information.

How do I get ASD Plus?

If you would like to find out more or want to participate complete the Expression of Interest form online (www.idea.org.nz), or phone, or email us. A member of the ASD Plus team will make contact with you.

Professionals may complete the form on behalf of a family, but the family must have given their consent and be happy to be contacted by our team.



Contact us

ASD Plus phone: 0800 ASD PLUS
(0800 273 7587)

ASD Plus email :
asdplus-education@idea.org.nz

Web:
www.ihc.org.nz
(look under Services)

ASD Plus: Education for Families

An education programme for the parents and family/whanau of pre-school children with Autism Spectrum Disorder.



IDEA is an **ihc** service in your community

ASD Plus: Education for Families

ASD Plus is an education programme for the parents and family/whanau of pre-school children with Autism Spectrum Disorder. It is for children with and without an intellectual disability.

It is delivered by IDEA Services Specialist Services in the South Island and in the Northland region.

ASD Plus supports families to learn about ASD. Families will understand how ASD influences their child, and learn and practice strategies to help their child's development.

ASD Plus is about strengthening families. The programme is practical, evidence-based, supportive, and individualised.



ASD Plus - the programme

The ASD Plus parent education programme is person-centred and individualised.

A learning plan is developed with the family. The best content and methods of delivery are chosen together.

ASD Parent Education – Seven Modules

The programme is delivered in seven modules. There is follow-up support after each module.

1. Introduction to ASD
2. Understanding my child's communication
3. How my child senses the world
4. My child's learning style
5. Stress, anxiety and routines – reducing child and family stress through good planning
6. Understanding behaviour – Why does my child do that?
7. Managing into the future – a road map.

ASD Plus – how it is delivered

Families in ASD Plus will first be visited at home to:

- build a relationship with families
- learn more about each family's learning needs and strengths
- tailor the education programme to the family members needs and
- find out the best way to deliver the programme.

There are three ways to be part of ASD Plus depending on the family's needs:

- Group sessions involving a small number of families – usually once a fortnight
- Individualised sessions for a particular family or whanau group delivered to suit each family
- Distance learning - via internet, DVD, reading material, and phone/email/face to face contact, depending on the needs and location of each family.

This flexibility allows us to meet the needs of people in rural and isolated locations, and to better cater to cultural and language needs.

Who delivers ASD Plus?

The programme is run by IDEA Specialist Services. Our team of facilitators are all skilled and experienced specialist workers who have experience in supporting young children with ASD and their families.