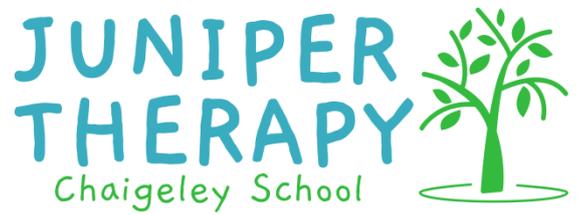


Chaigeley School

NEWSLETTER



THERAPEUTIC SUPPORT FOR PARENTS AND CARERS

APRIL IS 'AUTISM ACCEPTANCE MONTH'

Autism is a hidden disability. You can't tell someone is autistic by the way they look, but possibly through their behaviours. Autistic people are often misunderstood and may require support with things like communication, interaction with others, using their imagination, being flexible and feeling overwhelmed by activity in the world around them.

No two autistic people are affected the same way, so, we work with each individual to help them overcome or lessen the impact of these difficulties, to help that person lead an interesting and fulfilling life.

<https://www.autismtogether.co.uk/>



The Speech therapy team at Chaigeley (Provided by Jane Mullen Speech Therapy Ltd) offer a wide range of therapy to the pupils that are needing help with communication and interaction and dealing with the world around them.

We use a variety of therapy interventions like

- Social stories: to help deal with issues that are causing anxieties
- Comic strip conversations: a visual way of reviewing a situation
- Talking Mats: to support sharing of ideas
- Emotional regulation activities: to help individuals understand why they are dysregulated and what things can help
- Social communication support: helping them engage with others in meaningful ways.
- Staff training

More recently there has been a change from awareness raising to acceptance. This is to foster change and inclusivity.



Recognising a meltdown or a shutdown

When everything becomes too much for an autistic person, they can go into meltdown or shutdown.

A meltdown happens when someone becomes completely overwhelmed by their current situation and temporarily loses behavioural control. Easily looks like a temper tantrum.

A shutdown appears less intense to the outside world but can be equally debilitating. Shutdowns are also a response to being overwhelmed, but may appear more passive - e.g. an autistic person going quiet or 'switching off'.

These are very intense and exhausting experiences. They may need to sleep and recharge after either event, or time to process what has happened. Try not to ask 'why' and 'how' questions at these times but offer support and a safe space.

Please email us any questions/feedback that you may have to help support you & your family;
therapy@chaigeleyschool.org

See our Twitter page for more info, news and activity ideas; [@TChaigeley](https://twitter.com/TChaigeley)