



# OAASIS INFORMATION SHEET

## Information for the Partners of someone with AS

Office for  
Advice  
Assistance  
Support  
and  
Information  
on  
Special needs

**Helpline:**  
01590 622880  
**Fax:**  
01590 622687

[www.oaasis.co.uk](http://www.oaasis.co.uk)

**FREEPOST**  
**RLYY-TAUC-YRYS**

**Brock House**  
**Grigg Lane**  
**Brockenhurst**  
**Hampshire**  
**SO42 7RE**

**OAASIS**  
**A part of**  
**Cambian Education**  
**Services**



1. **The NAS website** has a section of information for partners. Go to [www.nas.org.uk/nas/jsp/polopoly.jsp?d=126](http://www.nas.org.uk/nas/jsp/polopoly.jsp?d=126). The section includes issues for partners, real life stories, useful websites, and an enquiry service.
2. **Relate** have 19 of their offices which can offer 'Specialist work with people with Asperger Syndrome'. Go to their website at [www.relate.org.uk](http://www.relate.org.uk) and enter Asperger Syndrome in their search engine for a list of the branches.
3. **Independent counsellors** for adults with AS (a fee will be involved) :  
Dilemma Consultancy in Human Relations was founded by Prof Digby Tantam and Prof Emmy van Deurzen. Based in Sheffield, they and their counsellors offer assessment, counselling and psychotherapy including couples and marital work. Tel: 0114 266 0543. Website: [www.dilemmas.org/couple.htm](http://www.dilemmas.org/couple.htm)  
  
The British Association for Counselling and Psychotherapy has a website where you can locate a counsellor in your area, or you can email them for a paper copy of their directory. Website: [www.bacp.co.uk](http://www.bacp.co.uk). Email: [bacp@bacp.co.uk](mailto:bacp@bacp.co.uk). Tel: 0870 443 5252. Fax: 0870 443 5161.  
  
Park Counselling Centre is where Maxine Aston is a private counsellor. She has written several books (see below) and has her own informative website on Asperger Syndrome in adults and offers Couples Counselling when one (or both) has AS. She can be contacted by writing to Park Counselling Centre, 31 Park Road, Coventry CV1 2LE Tel: 02476 224422 or emailing [maxineaston@aol.com](mailto:maxineaston@aol.com). Website: [www.maxineaston.co.uk](http://www.maxineaston.co.uk)  
  
There is also information on this site about **Cassandra Affective Disorder (CAD)** – described as the difficulties someone will experience when they are emotionally deprived.  
  
Derby *Relate* may know of others.
4. **Dr Tony Attwood's website** has lots of information on Asperger Syndrome including 'relationships and sexuality' and links to other sites: [www.tonyattwood.com.au](http://www.tonyattwood.com.au)
5. **US websites/email lists:**
  - a. [www.faaas.org](http://www.faaas.org) is the website of Families of Adults Afflicted with Asperger Syndrome.
  - b. There is a discussion/support list for partners of people with an ASD at [www.groups.yahoo.com/subscribe/aut-partners](http://www.groups.yahoo.com/subscribe/aut-partners)
  - c. ASPIRES is an on-line resource for the partners and families of adults diagnosed or thought to be on the autistic spectrum. Find them at [www.aspires-relationships.com/](http://www.aspires-relationships.com/).
  - d. [www.asperger-marriage.info](http://www.asperger-marriage.info) The Asperger Marriage Website is run by Chris and Gisela Slater-Walker, a married couple, one of whom has AS.

### **Reading: see also OAASIS information sheet 'Books – where to find them'**

*The Other Half of Asperger Syndrome* by Maxine Aston. Publisher: NAS. Priced £9.99.

*Aspergers in Love: Couple Relationships and Family Affairs* by Maxine Aston. Publisher: Jessica Kingsley. Priced £14.95.

*Autism / Aspergers: Solving the Relationship Puzzle* by Steven E Gutstein. Publisher: Future Horizons. Priced £34.95.

*Loving Mr Spock* by Barbara Jacobs. Publisher: Michael Joseph. The story of an Asperger Syndrome man by the woman who loved him. Penguin, 2003. ISBN 0 718 14642 5. Priced £12.99.

*An Asperger Marriage* by Gizela and Christopher Slater-Walker. Publisher: Jessica Kingsley. Written by an English couple, Christopher was diagnosed with Asperger Syndrome when an adult. Priced £12.95.

*Asperger Syndrome and Long term Relationships* by Ashley Stanford. Publisher: Jessica Kingsley. Written by the wife of someone with AS. They live in the USA. £13.95.

All books available either through –

The **NAS** - Website: [www.autism.org.uk](http://www.autism.org.uk). HO Publications Dept Tel: 0207 903 3595. NAS books are ordered via Centre Books Ltd, Tel: 0845 458 9911, Email [nas@centralbooks.com](mailto:nas@centralbooks.com).

or **Jessica Kingsley Publishers** - Website: [www.jkp.com](http://www.jkp.com), Email: [post@jkp.com](mailto:post@jkp.com).

Tel: 0207 833 2307.

or Amazon, [www.amazon.co.uk](http://www.amazon.co.uk).

And *The Asperger Love Guide – A Practical Guide for Adults with Asperger's Syndrome to Seeking, Establishing and Maintaining Successful Relationships*. The authors, Genevieve Edmonds and Dean Worton, are both adults with AS. Available from Sage Publications [www.sagepub.co.uk](http://www.sagepub.co.uk) Priced £16.99.

### **Some hints ...**

When speaking to someone with AS –

- **Timing:** make sure they are *ready* to listen when you speak to them and give them time to assimilate your words and meaning
- **Clarity:** make sure the information, instructions or requests you give are in clear, simple language; avoid idioms and vague concepts
- **Written lists:** are helpful to back up your requests or instructions
- **Advance notice:** forewarning of changes to their usual routine will help lessen traumas
- **Social etiquette:** if not learnt during childhood can be a minefield for adults with AS. Explain situations beforehand, and offer some guidelines as to what to talk about, what to do, etc. Offer *some* guidance on what **not** to do and say as well, but don't make things too involved. End up with the positives (i.e. what you can do) as these may be remembered better than the first things you mention
- **Own time:** very precious for people with AS. Allow them their own space.

### **Remember –**

- What you see is not what you get: AS can magnify or cloak their true feelings. Their facial expressions do not necessarily reflect what's inside, so check that things have been understood
- Do not get annoyed with your partner or make them responsible for what *you* are feeling; it is the AS you must deal with
- Don't forget that most AS people are very literal: they say what they mean and unless taught, may cause offence with their opinions on personal themes!
- No amount of hinting, frowns, cross looks, folded arms or deep and heavy sighing will work if you are annoyed about something. Tell them what is making you upset. Also tell them when you are pleased when they have done something good, and tell them if these good actions can be put to use in other situations.

**Cambian Education Services** run seven residential special schools and colleges for young people with autistic spectrum disorders, Asperger Syndrome/HFA, severe learning difficulties. OAASIS can give you advice on the schools and send you their prospectuses.

OAASIS produces 8 chargeable **publications** entitled 'First Guide to...'; **wallet sized cards** explaining 9 learning disabilities and a wide range of **free Information Sheets**. Please contact OAASIS (see front of sheet for contact details) for the full list, or view them on the website at [www.oaasis.co.uk](http://www.oaasis.co.uk).

All the information sheets are checked annually; please ensure you have the current version.