

Social Skills for children & young people with Asperger Syndrome and similar conditions

Teaching social skills for children and young people with Asperger Syndrome or High Functioning Autism must happen across the board. Both at school, at home and at play, you can help your child with his communication skills, empathy and imagination. Inappropriate behaviour or speech must be discouraged every time and correct alternatives offered.

They will need to be taught repeatedly by examples, watching a video recording, listening to their recorded speech, using a mirror, role-playing and so on how to both use and/or interpret:

- social behaviours
- the use and meaning of eye contact
- inflections and voice tone, volume, rhythm and speed
- suitable length of conversations, including beginning and ending one
- physical proximity to others
- facial and hand gestures
- humour, figurative speech, sarcasm, metaphors
- meeting unfamiliar and new people
- having an interest in more than one topic
- problem-solving strategies
- troublesome situations
- appropriate choices.

Courses

Our information sheet 'Forthcoming Conferences, Training and Exhibitions' is regularly updated and is a list of upcoming events from various providers around the country. It also contains a list of special needs training organisations for you to contact. Download it from our publication sections at www.oaasis.co.uk

Software

Mind Reading, a DVD rom produced by Simon Baron-Cohen, Autism Research Centre, Cambridge University. It is an interactive guide that helps people with autism and Asperger Syndrome, and those that work with them, explore over 400 human emotions. Price £80.49 + p&p. To view and order, visit Jessica Kingsley Publishers at www.jkp.com/mindreading.

Information PLUS Ltd produce **Social Learning Software** which is a range of colourful, interactive CD-ROMs, for all age groups, which aims to bring together young people's enthusiasm for computer applications with important social & behavioural issues. For professionals and parents/carers to use in 1:1, group sessions and teaching. Most CD-ROMs cost £39.95.

Web: www.information-plus.co.uk
Tel: 01856 761334.

Books and teaching programmes for schools and other professionals

Asperger Syndrome – Social Integration Skills Training. Author David Moat. This book is aimed at parents and practitioners working with both children and adults with Asperger Syndrome towards improving social performance. Available from www.lulu.com, £10 for physical copy, £7.00 for a download.

Clinical Language Intervention Program (CLIP). Author: Semel, Wiig. Publisher: Harcourt Assessment. The complete set costs £412.00 for professionals. Use CLIP to customise a language therapy programme for children from pre-school to 13 years.

Web: www.pearson-uk.com.
Tel: 0845 630 8888.

Figures of Speech by students at Moor House School; introduced by Benjamin Zephaniah. Students with speech and language impairments have collected puzzling figures of speech which we use every day. With colourful and humorous illustrations. Costs £4.00 and available from AfaSic at www.afasic.org.uk/pub.htm. Functional Language in the Classroom (and at home). Author: Maggie Johnson. Order by cheque and letter only from Academic Enterprise Office, MMU, Rm 12, 799 Wilmslow Road, Didsbury, Manchester M20 2RR or telephone 0161 247 6425. Cost £11 inc p&p.

People Skills for Young Adults (£19.99) and Social Awareness Skills for Children (£22.99). Author: Márianna Csóti. Publishers: Jessica Kingsley. www.jkp.com. They also have many other books on social skills for autism/ASP.

Social Skills and Autistic Spectrum Disorders (£15.99). Authors: Lynn Plimley and Maggie Bowen. This is a book discussing preventative measures for inappropriate social behaviour and intervention strategies, using real-life case studies. Available from Sage on www.sagepub.com or **Tel:** 020 7324 8703.

Socially Speaking. A pragmatic social skills programme for pupils with mild to moderate learning disabilities (£18.99) Author: Alison Schroeder. Publishers: LDA, Camb. ISBN 1 85503 252 X. Available from www.amazon.co.uk.

SULP - the Social Use of Language Programme, devised by Wendy Rinaldi. Revised 2001. Develops social use of language in real-life settings, teaches basic social communication skills and self/other awareness (for 12 years to adult). From: GL Assessment, www.gl-assessment.co.uk (Tel: 0845 602 1937). Price: £165.00 + p&p. Talkabout and Talkabout Activities Author: Alex Kelly. Publishers: Speechmark. A social communication skills pack that includes an assessment procedure. Cost £35.75 each + p&p. Available from Winslow Press.

Tel: 0845 230 2777.

Web: www.winslow-cat.com. This website has many more social skills resources.

Games The Social Skills Game; The Grief Game; The Anti-Bullying Game; The Divorced and Separated Game. Authors Y Searle and I Streg. Therapeutic board games designed to be initiated by a skilled therapist / teacher. £39.99 + vat each from Jessica Kingsley Publishers. Website: www.jkp.com.

Pull Your Socks Up! Is a game for children to match 40 commonly heard idioms to funny illustrations. Available from www.lidalearning.com or tel: 0845 120 4776 costing £13.53. They have lots of other products and games to help children with social skills and understanding emotions.

Circle-Time is a good arena for helping students develop their social skills, and to promote universal understanding of others' individualities. For further info try www.circle-time.co.uk and www.circletime.co.uk.

Social Stories devised by Carol Gray. These individualised social stories and comics help those with Asperger Syndrome or High Functioning Autism to understand social concepts, changes in routine, theirs and others' feelings etc and can be adapted for virtually any situation or person. Useful for parents, carers and teachers. Visit Carol's own website for information, advice and downloadable items: www.thegraycenter.org. Details of training for Social Stories can be found at Autism Independent UK's website: www.autismuk.com. You can also subscribe to Autism Spectrum Quarterly, a magazine from the USA edited by Carol Gray and others for people with autism and those who work with them, via their website or

Tel: 01536 523274.

Reading

See also **OAASIS information sheet 'Books – where to find them'**

There are now many books on what ordinary living is like for a young person with Asperger Syndrome. Many of them mention the difficulties they are likely to encounter, and offer guidance. Some are stories written by children or young people with AS; a few we might consider rather clumsy attempts to offer ready-made social gambits. But check them all out; one might just be the book that not only entertains your child, but also will give him an insight into possible future social pitfalls and may give you both something to discuss.

OAASIS publishes **A First Guide to Asperger Syndrome** (2nd edition) in its First Guide series. (price £6.00 plus p&p or you can download it free from our website). Publications list/order form available on our website, or email/telephone for one to be sent to you.

OAASIS free Information Sheets: including 6 others on different aspects of ASP. Please contact OAASIS for the full list or download them on the website www.oaasis.co.uk.

Information for parents - autistic spectrum disorders a free book with lots of advice and contacts available from DCSF Publications, PO Box 5050, Sherwood Park, Annesley, Nottingham NG15 0DJ,

Tel: 0845 602 2260 or download from their

Web: www.earlysupport.org.uk.

Check these publishers for new books on Asperger Syndrome/ autistic spectrum disorders, which come out regularly:

Routledge Education (member of the Taylor Francis Group)

Tel: 020 7017 6563 (Marketing)

Web: www.routledgeeducation.com (academic and research based) or www.routledgegeteachers.com for teachers.

Jessica Kingsley Publishers:

Web: www.jkp.com

Email: post@jkp.com

Tel: 020 7833 2307

The NAS - The NAS books are supplied by Central Books. You can order online or by phone:

Web: www.autism.org.uk

Tel: 0845 458 9911

SEN Marketing: Books and software for special educational needs.

Web: www.senbooks.co.uk

Tel: 01924 871697

The internet book shop www.amazon.co.uk.

Websites

www.futurehorizons-autism.com Future Horizons Inc. is a US publisher with books on autism, Asperger Syndrome, Pervasive Developmental Disorder (PDD), etc.

www.mugsy.org/connor38.htm is the website of NAS Surrey - this particular link is an article on social skills.

www.sandbox-learning.com an American site, recommended to us by an ex head of a special school who is now a trainer on all aspects of autism. Success Stories are online personalised children's books.

www.udel.edu/bkirby/asperger is Barb Kirby's excellent US based OASIS (On-line Asperger Syndrome Information and Support) and has a complete section devoted to Social Skills: including Circle of Friends, which Tony Attwood recommends in his book to explain to the child with AS the appropriateness of social contact.

www.tonyattwood.com.au is Tony Attwood's own website and has a good selection of books/resources on social skills.

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 and information on post 16 establishments specifically for people with Asperger Syndrome/High Functioning Autism. Please contact OAASIS or visit the website www.cambianeducation.com. OAASIS produces a wide range of free Information Sheets, 8 publications entitled 'First Guide to...' and wallet sized cards explaining 9 learning disabilities. Please contact OAASIS (see front of sheet for contact details) for the full list, or view and download them on the website at www.oaasis.co.uk. All sheets are checked annually, please ensure you have the current version.



www.cambianeducation.com

Cambian is the largest provider of specialist residential education and care for young people with Autism, Asperger Syndrome and other associated complex needs in the United Kingdom. Cambian is trusted by hundreds of parents and over 70 Local Education Authorities

OAASIS publications

- SEN Information Sheets
- First Guide to ...
- Cards explaining 9 learning disabilities
- Legal advice Information Sheets
- SEN 'How to' guides

All OAASIS publications can be downloaded from www.oaasis.co.uk