

# ASPERGER SYNDROME PARTNER INFORMATION AUSTRALIA INCORPORATED



**ASPIA**

(Formerly **GRASP** Partner/Spouse Support Group)

*“Mutual acknowledgement and understanding  
of the Asperger marriage experience”*

## **NEWSLETTER – SEPTEMBER 2005**

***In all the excitement about our conference,  
don't forget our next regular meeting:***

**next Saturday October 1**

**Clinical Psychologist, JANINA SZYNDLER  
will talk with us about**

***"SURVIVING THE REALITY"***

***Parramatta RSL Club, usual time  
\$5.00 entry***

### **Conference Update:**

*More than 300 flyers have been sent out to advertise our conference, and distribution has also been made on Aspect's mailing list (Autism Assoc) and at least three other mailing lists. It has also been posted on the ASPIRES website. Registrations are beginning to come in, and we have received quite a few enquiries from people previously unknown to us. I see the advertising of this as having a double purpose – one to attract people to attend the conference, the other to increase awareness that Asperger's Syndrome is out there in the adult population and that it needs to be considered. The fact that we are a partner group should send the message out that AS affects a significant number of marriages and families. **Please do what you can to attend at least one day of the conference.***

**OUR "cause" needs YOUR support!**

**Personal comment:** *I quite often receive feedback about our meetings, and thankfully most feedback is positive, but of course, occasionally there's a bit of negative feedback. When this occurs, we see it as an imbalance developing and that some corrective measures need to be taken. In the early days it was a huge imbalance caused by the need for venting and dumping grief and anger when we didn't have anything more than validation to offer. By bringing in psychologists to speak for us, we gradually balanced this up because partners began to learn and understand more about what was behind the Asperger behaviours and mindsets and what alternative ways we, as partners, could use to approach situations, or just preserve ourselves a little better. As far as we know, most partners go home from our meetings now with some sort of constructive thought to hang onto, and a sense of being part of a wonderful group of warm, caring and understanding friends. The imbalance that has been surfacing of recent months is that some partners are feeling that their situation is "milder" than others, and therefore, less valid. We want to stress that everyone's experience is valid, there is just a huge range and variety of experience, because no two Aspies are the same. We need everyone's experience to keep our group balanced and real, and to be able to provide effective validation for new partners. The reason we are all in the group is because we are living with situations that are beyond our ability to cope with and we need support and opportunities for learning and sharing. Carol.*

**Article:** *For those who use the internet, you may be interested to read Roger Meyer's article "AS Grows Up". It's 35 pages, but extremely informative, from an adult Asperger's perspective. URL is [http://www.aspires-relationships.com/as\\_grows\\_up.htm](http://www.aspires-relationships.com/as_grows_up.htm)*

Support Group meetings are held at  
**Parramatta RSL Club,  
Lachlan Room**  
1<sup>st</sup> Saturday of every month, 2pm – 5pm  
Cnr Macquarie & O'Connell Streets, Parramatta  
Free parking Macquarie Street, opposite Club main doors

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