

**ASPERGER SYNDROME PARTNER INFORMATION  
AUSTRALIA INCORPORATED  
ASPIA**

**Mutual acknowledgement and understanding  
of the Asperger marriage experience.**

*(Formerly GRASP Partner/Spouse Support Group)*

**NEWSLETTER – JULY / AUGUST, 2006**

Our next monthly meeting is **next Saturday 5 August** and we are pleased to welcome **LIZ DORE** to this meeting. Liz provides relationship and sexuality counselling to individuals and couples, and combines 6 years' experience as a counsellor and 15 years' experience working with people with disabilities, to be able to offer her services to couples where Asperger's Syndrome is a contributor. Liz is also very keen to further explore the experiences of partners and will facilitate a discussion on "putting aside time to talk with our partners about our relationship". \$5.00 non-members; \$2.50 members. Usual time and place:

**2pm – 5pm, College of Nursing, 14 Railway Parade Burwood (Sydney)**

**Aspia's Workshop with Tony Attwood on July 8**

We were thrilled to have about 120 people attend our workshop with Tony, and the day was an amazing and satisfying experience for all who attended. The feedback was overwhelmingly positive (except for the food which people felt was too greasy, and I agree. Next time we will request a specific menu rather than taking one of their package options.) Tony's presentation was comprehensive, informative, satisfying and at times, very humorous. It was my impression that all in attendance were "heard" and that Tony gave balanced and constructive responses to all questions. In time, a DVD will be available for viewing in Aspia meetings or borrowing through our library.

A personal thank you from me to the "Aspia Team" who worked so well together to produce a very successful and professional event of which we can all be very proud.

*(We also covered our costs, phew!)*

**ASPIA MEMBERSHIP**

We are very excited to announce that we have received approximately 45 applications for membership and are in the process of issuing membership cards and receipts. The funds from this will enable us to develop a library, secure some professional advice in relation to future directions, and generally provide a solid financial base. Thank you for your loyalty and support. The membership fee is \$55.00 per year, and entitles members to discounts at meetings and events and access to our library, etc. Thank you to Lyn for attending to all the administration in relation to membership. Application forms available on request

Members please note that we are planning to have the first Annual General Meeting (AGM) of ASPIA Inc on Saturday 7 October, 2006 at 12.30pm, prior to our regular meeting at 2pm.

Attached with this Newsletter is a list of  
**"10 Essential Tips for Understanding Autism Spectrum Disorder"**  
by Sue Larkey, [www.suelarkey.com](http://www.suelarkey.com)

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**Visit our website for more information and useful links**

<http://www.aspia.org.au>  
Email: [info@aspia.org.au](mailto:info@aspia.org.au)

**Providing information, contacts and support  
for partners (and family members) of adults with Asperger's Syndrome**

**Sue Larkey's Essential Quick Tips:**  
**10 Essential tips for Understanding Autism Spectrum Disorder**

(Prepared specifically in relation to students, but also applicable to adults)

1. ASD students don't have to look at you all the time.  
Reason: they find looking and listening at the same time hard to do.
2. Give them time to answer your questions.  
Reason: they have slower processing time. Sometimes it can take them up to a minute to formulate the answer in the correct sequence.
3. If they feel pressured they will answer with stock standard answers.  
Reason: they know it will get them out of trouble quickly. This may include "I don't know", "yes", "maybe" and often this isn't their true answer!!
4. They often don't "generalise" information between people and places.  
Reason: Homework for teacher "x" is in the yellow basket but for teacher "y" it is to be placed in the green basket.
5. They find organisation of their school equipment very difficult.  
Reason: they are best with one folder with everything inside. Limit the number of pencils, pens, etc.
6. Limit their choices and be very specific with choices.  
Reason: they find choices overwhelming and are often concerned with making the wrong choice due to their difficulty with problem solving.
7. Be as clear, concise and concrete as possible.  
Reason: People with ASD have difficulty with abstract thinking.
8. Avoid verbal overload.  
Reason: They are visual learners and verbal information takes them longer to process and retain.
9. Avoid verbal arguments by redirecting them to what they should be doing, eg, "Start your work".  
Reason: They often enjoy verbal arguments.
10. Asperger people need positive feedback to know they are on the right track.  
Reason: Because of their fear of failure and they want to be Mr Perfect.

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