

**ASPERGER SYNDROME PARTNER INFORMATION
AUSTRALIA INCORPORATED
ASPIA**

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

(Formerly GRASP Partner/Spouse Support Group)

June 2007 – NEWSLETTER

Our next support group meeting is this Saturday 2 June, 2pm – 5pm

Psychologist Eleanor Gittins will be attending and she will include in her presentation

- **an examination of the neural systems involved in Asperger's Syndrome**
- **a Summary of the difficulties for Asperger people**
- **what AS people say helps**
- **and some suggestions for partners for everyday coping.**

*Eleanor will also discuss plans for starting a partner support group in the
Wollongong/Shoalhaven region*

*Those who are interested, please attend this Saturday's meeting or let us know of your
interest and availability*

College of Nursing, 14 Railway Parade, Burwood.

Members: \$2.00, Non-Members: \$5.00

This meeting is also the celebration of ASPIA'S 4th Anniversary

Please bring a plate of something for afternoon tea

At our last meeting, Clinical Psychologist Jeroen Decates gave a very interesting and informative presentation on Asperger's Syndrome and, among many things, talked about the styles of communication we use in our relationships.

Some of Jeroen's material is available on his website at www.jdpsy.org

Jeroen also referred at length to the "Roadblocks to Communication" taught in Parent Effectiveness Training that can be adapted to use as guidelines in our relationships. This material is available by google searching "roadblocks to communication".

At a future meeting, possibly in July we will have a representative from AI-Anon come and speak to us about the practical skills she has learned from AI-Anon that she applies to help make her life more manageable

Tony Attwood will be at Richmond on 14 & 15 June. Please contact the Autism & Aspergers Support Group Inc, visit their website at www.autismsupport.org.au or phone 0425 380 575. Registrations close 31 May.

Another Sexuality and Social Development Programme for adolescents with Asperger's Syndrome is being offered by Autism Spectrum Australia, 19 July – 23 August, 2007.

Contact Noel Boycott on 0402 058 899 or
Jane Cotter on (02) 8977 8330

For anyone in the South West of Sydney interested in a **Social group for teens**, please contact Bob Lester at Families in Partnership Co-operative, Ph: 4648 1593, Mob: 0400 481 520 or email fip@ispdr.net.au

A word about ASPIA meetings ...

ASPIA has always stated clearly that we are a support group for partners of adults with Asperger's Syndrome

ASPIA cannot meet the support needs for both Partners

In our last ASPIA meeting, ASPIA was described as being like what Al-Anon is to the partners/family members of those who attend AA meetings.

In ASPIA meetings Partners have permission to acknowledge the realities and difficulties of being in a relationship with someone with Asperger's Syndrome.

ASPIA meetings are to be a safe place for Partners to be validated, informed and inspired
In ASPIA meetings Partners receive information that helps them understand their Asperger partners and the difficulties they are experiencing

Many Partners who have attended ASPIA meetings have been able to become more objective about their expectations of themselves and their partners

Most Partners who attend our meetings experience an improvement in their self-esteem and general well-being

The Asperger partners of people who attend our meetings will benefit by their partners having a place to be heard and supported and educated

From time to time ASPIA will hold educational events that are suitable for Asperger people to attend and this will be specifically advertised

There are other groups and contacts available for people with Asperger's Syndrome

If you are an adult with Asperger's Syndrome, please refer to our website or contact Autism Spectrum Australia to find support that's appropriate and suitable for your specific needs

Anyone attending ASPIA meetings is to be prepared to abide by some group rules that stipulate that our agenda is the mutual support of non-Asperger partners

It is also assumed that those seeking membership of ASPIA support the aims, goals and objectives of ASPIA

LEGAL ADVICE

Remember the following links and contact details:

http://www.lacfamilylawyers.com.au/web/service_1180.htm then click on the Asperger's link at the top of the page. Also, http://www.lacfamilylawyers.com.au/web/resource_652.htm

If you would like to discuss any legal matters, please contact Frank Egan at LAC LAWYERS, Sydney 1300 799 888, email: corporate@lac.com.au

Make sure you mention Asperger's Syndrome and **ASPIA**.

Links to Family Law Articles re Asperger's Syndrome

(which will also be linked from the Lawyers' website):

www.aspires-relationships.com/articles_courts_and_custody_issue.htm

Highly recommended - www.aspires-relationships.com/acting_as_cassandra.pdf

Coming soon ... ASPIA Lunch Club

To meet at 12 noon before our monthly ASPIA meeting. Details to be provided soon.

(Please keep those Membership Renewals coming in ...)

ASPIA Contact: Carol Grigg
PO Box 57 Macarthur Square LPO
MACARTHUR NSW 2560 (Aus)
Ph: 0408 817 828

ASPIA INC

**Providing information, contacts and support
for partners (and family members) of adults with Asperger's Syndrome
Visit our website for more information and useful links**

www.aspia.org.au
info@aspia.org.au