

# **ASPERGER SYNDROME PARTNER INFORMATION AUSTRALIA (ASPIA) INCORPORATED**

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

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

## **NEWSLETTER – August 2009**

### **Our next ASPIA support group meeting will be this coming**

**Saturday 1 August, 2pm – 5pm**

College of Nursing, 14 Railway Pde, Burwood, 2<sup>nd</sup> Floor

\$2 Members / \$5 Non-Members (covers room hire, etc)

**Psychologist Eleanor Gittins** will be presenting "**AS Support Group Feedback**"

Eleanor has been facilitating two new support groups for adults with AS and will be sharing with us some feedback we may find helpful in our own journeys to understand AS and manage our relationships better.



#### **ASPIA Lunch Club dining together prior to ASPIA Meeting**

Upstairs at the rear of the Avondale Hotel, Burwood Road, opposite Hungry Jacks, few paces from station.

Arrive any time between 12noon & 2pm. All welcome.



ASPIA is a support group specifically focused on the support & recovery needs of the non-Asperger partner in a relationship. Please see page 2 of the Newsletter, and also our website for information about support groups specifically for adults with Asperger's Syndrome.

**Applications for Membership of ASPIA INC** are invited from partners, ex-partners and others who identify as needing support, information and understanding from the non-Asperger perspective. This is not in any means to be seen as discriminatory, but focused on the needs of one group of people with a shared experience and who have no other safe or relevant place to discuss issues and gain insights (parents of adults with AS are also welcomed).

Membership is \$55.00 per person/family per year and entitles members to discounts, library borrowing rights and inclusion on a peer support contact list.

**We appreciate your financial support, even if you can't attend meetings**

### **Have you read ASPIA's own list of self-care suggestions?**

**Available now on our website at**

<http://www.aspia.org.au/pdf/2009/ASPIASelf-CareSuggestions6June09.pdf>

This list was compiled by our own group members and is a wonderful way of sharing support with each other and also other individuals in similar situations to our own.

Already we are receiving some very positive and grateful feedback.



Upon receiving our Self-Care list, I was reminded of the **Rainbow Room** here in Chatswood by our friend Jane Frick.

These are some of the opening words on their website:

*"... we invite you to relax and enjoy a break at the Rainbow Room.*

*The Rainbow Room is a loving, welcoming safe haven, providing people with temporary relief as their focus is turned away from their problems and onto relaxation.*

*The Rainbow Room is dedicated to serving those negatively affected by certain life situations, who are in need of pampering, relaxation, time out and a place to connect with others."*

Visit [www.rainbowroom.org.au](http://www.rainbowroom.org.au) .

Have you heard about the new Movie "**ADAM**" coming to selected cinemas August 20? (Dendy, Orpheum)

"Emotionally Potent Performances in a Tender New York Love Story" (-variety)

Tony Attwood comments: "I thoroughly endorse the film "Adam" for the accurate portrayal of a young man with Asperger's Syndrome. The storyline is credible, informative and entertaining. I was enchanted by the film".

View trailer at [www.adamthemovie.com.au](http://www.adamthemovie.com.au)

ASPIA INC

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Time's running out to register for the upcoming  
**Seminar on Girls & Women with an Autism Spectrum Disorder**  
**Brisbane, 7 & 8 August 2009**

[http://www.asperger.asn.au/News/Archive/09-07-23/Girls and Women with an Autism Spectrum Disorder.aspx](http://www.asperger.asn.au/News/Archive/09-07-23/Girls_and_Women_with_an_Autism_Spectrum_Disorder.aspx)  
or phone Asperger Services Australia on (07) 3865 2911

### **ASPIA Satellite Group (Partner support) in the Illawarra/Shoalhaven**

Meets on the third Saturday of every second month in Berry NSW.  
Next meeting will be Saturday 19 September 2009  
2pm-5pm (\$5/\$2) Contact Sylvia 4295 7327 or email [janetgittins@hotmail.com](mailto:janetgittins@hotmail.com)

### **Support groups and resources for adults with Asperger's Syndrome**

Please refer to items listed below or on our website at [www.aspia.org.au](http://www.aspia.org.au)

#### **Support group for Adults with AS – Burwood, Sydney**

Next meeting Saturday 8 August 2009  
Contact Eleanor Gittins on 0408 954 358 or email [janetgittins@hotmail.com](mailto:janetgittins@hotmail.com)

#### **Support Group for Adults with AS – Nowra area, NSW**

Meets on the last Saturday of every month, 10.30am Nowra Central Library.  
Contact Eleanor Gittins on 0408 954 358 or email [janetgittins@hotmail.com](mailto:janetgittins@hotmail.com)

#### **Support group for Adults with AS – North Shore, Sydney**

Visit website for announcements [www.jdpsy.org](http://www.jdpsy.org)  
Or call Jeroen Decates on 0402 028 588

Aspect also has resources for adults: Email: [infoline@autismspectrum.org.au](mailto:infoline@autismspectrum.org.au) or  
Phone: 8977 8377. For regional callers: 1800 069 978

Other groups and workshops may also be available from time to time through  
Julie Peterson, Noël Boycott or Liz Dore. See our website for contact details.

### **Asia Pacific Autism Conference 2009 – APAC 09.**

This Conference will be held at the Sydney Convention and Exhibition Centre, Sydney,  
**20 – 22 August 2009**. Theme is Connecting Today: Inspiring Tomorrow.  
Visit the website [www.apac09.org](http://www.apac09.org) for further information.

### **“ADDults with ADHD”**

For information on ADD and ADHD in adults visit [www.add.org.au](http://www.add.org.au)

The National Autistic Society of the UK has some great information for partners:  
<http://www.nas.org.uk/nas/jsp/polopoly.jsp?d=126>

We've updated the book list on ASPIA's website <http://www.aspia.org.au/books.html>

I'd like to feature and recommend a new book:

**“Counselling for Asperger Couples”** by Barrie Thompson of the UK.

**This month's thoughts are taken from Maxine Aston's new “Asperger Couple Workbook” ...**

“Asperger Syndrome will affect some of the fundamental ingredients required for relationships either to form or to be maintained. Sometimes relationships may struggle on for years in the belief that it will get better with time. Yet, in an intimate relationship, for example, neither of the couple is aware of what is causing the problems and persistent misunderstandings. This can wear down the mental and physical health of both and affect their self-esteem.”

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