

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

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

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

NEWSLETTER – May 2010

**ASPIA partner support group meeting will be held
this coming Saturday 1 May, 2pm – 5pm**

College of Nursing, 14 Railway Pde, Burwood, 2nd Floor
\$2 Members / \$5 Non-Members (covers room hire, etc)

Meeting will be an informal discussion

One suggestion for discussion is how our wider families respond to our "truth".

Carol has a very interesting personal experience to share
that hopefully may provide some inspiration and hope for others.

ASPIA is a support group specifically focused on the support & recovery needs
of the non-Asperger partner in a relationship.

Please see page 3 of the Newsletter, and also our website for information about
support groups specifically for adults with Asperger's Syndrome.

Please Note a Change to Venue for the ASPIA Lunch Club

Sapori Di Roma – Bar, Pizzeria, Restaurant

117 Burwood Road, Burwood, next door to previous venue and opposite Hungry Jack's
Arrive any time between 12noon & 2pm. All welcome.

Screening on ABC 1 this Sunday 2 May at 10.05pm (Compass)

A one hour documentary about adults with autism

"What Happens to autistic kids when they grow up?"

Female partners of adults with Asperger's Syndrome

Please complete an important Australian survey through Sydney University on

**"Life Satisfaction of Neurotypical (NT) women in relationship with
an Asperger Syndrome (AS) partner"**.

Contact Jennifer Bostock-Ling at jbos8611@uni.sydney.edu.au
or follow survey link at <https://www.surveymonkey.com/s/GCBMQLL>

ASPIA's list of self-care suggestions

Is available on our website at

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

Empathy is "One person's attempt to experience the inner life of another while simultaneously retaining the stance of an objective observer" Heinz Kohut in Siegel & Hartzell (2005)

ASPIA INC

ABN 30 583 771 917

PO Box 57 Macarthur Square LPO MACARTHUR NSW 2560

Web: www.aspia.org.au Email: info@aspia.org.au

Ph: 0432 507 828

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Book Recommendation – “Out of the Frying Pan”

Bittersweet Tales of stumbling into adulthood

Edited by Andrew & Ben Whitehouse, Foreword by Ian “Molly” Meldrum

A collection of 15 Australian stories that recount the trials and tribulations of confronting adulthood. One of these stories is “On my way”, by 19 yr old Ben Lodge who has Asperger’s Syndrome. Ben talks about his increasing awareness of his condition and how he learnt that growing up is about pushing the limits of your own ability.

Available from local bookstores or online at www.finch.com.au

New Membership Year for ASPIA INC starting 1 May 2010 – please request an application form

Applications 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 at meetings & events, library borrowing rights and inclusion on a peer support contact list.

Facebook Page

We are presently experimenting with a private Facebook page for members only, which opens up the scope for members to be able to connect with each other outside of meetings.

Those who are not in Sydney or can’t get to meetings may like to consider this for finding others to talk to or meet.

:)

The Rainbow Room in Chatswood is holding a pampering workshop day

On Wednesday 5 May, 2010, 10.30am – 1.30pm

Visit www.rainbowroom.org.au or **phone Jane on 0407 918 689**

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

Meeting informally now, contact Sylvia 4295 7327

Other partner groups/contacts

Brisbane: Visit www.aspiepartners.com

Gold Coast: Phone Tricia on 0413 085 174

Canberra: Phone Anita on 0434 165 604

Perth: Phone Roz on (08) 9284 5252, Email: rozsdesk@iinet.net.au

Melbourne: Visit forum at <http://mc2.vicnet.net.au/home/aspartnr/index.html> .

Adelaide: Phone Heike Haffer on 0431 039 136, email heikehaffer@hotmail.com

ASPIA Meeting Dates for 2010	
January 2 – NO MEETING	July 3
February 6	August 7
March 6	September 4
April 3 (Easter weekend)	October 2 – Tony Attwood
May 1	November 6
June 5 – ASPIA’s 7 th Anniversary	December 4

2010 Special Events – details to follow

Saturday 26 June 2010

Workshop with **Julie Peterson** on **AS and Mood Management**

Saturday 2 October 2010 (October long weekend)

Workshop with **Tony Attwood** on **Women & Girls with Asperger’s Syndrome.**

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Support groups and resources for adults with Asperger's Syndrome

Support Group for Adults with AS – Burwood, Sydney

Next Meeting on **Saturday 8 May** (2nd Saturday every month)
Contact Eleanor Gittins on 0408 954 358 or email janetgittins@hotmail.com

Support Group for Adults with AS – Nowra area, NSW

Next meeting **Saturday 29 May** (last Saturday of every month)
10.30am Nowra Central Library
Contact Eleanor Gittins on 0408 954 358 or email janetgittins@hotmail.com

Support group for Adults with AS – North Shore, Sydney

Visit website for announcements www.jdpsy.org
Or call Jeroen Decates on 0402 028 588

AS Social Group – Wollongong

First Wednesday of every month, 7.30pm – 9.30pm.
Please contact Samantha at asd.support@hotmail.com

Aspect also has resources for adults: Email: info@autismspectrum.org.au or
Phone: 8977 8377. For regional callers: 1800 069 978

“In people with Asperger Syndrome, familiar sustained attention events become increasingly favoured; while new, frequently changing (people and social) events provoke stress and tend to be avoided (or sabotaged) for their unpredictability and/or mental labour.”

Thought ...

We, as partners, provide an invaluable service for our Asperger partners.

Now ... we need to remember that they typically will not acknowledge this, and may even be incensed at the suggestion because they will not be able to recognize the many ways we are doing this.

The desire to be acknowledged for what we do is absolutely normal and human. However, we must resist the urge to rub it in our partners' faces, bring it to their attention, badger or shame them over it. But quietly we know. Others in our groups and on our mailing lists know. We know that what we are doing is helping to keep our partners in orbit, functioning in life as constructively as possible, and of course we're trying to keep our families safely on track as well, which provides enormous motivation.

I am drawing attention to this concept of “rendering a service” in this way because I believe it is a positive way of looking at what we find ourselves doing to help make another person's life liveable and productive.

However, as always, I encourage you to remember your own boundaries and limitations. . . .

Boundaries and limitations which, if we go beyond will deplete us of emotional, mental and physical energy that will leave us short for sustaining our own life and well-being, now and for the future. And also our children's lives, now and for the future. There is a principle in the Bible about helping to share the burdens of another during a time of need, without taking over and carrying their entire load for them in an ongoing way. Carrying another's load for them encourages irresponsibility on their part, at the expense of another (us). It allows them to use the resources of another to further their own interests and nurture themselves in a way they should be doing for themselves as adults.

As always, professional guidance is recommended, particularly in this case in relation to boundaries. ... Carol

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