

# ASPIA Newsletter December 2012

*Mutual understanding of the Asperger Marriage experience*

## **ASPIA Partner Support Group Meeting (Sydney)**

**This Saturday 1 December, 2012**

**Time: 2.00pm – 5.00pm**

**The College of Nursing, 2<sup>nd</sup> Floor  
14 Railway Parade, Burwood (Sydney)**

\$10.00 per non-member, \$5.00 per member  
Please bring something to share for afternoon tea.

At this meeting we will enjoy a presentation by Bronwyn Wilson from Brisbane on:

### **“The Impact on Neurotypicals of Prompt Dependence by Their Partners with Autism Spectrum Disorder”.**

Bronwyn’s biographical information :

My name is Bronwyn Wilson. I belong to the support group in Brisbane; Queensland Asperger Partners Support group (QAPS) where I have just been voted into the position of assistant co-ordinator. I am a teacher, but at the moment I am a full time researcher, researching adults with Autism Spectrum Disorder in a relationship with a neurotypical (NT) partner, and the unique autism-based impacts and difficulties on AS/NT relationships. I am just in the final stages of writing up my Master of Special Education research project and intend to start a PhD research project next year based on the findings of this Masters Research study.

My talk centres on my research, the findings and what it means for the future. My research topic is “The Impact on Neurotypicals of Prompt Dependence by Their Partners with Autism Spectrum Disorder”. It is an investigation into how prompt dependency influence a couple’s ability to relate to each other, and what impacts occur as a result. Prompts are antecedent stimuli that are effective in getting a response to occur. In other words, prompts are extrinsic motivators or external stimuli, such as instructions,

explanations, gestures, illustrations, touches, strategies, or any other thing that is arranged or done, to increase the likelihood that an individual will make a particular response.

Research has confirmed that children with ASD are characterised by dependence on prompts from adults for staying on-task, completing activities, and transitioning between activities in the classroom environment, however before my study, no empirical research has been carried out in relation to adults with the disorder remaining dependent on prompts. My classroom experiences lead me to the recognition that similar tactics and procedures were involved when attempting to achieve interactions with people in my life so prompt dependency appeared to me to occur outside the classroom environment as well. Consequently, through a unique educational perspective rather than the typical psychological perspectives my study was born from adding various details of challenging interactions and experiences together; inside and outside of the classroom environment. When in an AS/NT relationship and being required to continually prompt for relationship reciprocity and interaction, a cyclic pattern develops and places a strain on the relationship. This cyclic pattern and its impacts is the central aspect of my talk.

*(Group members, please remember that our meetings are not suitable for your AS partner, unless we advertise that specifically.)*

### **Lunch Club prior to support group**

LITTLE NEPAL restaurant, Shop C,  
135 Burwood Road, Burwood (Sydney)  
Arrive any time between 12noon & 2pm.  
All welcome. (Directions: From Burwood Station, go left & up the hill, a few shops past the Westpac Bank and then cross the road.)

### **Central Coast Group (NSW)**

3<sup>rd</sup> Sat of the month, next mtg 15 Dec at 2pm  
Empire Bay Garden Nursery & Café,  
Poole Crescent, Empire Bay.

Purchase ASPIA's self-help guide:  
**ASPIA's Handbook for Partner Support**  
 Collection of ASPIA's best support group information since commencement in 2003.

The Book contains ideas for maintaining our own well-being and managing the relationship difficulties.

**Paperback is \$35.00 (plus postage) - order online.**

<http://www.lulu.com/content/paperback-book/aspias-handbook-for-partner-support/12781936>

**eBook (PDF) is \$20 - immediate download**  
<http://www.lulu.com/content/e-book/aspias-handbook-for-partner-support/12936851>

**Need to de-brief? Explore ideas? Mentoring for partners available**

By Phone, Skype or Email, \$30 per half hour.  
 Carol Grigg, Dip Counselling, Member ACA  
 To make an appointment:  
 Phone or text 0408 817 828  
[www.carolgriggcounselling.com.au](http://www.carolgriggcounselling.com.au)

**Other Partner Support Groups in Australia**

• **Central Coast, NSW:**

Third Saturday every month (see first page)  
 Contact ASPIA [info@aspia.org.au](mailto:info@aspia.org.au)

• **Newcastle, NSW:** Possibility of new group forming. Anyone interested contact ASPIA.

• **Northern Rivers, NSW:**

Phone Debbie on (02) 6676 0483  
 Email: [northernriversasdnetwork@gmail.com](mailto:northernriversasdnetwork@gmail.com)

• **Brisbane:**

**Queensland Asperger Partners' Support Group (QAPS):**

Phone Helen on 0418 761 652  
 Email [qaps.group@gmail.com](mailto:qaps.group@gmail.com)

• **Brisbane/rural Qld:**

Visit [www.aspiepartners.com](http://www.aspiepartners.com)

• **Gold Coast:**

Phone Tricia on 0413 085 174  
 Email [tricia.alaska@yahoo.com.au](mailto:tricia.alaska@yahoo.com.au)

• **Perth:**

Phone Roz on (08) 9284 5252  
 Email: [rozdesk@inet.net.au](mailto:rozdesk@inet.net.au)

• **Perth:**

Email Melanie [aspiepartnerswa@hotmail.com](mailto:aspiepartnerswa@hotmail.com)

• **Melbourne:**

Visit forum at [www.aspartneraus.org](http://www.aspartneraus.org)  
 or email Melissa [meraine@bigpond.net.au](mailto:meraine@bigpond.net.au)

• **Adelaide:**

Phone Heike Haffer on 0431 039 136  
 Email [heikehaffer@hotmail.com](mailto:heikehaffer@hotmail.com)

Please remember that ASPIA meetings are only suitable for non-Asperger individuals. ASPIA does not have the expertise to responsibly offer education or support to adults with Asperger's Syndrome. Individuals with Asperger's Syndrome are advised to see below for a listing of groups specifically set up to address the needs of those with Asperger's Syndrome. Thank you for your understanding.

**Brisbane - couples group**

Asperger Services Australia (ASA) are setting up a **couples group** in Brisbane. Brisbane readers please let ASA know if you are interested  
[www.asperger.asn.au](http://www.asperger.asn.au)

**The following is a list of Support groups and resources for adults with Asperger's Syndrome**

**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

**Forum-workshops for ASDian adults** on

selected Wednesday afternoons at Hamilton South (NSW), 1.30pm-4pm. Call Leigh 02 4966 1717 or email [aut\\_s\\_pport@yahoo.com.au](mailto:aut_s_pport@yahoo.com.au)

**ASPECT** also has resources for adults  
 email [infoline@autismspectrum.org.au](mailto:infoline@autismspectrum.org.au)  
 or phone 8977 8377

**Social group in Sydney for diagnosed adults**

(co-ordinated by ASPECT) Contact Annie Sloggett on 0409 603 582 or  
[asloggett@autismspectrum.org.au](mailto:asloggett@autismspectrum.org.au)

**Workshops on Relationships, social skills, sexuality**

Liz Dore [www.relationshipsandprivatestuff.com](http://www.relationshipsandprivatestuff.com)

**ASTEEN - Teen social/support group**

includes yahoo group Contact Christine Ayo [christinefayo@gmail.com](mailto:christinefayo@gmail.com) Ph: 0469 577 723  
 or Lyn Starr [randlstarr@bigpond.com](mailto:randlstarr@bigpond.com)  
 Ph: 0408 445 019

**Sue Larkey** frequently sends around quick-tip sheets on a range of topics, ie, girls with ASD, tips for the holidays, common causes of meltdown, etc. (specifically in relation to children, but lots of good ideas that can help us too.) Send an email to Sue and ask to be included on her mailing list.

[www.suelarkey.com](http://www.suelarkey.com)

### **Great Websites for all of us to keep an eye on:**

Our own ! [www.aspia.org.au](http://www.aspia.org.au)

Jeroen Decates (Sydney) [www.jdpsy.org](http://www.jdpsy.org)

Tony Attwood's [www.tonyattwood.com.au](http://www.tonyattwood.com.au)

Asperger Services Australia (Brisbane)  
[www.asperger.asn.au](http://www.asperger.asn.au)

Autism Spectrum Australia (Sydney)  
[www.autismspectrum.org.au](http://www.autismspectrum.org.au)

### **Thoughts ...**

I'm a little pressed for time at the moment, so I just thought I'd give a little reminder to go with you through the holiday season when you are pressed beyond what you feel you can stand.

Remember to pause, breathe and head for our Handbook, Newsletters, notes you've taken down in a meeting, or the facebook group (for members). Remember you are not alone. It helps if you can just consciously step back from your situation, and not allow yourself to feel like that's all there is in your life.

Remind yourself not to make unrealistic plans that you know place strain on things and usually don't end well.

And take time out for you. Time with friends; a walk on the beach; coffee or a movie; a night away; check out our self-care suggestions.

Our first meeting for 2013 won't be until 2nd February, so there's a longer stretch to survive between newsletters and meetings.

My thoughts are with you all, and my best wishes for a Christmas that may surprise and inspire lots of family love in everyone's homes. Carol.

<b>ASPIA Meeting Dates for 2013</b>		
February 2	March 2	April 6
May 4	June 1	July 6
August 3	September 7	October 5
November 2	December 7	

### **New article**

For those who may be interested in more reading matter on Aspergers in relationships, I have prepared another article titled "What to do if you suspect your partner has Asperger's Syndrome" which I am making available for \$3.00 through my website.

Link:

[www.carolgriggcounselling.com.au/contact-me.html](http://www.carolgriggcounselling.com.au/contact-me.html)

There are two other articles also listed, but if you have a copy of our Handbook, these two are included in that (under different titles).

### **Blog**

On my blog page I have written an article about estrangement and Asperger's Syndrome . This article is directed to a Christian audience.

### **New book**

For those who have been interested or involved in awareness of Autism or Asperger's Syndrome as a "Cause", you may be interested to see my new book titled "**The Audacity of Difference: Revealing our true colours**".

Link:

<http://www.lulu.com/content/paperback-book/the-audacity-of-difference/13421417>

(also available as a downloadable PDF)