

ASPIA Newsletter - April 2013

"Mutual understanding of the Asperger Marriage experience"

APRIL MEETING

Our next meeting will be this coming
Saturday 6 April 2013

Time: 2.00pm – 5.00pm

The College of Nursing, 2nd Floor
14 Railway Parade, Burwood (Sydney)

For this meeting we are going to explore three other group programs that ASPIA members have found helpful for support, personal growth and coping strategies additional to ASPIA meetings.

These are: **Al-Anon** (family members of alcoholics), **CoDA** (Co-Dependents Anonymous) and **Celebrate Recovery** (a Divorce Recovery program).

Three of our own group members will each present the program they attend, provide some literature and explain how it has helped them on their journey.

General discussion will follow.

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

ASPIA Meeting Dates for 2013		
		April 6
May 4	June 1	July 6
August 3	September 7	October 5
November 2	December 7	

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.

LUNCH CLUB prior to meetings each month

Anyone attending the meeting is welcome to come along between 12noon & 1.45pm and join others for a coffee or bite to eat.

Venue - LITTLE NEPAL Restaurant
Shop C, 135 Burwood Road, Burwood (Sydney)
(Directions: From Burwood Station, go left & up the hill, a few shops past the Westpac Bank and then cross the road.)

BOOKS

ASPIA's Handbook for Partner Support

We continue to receive positive feedback about our Handbook. To purchase, follow these links:

Paperback:

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

eBook (PDF) - immediate download

<http://www.lulu.com/content/e-book/aspias-handbook-for-partner-support/12936851>

Asperger Awareness: A Key to Success for IT and Technical Managers

By Stephen Plowright

<http://www.amazon.com/dp/144673885X/>

For more titles, see our book list on the website - www.aspia.org.au

SERVICES

Personal counselling/mentoring for partners

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

NEWS

ASPIA's 10th Anniversary Celebration

Saturday 1st June, 2013

Please put this in your diary now.

Plans include a much anticipated new research presentation, special guests and messages, reunions, memorabilia, lunch and afternoon tea.

OTHER Partner Support Groups in Australia

• Central Coast, NSW:

3rd Sat of the month
Empire Bay Garden Nursery & Café,
Poole Crescent, Empire Bay
Contact ASPIA 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

• Brisbane:

Queensland Asperger Partners' Support Group (QAPS):

Phone Helen on 0418 761 652
Email gaps.group@gmail.com

• Brisbane/rural Qld:

Visit www.aspiepartners.com

• Gold Coast:

Phone Tricia on 0413 085 174
Email tricia.alaska@yahoo.com.au

• Perth:

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

• Perth:

Email Melanie aspiepartnerswa@hotmail.com

• Melbourne:

Visit forum at <http://aspartneraus.org/vanilla/>
or email Melissa meraine@bigpond.net.au

• Adelaide:

Phone Heike Haffer on 0431 039 136
Email heikehaffer@hotmail.com

GROUPS AND CONTACTS for Adults and Teens with Asperger's Syndrome

"Joining Hans" Group for Adults with AS

2nd Saturday every month Burwood, Sydney
Registrations essential: Contact Eleanor Gittins
Ph 0408 954 358 or 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

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

GROUPS for Adults and Teens with AS, Cont'd

ASPECT also has resources for adults
email infoline@autismspectrum.org.au
or phone 8977 8377

Aspect's Adult Social Group – for adults with Asperger's or high functioning autism. Contact Caroline on 0409 603 582.

adultsocialgroup@autismspectrum.org.au

For more information:

www.autismspectrum.org.au/adultsocialgroups

Workshops on Relationships, social skills, sexuality

Liz Dore www.relationshipsandprivatestuff.com

ASTEEN - Teen social/support group

includes yahoo group Contact Christine Ayo

christinefayo@gmail.com Ph: 0469 577 723

or Lyn Starr randlstarr@bigpond.com

Ph: 0408 445 019

NEW RESEARCH AND SURVEY REQUESTS

1) For Adults raised by an ASD Mother

If you are 18-60 and believe your Mother had an Autism Spectrum Disorder, then you may like to participate in a study by Lyla Dabbe (American University).

Contact Lyla: maternalautism@gmail.com

2) For Adults diagnosed with an Autism Spectrum Disorder (ASD).

Invitation from Lisa Fiene - "I would like to invite you to take part in this University of Southern Queensland research project, which is an online self-report questionnaire. It should only take you about 10-15 minutes to complete.

The purpose of the research is to better understand how adults with and without Autism Spectrum Disorders (ASDs) perceive and interpret internal bodily sensations - feelings that include hunger, thirst and temperature.

Your participation in this research will valuably contribute towards a better understanding of this area, and may help provide better outcomes for people with ASDs.

Research and Surveys, Cont'd

Also undertaking this survey may benefit you in gaining a deeper understanding about body awareness, and how this is one of the 'other' senses in our bodies.

If you are over 18 and have been diagnosed with an ASD (Asperger's Syndrome, Autistic Disorder or PDD-NOS), we'd be most grateful if you completed the survey via the following link:

<https://psych.sci.usq.edu.au/ols/?p=IBA2013>

If you have any comments or queries regarding this research, please don't hesitate to contact me. Thanks for your co-operation and effort.

Kind regards
Lisa Fiene
Psychology Department
University of Southern Queensland
Phone: (0409) 905 264
email: w0083181@umail.usq.edu.au

Thought ...

Measuring your Contribution?

One of ASPIA's greatest strengths has been the provision of information and education to partners to help them understand AS, explain the role AS is playing in their relationship difficulties and make some suggestions about how to manage a bit better.

When counselling with partners I find myself carrying out a similar role, but with specifics to the personal situation being shared with me.

One of the things I have found myself explaining to partners a lot recently is that a person with AS may not recognise a contribution that their partner has made to the relationship or household unless it is measurable in some way to the AS person.

An instant headache?

Thought, cont'd

How does one measure the myriad of things we attend to every day to keep relationships sweet, houses clean, bellies fed, clothes on backs, bills paid, fridges filled, paperwork completed, transport provided, calls made, errands done, AS gaps covered, crises sorted, ETC, on top of work and parenting responsibilities? These are all part of the good-will that goes in to any relationship or household, and we never expect to have to account for them if a relationship is "mutually fair and reasonable".

What measure does your partner relate to? Cost? Time spent? Tasks? Financial contribution? Assets? Skills? Education/qualifications?

Have a think about how you can convert your contributions into a measurable form that your partner will be unable to discount or disregard. Listen to their conversations to work out what they value or recognise.

Maybe you can begin to list in a diary the tasks you undertake each day, document and file things of note, reduce the use of cash and use eftpos or online transfers so that your financial contributions are accounted for, document any plans or arrangements including noting your consent for what tasks you will be contributing, then keep diary notes. Even work out some form of business plan like you would for other types of partnerships. Write things down.

If, in the sad event you have to face a property settlement one day, what documentation would a lawyer need to prove your contribution and argue a fair and reasonable outcome for you?

Some wise and thoughtful preparation now may prevent heartache and disadvantage down the track.

Somberly, Carol.