

ASPIA Newsletter - February 2013

"Mutual understanding of the Asperger Marriage experience"

Another year has begun ...

... and June 7th 2013 will mark ASPIA's 10th Anniversary providing support to partners!

A few ideas are coming together about how best to celebrate this thrilling milestone, and details will be provided as the June meeting gets closer.

Our first meeting for 2013 ...

Our first Partner support group meeting for 2013 will be held this coming **Saturday 2nd February 2013**

Time: 2.00pm – 5.00pm

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

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

Nola Norris will start off the year for us with another wonderful presentation from her Doctoral studies.

Topic: Time and Memory in Asperger's Syndrome

Nola comments: "Have you wondered how & why your AS partner can say or do something, then not seem to remember it later? Don't they have excellent long-term memory?"

This presentation will give some background to help understand."

Nola's teaching is fascinating and extremely helpful. What's more, she's our website developer so we feel very privileged to have such amazing and generous contributions by her to our support work.

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

2013 in general ...

... will see us continue our emphasis on education as well as support for partners of adults with Asperger's Syndrome.

Support group experience shows over and over again that education develops our understanding, and understanding is essential to coping, being realistic within our day to day situations and recovering a measure of well-being and sanity.

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

Prior to our meetings each month we have a "**Lunch Club**". 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.)

Central Coast Group (NSW) **(This group is still to be confirmed for 2013)**

3rd Sat of the month
Empire Bay Garden Nursery & Café,
Poole Crescent, Empire Bay
Please email info@aspia.org.au if interested.

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.

Books

To learn more about Aspergers in Relationships and gain valuable insights, remember to get hold of a copy of our partner **Handbook**, available for purchase at meetings or from Lulu:

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>

Stephen Plowright, the AS husband of one of our group members has also written a book called "**Asperger Awareness: A Key to Success for IT and Technical Managers.**"

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

You may also be interested in a new book I have written called "**The Audacity of Difference: Revealing our True Colours**"

Paperback:

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

eBook (PDF):

<http://www.lulu.com/content/e-book/the-audacity-of-difference-revealing-our-true-colours/13422000>

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

Personal counselling is 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

Other Partner Support Groups in Australia

• Central Coast, NSW:

Third Saturday every month (see first page)

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 qaps.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: rozsdesk@inet.net.au

• Perth:

Email Melanie aspiepartnerswa@hotmail.com

• Melbourne:

Visit forum at www.aspartneraus.org

or email Melissa meraine@bigpond.net.au

• Adelaide:

Phone Heike Haffer on 0431 039 136

Email heikehaffer@hotmail.com

The following is a list of Support groups and resources for adults 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

ASPECT also has resources for adults

email 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

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

Thoughts ...

As I find myself talking with more partners in a counselling role these days, it has been helpful to explain that the attention of people with AS is almost entirely taken up by what is happening for them at any given moment, and none of their focus is on what is happening for others around them. We automatically assume this is a character issue and that they are self-centred and selfish, until we begin to “get it” about what Aspergers really is.

Aspergers is at the mild end of the Autism Spectrum. The word Autism comes from the Greek word “autos” which means “self”, and when you add the “ism”, it pretty much means self-absorption. But not as a choice. They are hard-wired this way. They do not have the cognitive capacity to hold awareness of self and other at the same time, ie, simultaneously.

As a deliberate act, they can step out of their own experience and recognise what is happening for someone else, even empathise, but they cannot do this automatically or sustain it.

On the one hand, this realisation can be devastating, but on the other hand, vitally important for us to understand. Have a think about this and what it means; how it explains what is going on almost all the time.

Does this explain why they don't seem to know us for who and what we really are, but rather only for how we impact on them, for good or bad?

Remember, they can't help this. It is what Autism is.

How important it is for us to keep learning, but more importantly to get ourselves to where we can receive support from others who can interact with us in a reciprocal manner.
 Carol Grigg.

Article

(mentioned in December newsletter)

For those who may be interested in more reading matter on Aspergers in relationships, I have prepared an 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

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.