

ASPIA Newsletter - July 2013

"Mutual understanding of the Asperger Marriage experience"

July Meeting

Our next meeting will be this coming
Saturday 6 July 2013*

Nola Norris, our "in house" educator will bring another wonderful presentation.

Topic: The DSM-5

The long-awaited new edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-5) has just been published and the use of the term 'Asperger's Disorder' in the previous edition (DSM-IV) has been dropped--or has it?

The projected omission of this term has been the cause of a lot of angst among people with Asperger syndrome and their families. Does this mean that our partners no longer have Asperger's?

What purpose does the DSM serve? Do we need to take notice of the DSM-5?

Nola will give an overview of the new definitions and diagnostic criteria in the DSM-5, along with some background to the DSM-5 and the people that compiled it.

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.

*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.

ASPIA's 10th Anniversary 1st June 2013

About 50 people joined in the celebrations of our 10th Anniversary including Psychologists Lydia Fegan (retired), Anthony Warren, Jeroen Decates, Eleanor Gittins, Jennifer Bostock-Ling and other much loved supporters of our work.



Our amazing cake created and made by Ruth of Ruth's Cakes, Cookies & Cupcakes.



Lyn, Carol and Nola at the Anniversary event

Lyn & Carol were the Co-founders of ASPIA in June 2003 & Nola has been our Web developer since October 2005.

I personally wish to thank the ASPIA "Team" for a multitude of amazing contributions to our special day, including food, decorations, gifts, much hard work and lots of joy! I was spoilt with a beautiful necklace from the members.

NEWS

LUNCH CLUB

Held 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.

Meet at 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.)

Remaining ASPIA Meeting Dates for 2013		
July 6	August 3	September 7
October 5	November 2	December 7

Author has AS: Steve Biddulph

<http://www.stevebiddulph.com>

I was informed during this past week (the source was good, although I don't know how to verify) that Steve Biddulph, the excellent parenting author and educator has Asperger's Syndrome. Steve was awarded "Father of the Year" in 2000 for his work in encouraging the role of fathers.

I wonder if his work could therefore have more credibility in the eyes of our AS partners who are also fathers?

Many of us have his books on our shelves.

Our BOOKS on Asperger's Syndrome

ASPIA's Handbook for Partner Support

To purchase your copy, 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

Empathy is . . .

The ability to share another person's inner life, and is fundamental for the success of human relationships and societies.

OTHER Partner Support Groups in Australia

• Central Coast, NSW

This group will now meet every 3 months

Next meeting - 21 September

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 qaps.group@gmail.com

• Gold Coast:

Phone Tricia on 0413 085 174

Email tricia.alaska@yahoo.com.au

• New - Toowoomba Asperger Partners' Support (TAPS Group)

Phone Julie on 0402 592 689

Email wjcrowell@optusnet.com.au

• New - Tiaro, Wide Bay (Qld)

Phone Pat on 07 4193 9239

Email davies.pat@gmail.com

• Perth:

Phone Roz on (08) 9284 5252

Email: rozsdesk@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

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.relationshipsandprivatetestuff.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 & Survey Requests

(Repeated from last month) Researchers at
 Deakin University Melbourne (Australia) are
 conducting a study looking at the outcome of an
 ASD diagnosis on an intimate relationship, for
 both partners with ASD and their neurotypical
 partners.

At present there is a lack of research in this area.
 It is hoped that this research will help to guide
 the development of future interventions for
 individuals with ASD and their partners.

What does it involve?

This is an anonymous online questionnaire that
 will take approximately 15 mins for each partner
 to complete. Both partners (those with ASD and
 those who are neurotypical, i.e., do not have
 ASD) are asked to complete the questionnaire -
 once the first partner completes their section, a
 unique link is generated which you can then
 send to your partner to complete in their own
 time.

Here is the link:
<http://bit.ly/ASD-COUPLE>

In advance, thank you for helping us to further
 the knowledge base in this important area.



Katherine Victoria

Thoughts ...

1) At our Anniversary meeting Psychologist
 Jennifer Bostock-Ling presented some findings
 from her research studies on the life satisfaction
 of NT women in relationship with AS men, and
 the strong message that is coming through is
 that the life satisfaction (ie "happiness") of NT
 partners is directly related to the degree of
 emotional intimacy in that relationship.

2) I have written a new one-page article titled
 "All men are like that ..." which is attached along
 with this newsletter and will be posted on the
 information page of the website.

This is an article I've wanted to write for some
 time. It deals with that problem we all have of
 others not having any capacity to "get it" when
 we try to describe what we experience with our
 partners on a day to day basis.

I hope you will like it and be able to use it in your
 own self-advocacy.

My best wishes, Carol Grigg.