

ASPIA Newsletter - June 2013

"Mutual understanding of the Asperger Marriage experience"

ASPIA - Celebrating 10 Years June 2003 - 2013 **Providing support to partners of adults with Asperger's Syndrome**



Join us at **12 noon** this coming **Saturday 1 June 2013** for lunch and a celebratory meeting.

Cost to attend:

\$40 non-members, \$30 members

Pre-booking essential

Please see website for flyer and booking information:

<http://www.aspia.org.au/events.html>

Venue for Meeting:

Level 3, College of Nursing, 14 Railway Pde, Burwood (Sydney)

Meeting should conclude around 5.30pm.

Featured Presentation

"Life Satisfaction of Neurotypical Women (NT) in Intimate Relationship with an Asperger Syndrome (AS)

Partner: **An Exploratory Study"**

University research findings
by **Psychologist Jennifer Bostock-Ling**

see flyer on website for more details
about this presentation

<http://www.aspia.org.au/events.html>

This meeting is suitable for non-Asperger partners and individuals only.

Additional to lunch and the presentation, other features of our celebration meeting include Special Guests, Memorabilia, reunions, decorations and a cake designed by one of our own group members.

In summary:

- Different starting time (12noon, not 2pm)
- Lunch included
- Level 3 Baxter Auditorium, not Level 2
- **You must pre-book to attend this meeting**

Further ASPIA Meeting Dates for 2013

	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.

No LUNCH CLUB this Saturday due to 10th Anniversary celebrations starting at 12noon at the College.

BOOKS

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

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

• **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

• **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 rozdesk@iinet.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.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

Thought ...**Meltdowns, Shutdowns and such like**

In the support group, and in our personal discussions we often talk about the meltdowns or shutdowns that our partners have when confronted by a situation they are uncomfortable with. Often we find we are blocked from discussing or resolving a good number of relationship or family situations due to the occurrence of a meltdown or shutdown. We can end up feeling disempowered and helpless, with many situations remaining unresolved or un-discussed ... forever. We also find ourselves tending to avoid re-creating a situation that previously led to a meltdown.

It occurred to me recently that the meltdowns and shutdowns actually give us solid feedback in relation to our partner's limitations. A meltdown has the effect of making us back off, which in turn enables the person with AS to avoid confrontation, discomfort or challenge. A meltdown signifies a "no-go zone".

Rather than seeing this as a deliberate and willful reaction to ensure they "have their own way" or keep circumstances on their own terms - which is certainly how it seems and definitely the outcome - perhaps we need to see the meltdown as a clue that our partner has reached their limitation - they are simply incapable of understanding what we're trying to communicate, coping with the situation at hand or responding in the way we are seeking. This leaves us in a familiarly helpless state, unable to influence or resolve the situation, and nowhere to go with it.

I believe that meltdowns and shutdowns actually provide a vital clue about our reality. It may be futile to hope that these limitations will disappear in time, particularly when we know that as anxiety and life pressures increase, so do Asperger traits and behaviours.

Perhaps there's a need to ask yourself honestly if you are able to accept the presence of those "no-go zones" as part of your reality and the future of your relationship. They are here to stay, for the most part. What will this require you to give up in terms of what's important or valuable to you? Carol.

One last word ...

Please don't miss this Saturday's opportunity to hear Jennifer's presentation of her research findings.

Filled with facts, evidence and examples - what better way to mark 10 years of support work, than with a presentation that validates why ASPIA began and continues ...

Please book asap.

We cannot record or provide transcripts of this presentation.