

ASPIA Newsletter - March 2013

"Mutual understanding of the Asperger Marriage experience"

Our next meeting will be this coming
Saturday 2 March 2013

Time: 2.00pm – 5.00pm

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

We will be viewing Part 1 of a Minds and Hearts presentation by Tony Attwood and Michelle Garnett on **"Understanding my Asperger Partner"**. Discussion to follow.

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

ASPIA Meeting Dates for 2013		
	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)

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

Our Handbook for Partner Support continues to sell through the Lulu website which is great. To get hold of a copy, follow the 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>

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/>

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

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 <http://aspartneraus.org/vanilla/>

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

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

Thoughts ...

As I reflect on the many discussions I've had with other partners over time, I think one of the hardest things to have to convey, and hardest things for partners to take on board is that their partners are not necessarily deliberately behaving badly, neglectfully or irresponsibly, they have Asperger's Syndrome.

While AS does typically endow them with intellectual or creative giftedness in some way, there are many deficits that they simply have no capacity to recognise and therefore cannot change or do anything about. They don't know what they don't know. Pointing out their deficits only causes our AS partners to feel further under attack, and does nothing to alleviate conflict.

Stating these things is cold comfort I know when partners are desperately needing practical help or emotional support in the daily grind. The reality is that these needs for the most part cannot be met by the partner with Asperger's Syndrome.

The non-AS partner somehow needs to come to the point where he/she is realistically assessing what he/she can or cannot expect from his/her partner and then seek to live in that reality.

This is deeply sad, and we cry out at the seeming hopelessness of it, but until we can face and manage each day and each encounter realistically, we will continue to be harmed emotionally and burned out physically.

We keep trying to do the "marriage" thing while often our partners continue to do the "single" thing.

Perhaps we could take their cue and quietly, calmly and gradually gather the courage to begin to live once again like a "single" person would and regain a measure of independence and control over what we allow to affect us.

Just another thought ... (Carol)