



Erasmus+



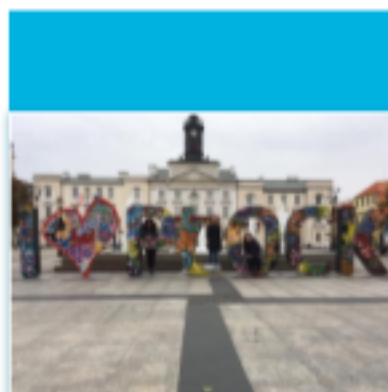
**Activity Packet for Youth
Workers**
Erasmus+
Inclusion-Autism
„Our World”



Every person want to be heard and be active part of society. For many of them daily life is full of overcoming difficulties and barriers. Mission of Foundation Understand Autism (Zrozumieć Autyzm) is to help people with autism to be heard by society. We strongly believe that through **understanding** and **acceptance** we can create open society, where everybody can feel safe, be understood and free to fulfill their passions and dreams.

Project „Our World”

From 23 to 30 of September in Rehabilitation Center „12 Dębów” group of creative, open minded activists from 12 countries meet to talk about changes in field of disability, autism and social inclusion. Youth workers, teachers, psychologists, social workers, exchanged their experience and knowledge.



Partner's Organizations:

- 1.Foundation „Understand Autism”- Poland
- 2.Sportsko Volonterska Organizacija Naturalista- Croatia
- 3.Association of citizens for treatment of persons with autism, ADHD and Asperger Syndrome „Vo Mojot Svet”- Macedonia
- 4.„H2O” Associacao de Jovens de Arroquelas- Portugal
- 5.Associazione Let's Keep Learning Onlus- Italy
- 6.Edirne gendik ve engellileri destekleme dernegi- Turkey
- 7.Organisation Francaise de la Cooperation Internationale- France
8. Unique projects- Lithuania
- 9.Asociacion Juvenil Almenaras- Spain
- 10.Fondatsia Evropeiski center za inovatsii obrazovanie nauka i cultura- Bulgaria
- 11.Asociatia psihologilor profesioniști din Romania- Romania
- 12.The BetterMaking organization Austria



**„The world
needs all
kinds of
minds”**

**Temple
Grandin**

Because we strongly believe that knowledge and good practice should be shared with as many individuals and organizations as it possible- together with participants we agreed to prepare this **Activity Packet for Youth Workers** which includes some activities created and participated by all of us during „Our World” Training Course. We hope that our common experience shared during training, will be useful for other youth workers. They will find in this Activity Packet, examples of activities which they can use with other groups during workshops with topics of social inclusion, autism, diversity. This activities can be modify on many ways and adapted to different participant’s groups. It’s up to your creativity! :-)

We wish you so much fun and enjoy as we have on our Training and we hope that our world will become friendly place for everyone.



Session- What is Autism





Autism, or autism spectrum disorder (ASD), refers to a broad range of conditions characterized by **challenges with social skills, repetitive behaviors, speech and nonverbal communication**. We now know that there is not one autism but many subtypes, and each person with autism can have **unique strengths and challenges**. A combination of genetic and environmental factors influence the development of autism. Autism affects an estimated 1 in 59 children. Many people with autism also have **sensory issues**. These can include aversions to certain sights, sounds and other sensations. Autism's hallmark signs usually appear by age 2 to

Here are some randomly chosen answers for question „What is autism for you?”-part of

Because all of us have different level of knowledge about autism, next activity gives space for people to share their own experience-learn from each others. Divide people in small groups and each of group is mixed with professionals working with people with ASD and beginners (don't know a lot about autism). Each group is watching, different, short video „Case study-person with autism”. People from each group have opportunity to see different range of symptoms and behaviors, techniques and approaches of people with autism. Then they can discuss and write down what did they notice. What did I learn from others, what did I learn from this exercise? What did I learn more about autism?



„brain storm activity - my definition of autism”.

This activity give to participants opportunity to share their own experience in

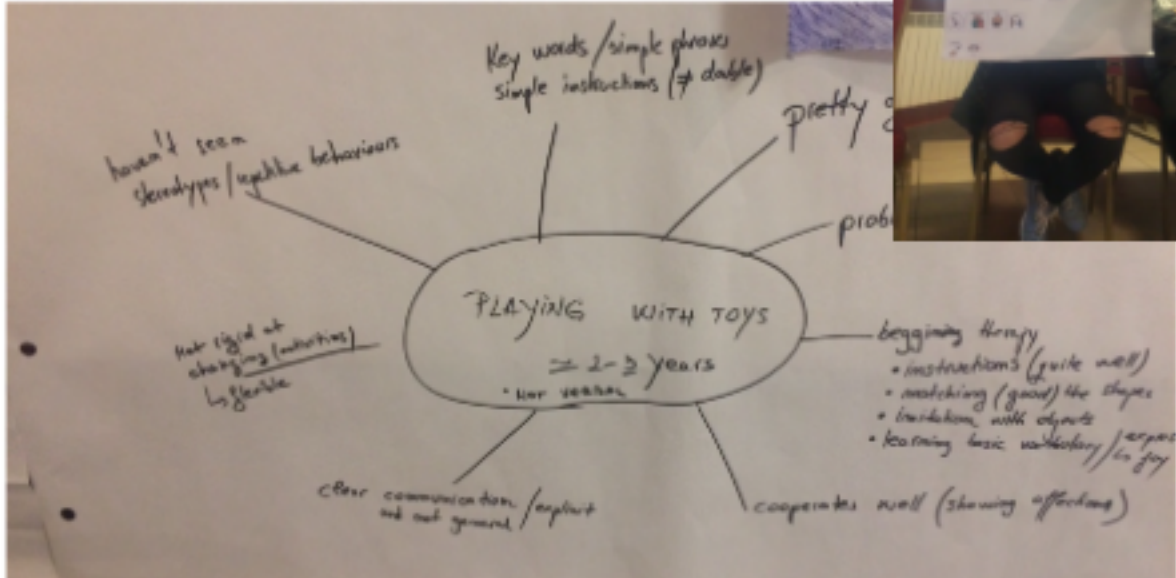
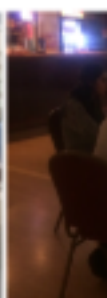
Session- Talk to me

Communication with others is one of the basics human needs. We wanna express our feelings and emotions, plans, wishes and needs. For many of us is even hard to imagine how it could be without possibility to communicate with others, either talking or writing. Autism affect communication skills. Some of people cannot talk, some talk only few phrases, some have good level of language. For those who have challenge with verbal communication, specialist create alternative methods of communication called AAC used to supplement or replace speech or writing for those with impairments in the production or comprehension of spoken or written language.

This sessions is created to get deeper into topic of ways of communication with people with autism. It's important to have basic knowledge about different ways of communication, as we are youth workers and we meet different people on our projects. We strongly believe that the best way to learn new things is **learning by doing**, that's why this activity is based on experience.

James is 25 yo
He has
Low functioning autism

Most people see James as a child
James is non-verbal
James has repetitive behaviors often self-harmful
James focuses really fast
Sound seems trigger self-injuries



Activity- Talk (code) to me

During this activity participants work in small groups. Each group will get one different method of AAC (BLISS, PECS, MAKATON, SIGN LANGUAGE etc.) At the beginning we discuss about all these methods (brain storming) and watch video about different ways of communication. Main task in small groups, is to prepare some story, using only method that they got. For example group with PECS, use only symbols which are provided by this method.



Session- Nonverbal communication

During this session participants have opportunity to experience exercises without vision and being able to verbal communicate with each others. One person from group is guide and others one by one have to overcome the obstacle course. Before exercise is start, in each group people discuss how they will communicate (for example- clapping, whistling etc). Participants cannot touch or break anything on they road. If they do, minus point is write down for them. Win group with less points.





Bridges

This team-building activity as well show participants how it is to communicate with each others without words. Here goal is to build in every group, bridge. Only material which can be use are plastic straws.



Session- I cannot hear you

Many people with autism have problems with sensory processing. In this exercises, participants have opportunity to experience how it is to have auditory processing



disorders. For this exercise you will need pair of earplugs for all participants and radio or fan or anything else that can make „white noise”. While people are putting earplugs , put it on radio, set it between stations so you only can hear static and turn up volume- loud enough to be distracting. Read drawing instructions. Read rapidly, using a soft voice, mumbling monotone, running words together and pausing in odd places. Participants must draw through your instructions. In the end, remove earplugs and discuss how it was, participants show their pictures.



Below you can find some summary from activity discussion „ How to support person with Autism”. It can be usefull for Organizations which just staring cooperation with people with Autism. It can be usefull for volunteers who wants know how to help person with Autism feel more comfortable and safe in Organization. We encourage non gouvermental organizations to be open for people with different disabilities and Autism, and we strongly belive that through their unique personality, we can together discover wide horizons of humanit

How to support person with autism

- **Ask the person or his/her parents, assistant what kind of support might they need**
- Autism affects people in very different ways- some people will need minimal support in some areas, whilst others will need intensive support in most areas.
- Environment is very important! People with autism can be sensitive on light, touch, sounds, unexpected movement or smell. Try to keep environment as predictable and calm as it's possible.
- **Give the person as much time as he/she need to understand information you are sharing. Wait as much time as person need to reply.**
- **Questions should be clear and easy to understand- be sure that you were understandable enough; If need use alternative communication system and pictures.**
- **Maintain a routine- Its important for people with Autism to know what will happen next, step by step, you can create activity plan for each person- PREDICTABILITY**
- **Understand that person might not be able to follow through- take time for a rest and break.**
- **Be open and give unconditional acceptance**