

## **APPENDIX 1: Good Autism practice Training**

Andrew Guy in his role as Active support and Positive behaviour support (PBS) ICF project lead completed Autism workshops to train staff in basic Autism, as this was a priority for front line support workers to be aware of whilst supporting people through the models of Active Support and PBS.

There have been a total of eight workshops over the past year, which have been successful with internal and external providers. The one day course provides comprehensive introduction to the Autism spectrum. It focuses on best practices and approaches focused on understanding Autism, which is vital for providing effective support. The course content is focused on:-

- What is Autism?
- The problems people with Autism might face
- Facts and myths around Autism
- Strength based practice
- Life seen through the Autistic spectrum
- Communication & Interaction
- Sensory issues
- Socialisation
- How to deliver the best support
- How PBS, Active Support and person centred care contribute to effective support
- Understand Autism effects people in different ways

The benefits of this training is evident, for example, support staff are now mindful of the environment, specifically the need to allow people to process information when communicating. Staff have expressed that the workshop has built on their existing skills, in particular their awareness of challenging behaviour.