

What is Aspektism for Teens/Adults Course?

It is a course that helps you Support your autistic teen/adult with clarity and confidence. Learn practical strategies to reduce overwhelm, understand behaviour, set healthy boundaries, and build real-world independence.

Course Benefits

- Feel more confident supporting your teen/adult day to day
- Better understand what's behind behaviour (including meltdowns) and how to respond
- Reduce overwhelm by recognising sensory, social, and information overload early
- Set clearer boundaries and reduce misunderstandings at home, school, work, and in the community
- Support better communication and relationships (including empathy differences)
- Build practical independence with step-by-step everyday life skills

Why this course matters for you

The teen/adult years can bring bigger expectations, bigger pressures, and bigger consequences. This course gives you a clearer way to understand what's going on—and what to do next. Originally developed in 2008 and updated in 2024.

What you'll learn in this course

- **LIFEISM:** Quality of life—balance independence, safety, and support (Dignity of Risk, Duty of Care).
- **BEHAVIOURISM:** Understand meltdowns vs learned behaviour, behaviour drivers, and practical strategies.
- **OVERISM:** Spot and reduce sensory, social, and information overload.
- **COMPREHENSISM:** Comprehension differences, boundaries, attachment, and supporting independence.
- **EMPATHISM:** Understand differences in showing empathy; reduce misunderstandings and improve communication.
- **SKILLSISM:** Empowering your son/daughter to develop independent living skills through activities such as grocery shopping, paying

household bills, gardening, and general chores—tasks you may not have previously considered achievable for them.

Delivery options

- **Online self-paced:** start anytime and work through at your own speed.
- **With me (over a couple of weeks):** guided support as you move through the course content. To proceed with the course, you will need to schedule and confirm specific dates and times with me together.
- You can take this course through online platforms like Zoom or Teams, or in person as part of a group session.
- Check out the FAQ's on the website for more information:

<https://ktalk.au/faqs/>

How do I get support from these courses?

Online support is always there via email and Kerry is just a phone call away.

Where to from here?

To enquire or enroll for this course, please use the contact details in this brochure, click on this link: <https://ktalk.au/product/aspektism-teens-adults/> or use the Contact Us page via the website.



CONTACT US:

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Email: info@ktalk.au

Website:

<https://ktalk.au/>

Check out our website for further information.



“Exceed Your Expectations”

**ASPEKTISM
FOR ADULTS**