

What is Aspektism for Teens/Adults?

It is designed for the general public to gain insight of how Autism Spectrum Disorder affects the lives of those individuals who have the disorder. **It is targeted at parents/carers/society/support workers to gain greater understanding of the Disorder, and is aimed at Teenagers & Adults on the Autism Spectrum.**

This course was the 3rd part of Kerryn's life journey. Her ASD was out of control, and she had no idea what it was and how to deal with it, until she was diagnosed at the age of 30.

Being that she had to learn about Asperger's Syndrome, how it affected and caused conflict within herself, her family and society. She was also taught valuable independent living skills and banking as part of her gaining control of her own life.

It was very appropriate to revise & update this course in 2023 to assist society of what it is like to live with such a disorder.

What made you decide that an Autism course for teens/adults was necessary?

There was a need from parents to both assist & help their teenagers & adults learn/grow/develop and to learn new skills associated with Autism/Asperger's Syndrome. Therefore, the course was developed to assist in this area.

Are there other Autism related courses on the market?

There is no other Adult Autism related course on the market at present apart from the Aspektism series.

What course modules are there in Aspektism?

Lifeism, Behaviourism, Overism, Comprehensism, Empathism & Skillsism.

Do you have more information on these modules?

With the first module **Lifeism**, it's all about the quality of life for a person with autism, and **also explains Dignity of Risk, Duty of Care & the Quality of Life Framework.**

The second module of this course **Behaviourism**, participants will learn more about the differences of What is a meltdown, What a learnt Behaviour is,

Behaviours of concern, What the drivers of concern are in behaviours, Learnt Behaviours, How to tell a person with ASD to leave you alone & behavioural Strategies for your son or daughter with ASD.

The third module **Overism**, you learn more about the different types of overload for a person with ASD, including sensory, social & information overloads.

The 4th Module Comprehensism, you will learn how an autistic person has both a comprehensive & imaginative impairment & What is comprehension? What does it mean, Comprehension in Autistic people, Boundaries and autism, Comprehension & Emotional attachment, Comprehension & Mollycoddling & A story from an autistic person's perspective.

Empathism: Discusses in detail how teens/adults with Autism are not able to express empathy or compassion to others.

Skillsism: Train your sibling/teen/adult with ASD general house cleaning, grocery shopping, banking, & other necessary skills to help them to learn independent living skills for themselves.

How do I get support from these courses? Online support is always there via email and Kerryn is just a phone call away.



Do you think if I did the Aspektism course I would learn more about Autism Spectrum Disorders?

Absolutely! The more you learn, the more you understand what it's like for an individual person to live with an Autism Spectrum Disorder.

Where to from here?

You are more than welcome to make an inquiry via email, or phone call to Kerryn. Please use the contact details on this brochure or via the website.

CONTACT US:

Phone 61 3 0435 555 453

Email: info@ktalk.au

Website:

<https://ktalk.au/>



“Exceed Your Expectations”

**ASPEKTISM
FOR ADULTS**

Check out our website for further information.