



Gwenyth Cutler (President)
Phone/Fax: (07) 4774 0637
Email: president@nqasg.org.au
26 Peter Street, Kelso, Qld, 4815

Linda Eggert (Treasurer)
Phone 0414 224 654
Email: treasurer@nqasg.org.au
P.O. Box 1659, Aitkenvale, Qld, 4814

ABN: 325 770 92024

Check out our website @ <http://www.nqasg.org.au>

October 2009

North Qld. Autism Support Group NEWSLETTER

The last few months have been very busy. Young people granted a subsidy earlier this year given by NQASG are enjoying the activities provided by psychologist, Kirsty Magarry from Directions.

Members of the NQ Autism Support Group have run a successful MINDD Seminar on 29th August. Chief organiser was Rhonda Muller. Because so many wanted to attend, a bigger venue had to be organised at the last moment. The display of products was great. People could sample different foods and even drink gluten free beer made in Townsville. The lunch was all gluten free as well.

For Disability Action Week the group through the work of Kate Horstmann, Kirsty Magarry and their team of University students, ran two Siblings workshops, 19th September and 26th September.

Members are now looking forward to the symposium, "Beyond Behaviour", on 4th and 5th November, at Rydges Southbank, being hosted by Autism Qld.

Gwenyth Cutler (President NQASG)

Please note that our meetings have now moved to:
23 Casey St, Aitkenvale (Nth Qld Competitive Employment Service Ltd)

Beyond Behaviour - 2009 Townsville Regional Symposium on ASD

4 – 5 November 2009 at Rydges Southbank, Townsville

Autism Queensland has made a commitment to deliver information of the highest quality to regional areas of Queensland on an annual basis through a two day Regional Symposium on ASD. The symposium will play a vital role in building expertise in North Queensland by bringing together Australia's leading authorities on ASD with local experts in the provision of services for people with ASD. Check out full details at www.autismqld.com.au

Don't miss out on this one...

**Sue Larkey: International Author, Autism
Spectrum Specialist, Teacher**

TEACHING STRATEGIES & BEHAVIOUR SUPPORT

Townsville – Thursday 29th October 2009 9am-3pm

Leisure Inn Plaza Hotel – 409 Flinders St, Townsville

6 hr Workshop, morning tea & lunch \$125

For more information contact:

Education Events on 0433 660 379

Ask Mandy...

Welcome to ask Mandy...we would like to have a section of our newsletter for Questions and answers and somewhere for you to share your helpful tips or even an inspirational story you have heard. Please email Mandy at info@ngasq.org.au

Q: How do I start my child on a gluten and casein free diet?

A: Keep a diary on observations during the trial. Start with a record of the behaviours at the beginning of the trial. Videos also help. There are no guarantees the diet helps all children but your diary will show if marked improvement occurs. Don't take gluten and casein out of the diet together. Do it in stages as the effect can be better monitored and diet adaptations made.

Gluten is a protein in wheat, rye, barley, oats but not in rice. Hence most bread, wheat flour, biscuits, pies, puddings and many lollies contain gluten. Casein is the protein in Milk and is in milk, milk solids, skimmed milk, whey, whey solids, lactose and caseinate. Food labelling is getting better. Read labels carefully. Wheat can be used as a filler in some products and is not always shown on the label. Supermarkets will be able to provide a list of foods that are gluten free. Most supermarkets carry special dietary products, including gluten free. In the initial 7-21 days of starting the diet, many children display regressions in behaviour eg anxiety, clinginess, staring into space, dizziness, increased urination and defecation, aching or evidence of pain. This is a kind of withdrawal. Those showing it most show the most positive reaction later to the diet of some or all of the following - improved behaviour, concentration, calm and improved sleep patterns. Suggested trial period for the Gluten Free Diet is 6 months because some of the gluten stored in the body takes that long to be used up. Suggested trial period for dairy (casein) free is three months.

Getting started recommendations are:

- Set a date to start. Perhaps during school holidays when you have stricter control over the child's food intake. Avoid Christmas. Stick rigidly to the diet. If the child breaks the diet, the effects in behaviour may last from 12 to 36 hours, but do not panic. See how he/she got the gluten and ensure ways to avoid a recurrence.
- Inform your G.P. as it may be necessary to get a referral to a dietician to assist with vitamin or nutritional supplements because of other factors in your child's health. Some naturopaths also have a good understanding of dietary supplements needed for those with ASD.

Q: I have a picky eater. What do I do?

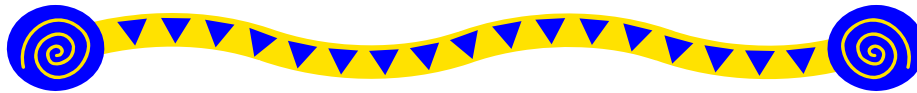
A: Try searching for the "Nourishing Hope for Autism Diet Community"

A major reason that people either don't try autism diets, or get stuck while following one, is concern about Picky Eaters...Don't fret - there is help and hope. There are many possible reasons for picky eating, and parents report that diet expands greatly once they've addressed the obstacles.

You'll really benefit from the article "Help for Picky Eaters," which was published in a recent edition of The Autism File magazine (a "must read" publication for anyone touched by autism). Dawn Winkelman, Feeding Therapist, joins Julie on this issue, by sharing professional insight regarding cases where broader feeding support is needed.

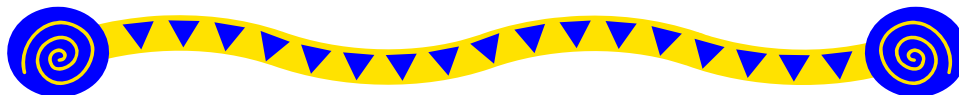
THE PICKY EATER ARTICLE -

<http://www.facebook.com/l/d30d2;nourishinghope.com/HelpForPickyEaters.pdf>



Q: "I have heard that if I am on a carer's allowance there is no bank fee charged on my account. Is this true?"

A: Families need to be advised that many banking institutions do waive the fee eg ANZ, NAB, Suncorp. Families are advised to ask their banking institution if it is one that waives the fee.



FYI - This is interesting about footballer, Matt Rogers. Check out this web address:
http://www.4asdkids.com/Pages/About_Us.htm

Thanks to everyone that asked questions and sent in information to share, a special thanks to Rhonda for sharing some great info 😊

The NQ Autism Support Group is starting a social group

Pizza Night

Great fun gathering

For those with Asperger's/ASD

Age: 16 and up

Date: Friday 13th November 2009

Time: 5pm--8pm

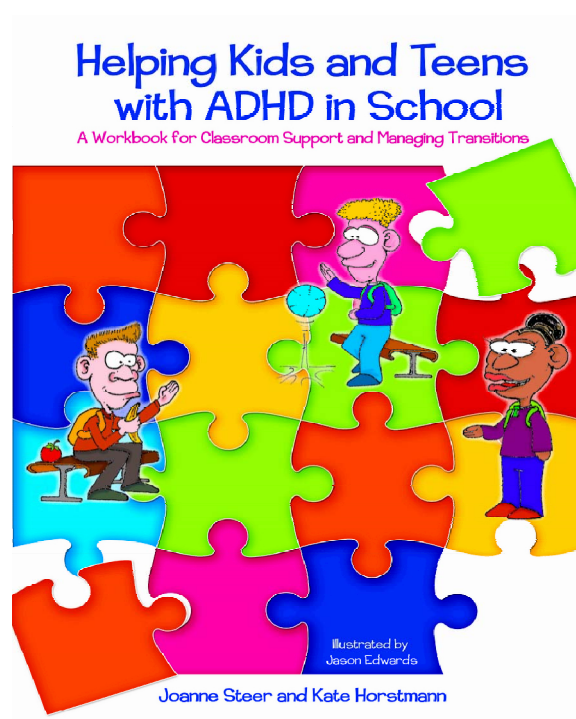
Place: 24 Clifton St (off Gregory St), North Ward

Cost: \$5.00

Contact: Emma-Jane 0430281267

Hi Everyone, I just want to say thank you to the NQASG for the subsidy for my son to attend the Directions "Anxiety, anger & social demands" sessions with the very lovely Kirsty Magarry. He just adores her and is doing really well as a result, I would recommend her to others seeking this kind of support.

Kind regards Jo Davey



Book Launch

A practical new resource to help parents, schools & therapists work together with young people with ADHD

Kate Horstmann (co-author & local Occupational Therapist)

and Jason Edwards (illustrator)

You are invited to join us and help celebrate the launch of our book over a drink and a few nibbles. All welcome.

When? Monday 9th November, 5.30—6.00pm

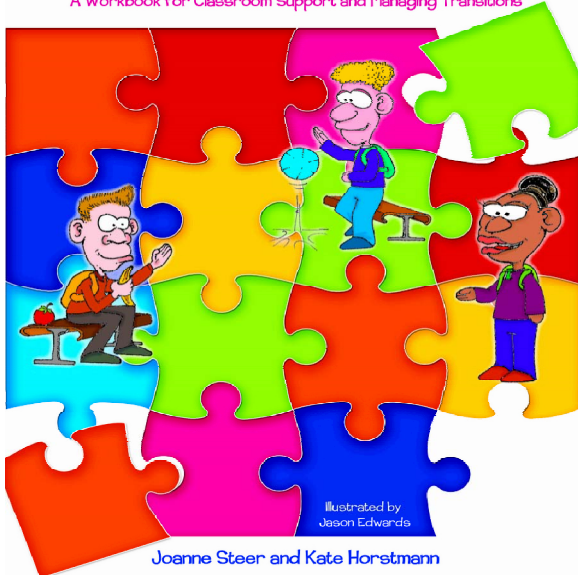
Where? Rehabilitation Sciences Building, James Cook Uni

RSVPs welcome but not essential: Kate.Horstmann@jcu.edu.au

The story behind the book:

Helping Kids and Teens with ADHD in School

A Workbook for Classroom Support and Managing Transitions



My name is Kate Horstmann and I am an Occupational Therapist currently based in Townsville. During my time working in Croydon, London, my colleague Jo Steer (Clinical Psychologist) and I established a group for children with ADHD and ASD to help them transition to high school

How can you use it?

The book is designed to be used either as the basis for an individual program or a group. It can be used by parents, education support staff, teachers and professionals; ideally in preparation for high school, but also within the first few years of senior schooling (approx 10 – 14 years). Worksheets are structured to promote learning through a process of reflection and

analysis (Detect & Reflect), testing out strategies (Give it a Go) and consolidation and prioritisation (Pulling it Together). These activities are supported by tip sheets for young people and adults, and goal setting and information sharing tools.

What topics are covered in the book?

The chapters emerged from the priorities reported to us by parents and teachers and include self-esteem, attention/concentration, coping with stress, organization, friendships and homework. There are also sections on transition planning, understanding ADHD and goal setting

Want more Information?

Read a review at www.tes.co.uk/article.aspx?storycode=6012058

Order the book at www.footprint.com.au or purchase from Dymocks (Townsville) – RRP is \$39.95.

Siblings Support Group:

With funding provided by a grant from the Department of Communities (Disability Services), a new group was launched in Disability Action Week (13th-19th Sept) for the brothers and sisters of children with Autism. Organised by local professionals linked to the support group, and with the assistance of JCU students, 14 young people ranging from 5 to 13 years of age joined in. They all rated the group a resounding success! The two-day program focussed on having fun and making links between young people who share unique insights into the realities of living with ASD. The most popular activities included art, kayaking and laser tag, and there were many suggestions for our next fun day which is planned for the Christmas break.



The North Queensland Autism Support Group advocates for better services and support for those affected by Autism.

While we are working in the community to achieve this we also recognise those individuals and organisations who are "Autism Friendly." Once per year we nominate and award those who show care and consideration towards the Autism community.

Members are welcome to borrow from our library of books, papers, CDs & videos, about Autism and related disorders, from reputable sources such as Tony Attwood, Wendy Lawson and many others.

A quarterly newsletter is distributed to members, which has up to date information about local and worldwide Autism news and events.

Social mornings are held on the fourth Friday of the month at McDonald's, The Lakes, at 10am. While having a cuppa members can share information, ideas and experiences with others who know and understand.

The parents in our group have children who range in age from the very young to adults. We also have adults who themselves have been diagnosed with an Autism Spectrum Disorder.

ZACBROWSER – zone for autistic children

Info directly from the website... It is the first Internet browser developed specifically for children living with variants of autism spectrum disorders (ASD), Asperger syndrome, Rett syndrome, childhood disintegrative disorder, PDD not otherwise specified and PDD-NOS, also called atypical autism

<http://www.zacbrowser.com/>

Menstrual management kit

After a great deal of negotiation, both the Department of Social Work and Social Policy at the University of Queensland and the Minister for the Department of Communities, Disability Services have agreed to allow QCIDD to upload this highly-valued community resource for people to freely access and download.

It is available via <http://www.som.uq.edu.au/research/qcidd/menstruation.asp>

In easy-to-use pdf formats, the kit contains:

1. [Managing menstruation kit](#)
2. [Managing menstruation information booklet](#)
3. [Most women menstruate communication cards](#)
4. [Pad changing communication cards](#)
5. [Menstrual cycle calendar](#)
6. [Pre-menarchal Planner \(preparing for menstruation\)](#)
7. [Post-menarchal Planner \(after menstruation has started\)](#)

Sections have been added to state which information is out-of-date and where to look for more up-to-date information. Additionally, we have added this clause to each document to indicate the history of its development and copyright: *This Australian resource was developed in 1994 by a joint project between the Department of Social Work and Social Policy at the University of Queensland and the Division of Intellectual Disability Services in the Queensland Department of Family Services and Aboriginal and Islander Affairs (now the Department of Communities, Disability Services), with original funding from RADGAC of the Commonwealth Department of Health, Housing and Community Services, and from Sancell Pty Ltd and Libra Products. Original artwork is by Ann Taylor. This resource is from the original Menstrual Preparation and Management Kit © which was produced as a community resource. The developers encourage the materials to be reproduced for personal use and individualized training purposes, not at a large-scale level. Copyright means that the developers, as mentioned above, and the Queensland Centre for Intellectual and Developmental Disabilities (QCIDD) must be acknowledged in any reproduction or citation.*

We ask that this valuable resource is used to help individual women with intellectual disability as it was first intended.

Thanks to all who had a hand in getting it up on the website and please spread the word!

Miriam Taylor
Research Project Officer
QCIDD - Queensland Centre for Intellectual & Developmental Disability
University of Queensland, School of Medicine
Mater Community Services Building,
Mater Hospital, Annerley Rd., South Brisbane, Qld, 4101, Australia
Ph: 61-7-3163 2446 Fax: 61-7-3163 2445
<http://www.som.uq.edu.au/research/qcidd/default.asp>

Dental Services under Medicare for people with Chronic and Complex Conditions

Medicare benefits will be available for most services provided by a dentist, dental specialist or dental prosthesisist in private dental surgeries.

To receive a Medicare benefit for dental services, you will first need to meet certain eligibility criteria and be referred by your GP to a dentist. In some cases, your GP will be able to refer you directly to a dental prosthesisist for denture work.

Which patients are eligible for dental services under Medicare?

To be eligible, you must have a chronic medical condition and complex care needs and your oral health must be impacting on, or likely to impact on, your general health.

A chronic medical condition is one that has been or is likely to be present for at least six months. It may include, but is not limited to, conditions such as asthma, cancer, cardiovascular illness, diabetes mellitus, arthritis, mental illness, musculoskeletal conditions and stroke.

In practice, this means that you will need to be managed by your GP under certain care plans. For most people, this involves the preparation of a “GP Management Plan” and “Team Care Arrangements”. For residents of aged care facilities, it involves the GP contributing to a multidisciplinary care plan prepared for the resident by the facility.

You should talk to your GP about whether you are eligible for these plans. If you are eligible, your GP must complete the plans and bill you prior to your first dental service. If you already have care plans in place, talk to your GP about whether you are still eligible for referral for dental services.

Once you have been referred by your GP to a dental practitioner, you should call Medicare Australia on 132 011 to check that the necessary GP care planning items have been claimed and paid before commencing dental treatment – even where your GP has signed a referral form. If the relevant items have not been claimed and recorded, Medicare Australia cannot pay benefits for dental services.

For further information about the Medicare dental services, go to the Department of Health and Ageing website at www.health.gov.au/dental or call the Medicare Australia Patient Enquiry Line on 132 011.

Hi everyone,

We are seeking expressions of interest from parents/carers, therapists and teachers who would be interested in attending *Camp Chitter Chat*: An overnight camp for children aged 4 to 8 who use augmentative and alternative communication (AAC), accompanied by a parent or carer who is interested in their communication. This camp is not restricted to children with Cerebral Palsy.

This is the first time that the camp will be run, and we are planning to hold it in the Townsville area during the first week of the summer school holidays (December 13 – 18). There are 12 places for children available, and participating families will be requested to contribute \$40 toward the cost of the camp. There is also some funding available to assist families with transport costs.

Camp Chitter Chat has been developed for young children who use AAC and their parent/carer to:

- Meet and talk to other people who use AAC
- Make lots of new friends
- Participate in lots of fun activities
- See some new types of AAC
- Talk with therapists

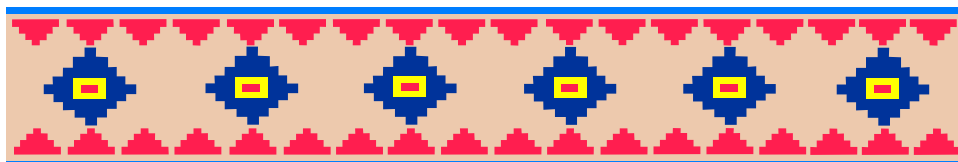
Please pass this information onto any parent/carer with a child who uses AAC, who may be interested in attending this Camp. Expressions of interest close by Tuesday 29th September.

I am very happy to answer any questions or provide further information if needed! Thanks so much, Jo

Jo Yong | Speech & Language Pathologist

Cerebral Palsy League | PO Box 4279, Kirwan QLD 4817

P 07 4799 9600 **F** 07 4723 5300



The Early Intervention service has released a DVD called ‘Starting School’ available in 8 different languages. You can get a copy by calling Infoline 1300 65 68 65

I sent away for a copy of this - It is worthwhile and free, regards Gwenyth



NQ AUTISM SUPPORT GROUP'S CALENDAR OF EVENTS...

- | | | |
|-----------------|-----------------|--|
| October | 12 - | NQASG Meeting (7:00PM) |
| | 16 - | Tenpin Bowling (4:00-5:00PM) |
| | 23 - | Coffee Morning (10:00AM)
McDonalds - The Lakes |
| | 31 - | Parents' Night Out (6:00PM)*
Hog's Breath - Cannon Park |
| | November | 4 - |
| 5 - | | As Above |
| 7 - | | Maze Mania (10:00AM) |
| 9 - | | NQASG Meeting (7:00PM) |
| 20 - | | Tenpin Bowling (4:00-5:00PM) |
| 27 - | | Coffee Morning (10:00AM)
McDonalds - The Lakes |
| December | | 6 - |
| | 7 - | NQASG Meeting (7:00PM) |
| | 15 - | Tenpin Bowling (4:00-5:00PM) |

Autism services expanded across Australia

Hon Jenny Macklin MP & Hon Bill Shorten MP, 22/09/2009

Around 1400 children with Autism Spectrum Disorders will have easier access to early intervention services, following changes to the Helping Children with Autism package.

The changes will increase the number of service providers and allow families more time to use the \$12,000 over two years available under this package.

This funding gives children with Autism Spectrum Disorders the chance to benefit from a range of early interventions, including one-on-one intensive activities and tailored group and individual programs.

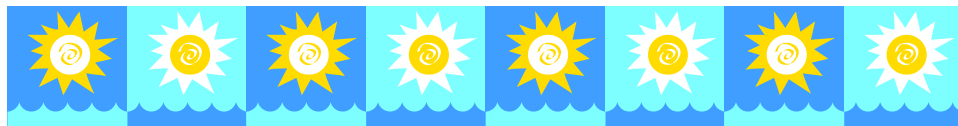
From 19 October 2009, new arrangements will allow additional speech pathologists, occupational therapists and psychologists to participate in the autism program, subject to quality requirements.

Read entire release:

http://www.jennymacklin.fahcsia.gov.au/internet/jennymacklin.nsf/content/autism_services_22sept09.htm

Read more about Helping Children with Autism:

<http://www.fahcsia.gov.au/sa/disability/progserv/people/HelpingChildrenWithAutism/Pages/default.aspx>



This is an email sent in by one of our members and is very informative – thank you for sharing it ☺

My name is Ben Ruse, I work for Bill Shorten, the Federal Parliamentary Secretary for Disabilities and Children's Services.

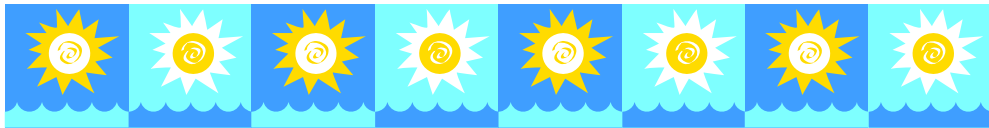
I saw the email you sent to Bill about the press release on changes to the autism package. The release is correct, and it will be released formally tomorrow. The version you have was circulated to autism groups in Victoria. Peak bodies, such as Autism Queensland, have also been given advance knowledge of the changes, and should be approached if you have any questions.

The changes will come into force on October 19th, and are a response to the concerns of parents who worried they might lose access to their remaining Helping Children with Autism funding when their child turned 6. The changes will give them an extra year to use that funding.

I hope this is good news for you.

Ben Ruse

Play Connect, a playgroup to cater for children from families coping with autism, It is run by Birthe Bedet on Tuesdays, 9.30am to 11.30am, from a room in the AEIOU building at 22 Ridley Rd, Kirwan. Anyone wanting to know more can contact Birthe on 0409 609 954.



In the upcoming Christmas holidays Aldon Tutoring Centres Kirwan are offering 3 separate fun and creative workshops that anyone can be involved in.

1. CLAY ANIMATIONS: 7th, 9th AND 9th OF DECEMBER (This is the first week of Catholic and private Schools holidays only)
2. PUPPETS: 14th, 15th and 16th OF DECEMBER
3. CRAFTS FOR CHRISTMAS: 21st, 22nd and 23rd OF DECEMBER

The workshops are 3 day workshops that run from 10am to 2pm at a cost of \$150 per child per workshop - resources included. **Children do not have to be enrolled in our centre to attend and join in the fun.**

So tell all your friends, look at the attached posters for more information on each program and **GET CREATIVE!**

To book your place contact Megan Johns on 0416521867 or express your interest at the front counter upstairs at 29 Thuringowa Drive (Aldon Tutoring Kirwan).

HURRY LIMITED PLACES AVAILABLE!

SPECTRA: Structured program for early childhood therapists working with autism

Dr Robyn Young, Carrie Partington and Talya Goren

to complement **Autism Detection in Early Childhood (ADEC)**

Dr Robyn Young

SPECTRA is a comprehensive intervention reference guide, based on the ABA model, for psychologists, special needs teachers, therapists and early childhood educators working with children with autism spectrum disorder. It provides a developmental framework as well as step-by-step instructions on how to implement a behaviour program to teach autistic children a comprehensive range of skills, starting with skills that are typically lacking in these children. **SPECTRA** is applicable to children with an intellectual age of 18 months to 6 years. **SPECTRA** is a simple, easy-to-use guide to teaching children using behavioural techniques.

Key features:

- Principles and guidelines for designing and implementing an intervention program;
- Progress map and simple checklists that allow you to identify the child's developmental level, skills mastered and areas that need attention and learning;
- Specific exercises and activities covering a wide range of learning areas are included.

SPECTRA is an excellent resource for home-based intervention for parents. It provides step-by-step instructions for all activities and includes an accompanying DVD for additional support.

Visit: www.acer.edu.au/SPECTRA



I wanted to take this opportunity to introduce you to our new Parentline website. The website provides information on what we are doing here at Parentline with direct links to our BoysTown and Kids Help Line websites. We also have many links to child raising websites with loads of topics that I think you and your clients will find helpful. You will also see under our "Connecting Communities" website our calendar of events and when we will next be in your area. We enjoyed meeting you all earlier in the year and would love to catch up again next time we visit. Also if you would like to order any more resources/collateral you can do so straight from our website's main page under "promotional materials".

Please feel free to send us any feedback about the website. To access the website click on this link www.parentline.com.au

Regards Carroll Benson - Team Leader BoysTown Parentline

Phone: 0738671274 Fax: 0733671266 email: cbenson@boystown.com.au PO Box 2000 Milton Q. 4064

www.boystown.com.au www.kidshelp.com.au

Dr Lee Sturgeon, Consultant Clinical & Developmental Psychologist, gave a brilliant presentation at Hunter Connect on 15 Sep 09 on the topic of Behavioral Management of Children and Adolescents with ASD. The audio presentation is a must for parents, carers, and staff workers of children and adolescents with ASD. The visual presentation is attached for you to see what issues he covered in his talk. You can order a copy of the CD as follows:

Product No.: HC001
Title: Behavioral Management of Children and Adolescents with ASD
Dr Lee Sturgeon 15 Sep 09
Media: Audio CD
Price: \$10.00 (includes Postage & Handling)

Payment Methods:

EFT: Deposit money to the following account:

Name: Medowie Baptist Community Church

BSB: 704922

Acc: 100006299

Important: Please include surname and Product Code (Eg. Smith HC001) as a text line and also email samhays@aapt.net.au to advise when you have deposited funds.

Cheque or Money Order: Complete the attached order form with payment and mail to:

Medowie Baptist Community Church

PO Box 9, Medowie NSW 2318

Fact sheet: Fitness training for kids with Asperger's disorder

Autism Australia figures suggest that approximately 1 in every 160 children between the ages of 6-12 suffers from some form of Autism or Autism Spectrum Disorder.

The findings also reveal that within the total population, 1 in 250 people in Australia suffer from some form of Autism Spectrum Disorder.

For more information on Aspergers and other Autism Spectrum Disorders, please visit www.autismaus.com.au

Hi everyone

I came upon this lovely kit on the AutismSpeaks website (http://www.autismspeaks.org/community/family_services/100_day_kit.php). It is a nice summary of diagnosis, information and intervention options, as well as having some great planning tools for parents. There is also a week-by-week planning tool for families to work through the "first 100 days" following a diagnosis.

Chrissie Brown

Speech-Language Pathologist Department of Communities (Disability Services)

West Brisbane FECS Team (Goodna Service Centre) ☎ p.07 3381 6500

Check out the following websites:

www.campautism.org

<http://www.suelarkey.com/>

<http://www.aeiou.org.au/>

<http://www.righteouspups.org.au/Home/tabid/122/Default.aspx>

http://raisingchildren.net.au/children_with_autism/children_with_autism_landing.html

<http://www.beyondblue.org.au/>

<http://www.a4.org.au>