



autism
oxford uk

NDC Post
Diagnostic
Workshop

**Evaluation and
further
signposting**

Week 10

Hello my name is.....

Tara



Recap and Check-in

- How was week 9 – School?
- How is everyone feeling?
- Any positives or learning points in the last week?
- It would be great if people want to share things as we go along.
- Remember this is a safe confidential space.

Evaluation and further signposting.....

- We will recap and evaluate the last 10 weeks
- Informal discussion to share what you have found helpful
- Further signposting



What we have covered

- Introduction into autism and ADHD
- Strengths of autism and ADHD
- Life coach approach
- Executive functioning
- Emotional regulation
- Introduction to the sensory system
- Sleep
- Camouflaging
- School

Introduction to autism and ADHD

- What is autism
- What is ADHD
- Communication
- Tips on de-escalating distressed behaviour
- Sensory issues

Strengths of autism and ADHD

- Medical Model vs Social Model
- Autistic strengths
- ADHD strengths
- Self Identity
- The Neurodivergent community



Life coach approach

- Life coaching approach for parents
- Carer wellbeing
- Pacing and prioritising
- Parenting tips



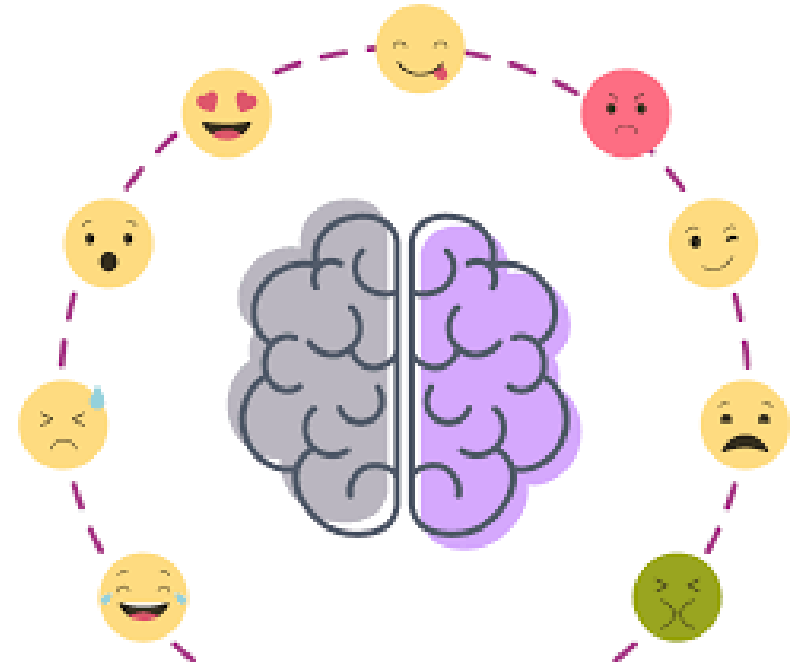
Executive functioning

- What is executive functioning
- Executive functioning challenges
- Strategies to support development of independence



Emotional regulation

- Emotional regulation and dysregulation
- Communication
- Diagnostic overlays
- Trauma
- Zones of regulation



Introduction to the sensory system

- The 8 sensory systems
- Sensory based motor difficulties
- Sensory modulation difficulties
- Supportive activities

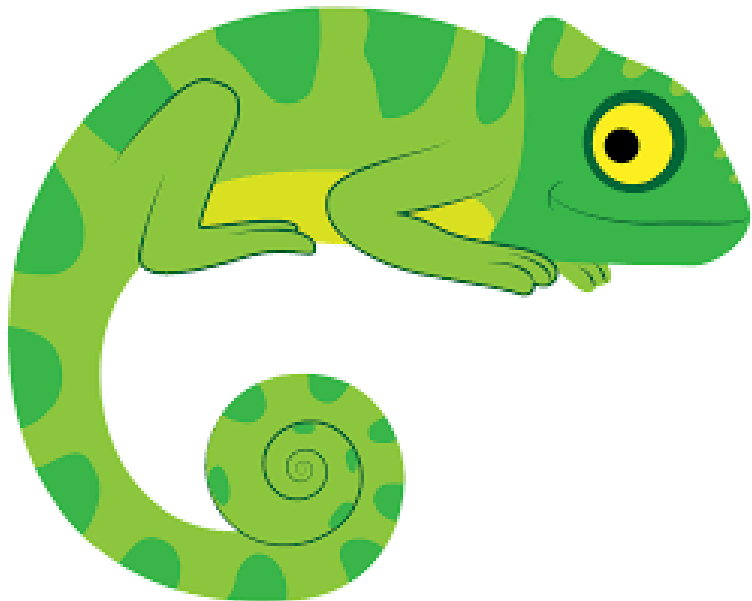


Sleep

- How autism and ADHD effect sleep
- Sleep disorders
- Parasomnias
- Sensory processing and sleep
- Sleep strategies



Camouflaging



- What is camouflaging
- Masking
- Assimilation
- Compensation
- When to camouflage

School

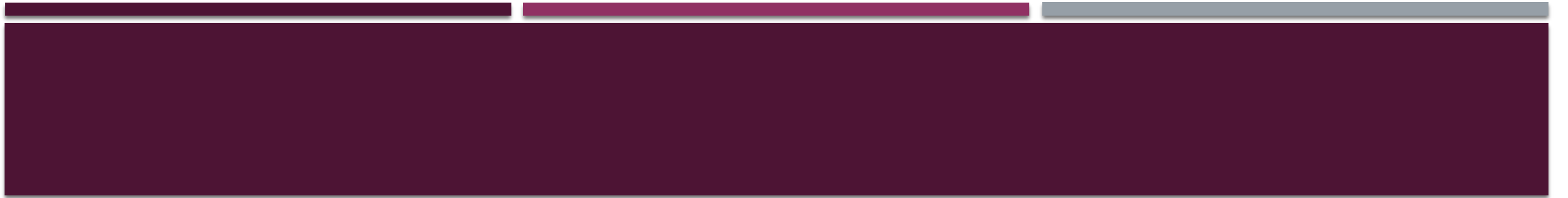
- The school environment
- The coke bottle effect
- EHCP / EHCNA
- SEN support





What has been helpful?

Further signposting



Thank you