Sunshine Coast Resource Guide for Parents & Carers of Children with ASD

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Anxiety

Programs

Friends – anxiety reduction program, most schools have access to this program.  www.friendsinfo.net

Macquarie University Anxiety Program-
This is an outreach anxiety program for children.  A very worthwhile program.  www.psy.mq.edu.au/CEH/muaru.html


Websites

http://qu.reachout.com/find/articles/anxiety

Books for Littlies

When my worries get too big.  By Kari Dunn Buron.
What to do when you worry too much.  By Dawn Huebner, PhD

Books for Teenagers

The Anxiety work book for Teens: Activities to help you deal with anxiety and work.  By Lisa M Schab.

Books

Book in Hand
www.bookinhand.com.au
Phone: 1800 505 221

Australia’s most dedicated ASD bookstore, listing resources from Australia, UK, US and Canada.  Autism and Asperger’s Syndrome Books targeted at your needs.

Has an online Catalogue of hundreds of books.  They have a 15% discount on orders over $220.  They also have great payment options if you don’t have Credit Card.

Therapy Book Shop
www.therapybookshop.com

Autism Book Shop
www.autismbookshop.com

The Australian Autism Handbook
Email: autismhandbook@mac.com  to purchase the book.

This book is written for all those who care for or work with children who have an autism spectrum disorder.  It has a specific relevance for families whose children have recently been diagnosed.  It has chapters on Early Intervention, useful therapies and schooling.  It has a Resource and Services guide covering federally funded support and state by state listings.  The book also explores the stages of grief which
affect families of newly diagnosed children. There are stories written by parents about their older ASD children and gives some glimpses of possible futures for families.

**Bullying**


Bullying. No way! Is developed and managed by all Australian education authorities for use by Australia's Government, Catholic and Independent school communities. There is a section for Parents and Teachers and well as a section for Children/students. They give you ideas, and resources as well as forums to talk about bullying.

**Making Friends**


**Clinics/Workshops**

**Positive Partnerships**


The Positive Partnerships: supporting school aged students on the autism spectrum project delivers two components of the Helping Children with Autism package being implemented by the Department of Education, Employment and Workplace Relations (DEEWR). The aim of both components is to improve the educational outcomes for school aged children with autism spectrum disorders (ASD).

The two components are:

1. professional development for teachers and other school staff who are working with students with ASD (Professional Development Component); and
2. workshops and information sessions for parents and carers of school aged children with ASD (Parent/Carer Component).

Both components are delivered nationally by the Australian Autism Education and Training Consortium (PEAC).

If you are a parent/carer of a school aged child with an autism spectrum disorder (ASD), there is a national program of workshops and information sessions available to help you work in partnership with your child's school to improve their learning outcomes.

**About the workshops and information sessions**

The delivery of the workshops and information sessions includes:

- two day workshop and information sessions for parents/carers held over consecutive days;
- online workshops and materials offered to support you if you are unable to attend in person;
- the facilitation of parent networks and access to local expertise and information; and

The workshops and information sessions complements the professional development component for teachers and other school staff.

**What will you learn?**

By participating in the workshops and information sessions, as parents/carers you will gain:

- the latest information on ASD and how this directly impacts on your child's learning at school;
- an understanding about the processes and strategies for effective parent, school and teacher partnerships;
specific strategies on how to advocate to support your child's ongoing learning development, tailored to your child's current educational environment;

- information about your local school's processes to support learning at all stages of the educational pathway; and

- opportunities for you to network with other parents/carers and local support personnel.

You can register online for the Online training portal where you can access the Positive Partnerships Program.

**Sue Larkey**
[www.suelarkey.com/Workshops.php](http://www.suelarkey.com/Workshops.php)

**Tony Attwood**
[http://www.mindsandhearts.net/what.html](http://www.mindsandhearts.net/what.html)
Phone: (07) 3844 9466
Email: [info@mindsandhearts.net](mailto:info@mindsandhearts.net)

**Autism Qld**
Phone: (07)3273 0000
Email: [admin@autismqld.com.au](mailto:admin@autismqld.com.au)

Autism Qld also does privately funded training. You can contact the Training Team at [learning@autismqld.com.au](mailto:learning@autismqld.com.au) and discuss what types of training are available and how much the training would cost and how many participants they would need to fill a training workshop.

**Pecs Australia**
Phone: (03) 9391 6122

**Sonic Learning**
Phone: (08) 9271 7711
Email: [info@soniclearning.com.au](mailto:info@soniclearning.com.au)

**FABIC**

Training programmes are designed for small groups of people or larger organisation. Programmes are designed to assist people to develop effective skills to understand and manage the challenging behaviours often exhibited by individual people.

**Training programmes can be conducted for:**
Parents
Schools
Teachers
Health care professionals
Health and Human Service Providers

**Existing programmes include:**
- Identifying ASD characteristics
- Identifying Learning Disability
• Behaviour Management Strategies
• Conducting a Functional Assessment of an Individual Person
• Functional Assessment & Behavioural Interventions
• Teaching an ASD person in the Classroom Setting
• Developing Effective Interventions

Workshops can be held for parents, teachers, health care professionals, health and human service providers. Each workshop will have provision for eight individuals to attend and will run for four consecutive weeks over a 1 ½ hour time period.

Communication

Communication matters (UK)
www.communicationmatters.org.uk
Augmentative or Alternative Communication news and resources. Has a Focus on Series of 7 introductory leaflets related to AAC, available in PowerPoint or PDF format.

Icontalk Resource Guide
www.icontalk.com
Has a useful list of AAC related resources you can make yourself.

ISAAC
www.isaac-online.org
International Society for Augmentative or Alternative Communication.

Kizclub
www.kizclub.com
Free worksheets and activities relating to phonics, nursery rhymes, flashcards, stories and specific topics.

Novita Children’s Services Website
Information about Augmentative or Alternative Communication. Also has the Statewide Complex Communication Needs(SCCN) Project Website with information about services for people with complex communication needs as well as resource downloads such as core vocabulary boards. www.novitatech.org.au/SCCN

Special Education Services-Autism: Interventions & Strategies for Success
www.specialed.us/autism/index2.htm
Six very informative articles on ASD authored by autism consultant Susan Stokes. Includes information on AAC and assistive technology as well as strategies for encouraging expressive language for both verbal and nonverbal children with ASD.

Assessment Tools

Communication Matrix
www.communicationmatrix.org
A free assessment tool designed to pinpoint exactly how a child is currently communication and to provide a framework for determining logical communication goals. Designed for both parents and professionals.

Pragmatics Profile
Free downloadable assessment tool. Helps to gain an insight into how an individual typically communicates in day to day interaction in familiar settings with people he or she knows well. Designed primarily for professionals or teachers.

**Dads**

**Books for Dads**

Breaking Autism’s Barriers: A Father’s Story By Bill Davis
Running with Walker: A Memoir  By Robert Hughes
A Different Kind of Boy: A father’s memoir about raising a gifted child with Autism By Daniel Mont

**Autism Dads**

[www.autismdad.com](http://www.autismdad.com)

A resource for fathers of Autistic children. This website is a place for fathers to find support, information & to share their stories.

**Dictionary for Dads**

[www.dictionaryfordads.com/fathersautismguide.htm](http://www.dictionaryfordads.com/fathersautismguide.htm)

Father’s blog page

[http://edwardi.blogspot.com](http://edwardi.blogspot.com)

A father’s blog page. Edward tells stories of his own son who has Autism.

**Pictures, Symbols, Photos and Sounds Clipart**

Microsoft Office Online: Free clipart

**Disney Clipart- Also Free**
[http://clipart.disneysites.com](http://clipart.disneysites.com)

**Crayola Free Colouring Pages**
Over 1000 colouring pages for you to print and colour.

**ESL Library**
Picture resource site designed for language teachers. Membership is free, but can print limited free sample pages.
[https://esl-library.com](https://esl-library.com)

**Find Sounds**
Free sounds that you can download and use in PowerPoint slideshows, on communication devices, etc.
[www.findsounds.com](http://www.findsounds.com)

**Graphxkingdom**
Thousands of clipart, icons, backgrounds, bars, interfaces and other free graphics. Good for finding an obscure image or one that is more detailed than the Boardmaker version.
[www.graphxkingdom.com](http://www.graphxkingdom.com)
Greengrocer.com.au
Clear photos (already cropped on a white background) of many everyday supermarket items.
www.greengrocer.com.au

Pics for Learning
Copyright free photos organised by category, educational focus.
http://pics.tech4learning.com

Sclera Picto’s
Over 2000 black and white pictograms free to download and use. A great start for communication boards and simple power point games. Can also be used on almost any type of AAC device. Instructions on how to convert pictograms to colour, add borders and invert images using Microsoft Word and Paint Programs.
www.sclera.be/English/index.htm

Tangible symbols
Information on different types of symbols, ie objects or pictures that stand for or represent something about which we need to communicate. Also sell products to support symbol use.
www.designtolearn.com/pages/ts.html

The Visual Dictionary
Free images, animations, videos on a series of topics such as the human body, biology, music, transport and clothing.
www.infovisual.info

Sensory Tools
www.sensorytools.com.au

Social Stories

Autism Social Stories
www.autismsocialstories.com
Hit the Blog Key to take you to hundreds of social stories.
A very diverse web page with hundreds of social stories that can able be downloaded. This is a user pay website. They cover topics from emotions, school, social skills, hygiene, personal care, asperger adolescents social skills, autistic girls menstruating, puberty in teens, asking other children how to play, being a good listener, making mistakes, school rules, playground rules, waiting turns, talking in class, high functioning autistic aggression, and the list goes on. A great website you could spend hours on.

Carol Gray Social Stories
www.thegraycentre.org
Links to Social Story Resources. Help for writing your own Social Stories. Examples of Social Stories and information on thinking stories.
There is also other information on the site about identifying children with ASD, sensory integration, articles related to ASD. Parents can also emails questions to the Gray centre. This is an American website, but still a very useful tool for parents.

Story Builder Shell
www.leedsmet.ac.uk
A computer system designed to make it easy for parents and carers of young people with autism and aspergers syndrome to write stories for everyday activities. Software can be downloaded free from this link.  [www.leedsmet.ac.uk/inn/usabilityservices/download2.htm](http://www.leedsmet.ac.uk/inn/usabilityservices/download2.htm)

You can create a story, add pictures and then view it on your computer and print it out.

**Comic Strip Conversation Aids**

[www.gocomics.com/](http://www.gocomics.com/)

[www.makebeliefscomix.com/Comix/](http://www.makebeliefscomix.com/Comix/)

[www.stripcreator.com/](http://www.stripcreator.com/)

**Software**

**Accessible Power Point Books**

[www.setbc.org/setbc/accessiblebooks/freebooksforyou.html](http://www.setbc.org/setbc/accessiblebooks/freebooksforyou.html)

**Accessible Switch Games**

[www.bbc.co.uk/cbeebies/](http://www.bbc.co.uk/cbeebies/)

Several games and stories that are accessible for students with special needs who use switches.

**Help Kidz Learn**

Free software and resources from inclusive technology including switch games, stories and creative activities.

[www.helpkidzlearn.com](http://www.helpkidzlearn.com)

**Hiyah**

A series of educational computer software programs that children can operate on their own by simply pressing the spacebar. Developed by a parent. Free

[http://hiyah.net](http://hiyah.net)

**Intellitools**

The Activity Exchange link of this website provides hundreds of activities to use with Intellitools applications and IntelliKeys that have been created by teachers, parents and specialists.

[www.intellitools.com](http://www.intellitools.com)

**Kidz CD Browser for Children and Teenagers**

Free Internet Browser. Four versions available according to age group and feature access.

[http://kidzcd.com](http://kidzcd.com)

**Mini Clip**

There are 100’s of games on this site. Search for single click or single switch for simple games.

[www.miniclip.com](http://www.miniclip.com)

**Oatsoft – Open Source Assistive Technology Software**

A large number of free software programs designed for use to support people with disabilities.

[www.oatsoft.org](http://www.oatsoft.org)

**One Switch**

One Switch has over 70 free switch games to download
PowerPoint Games
PowerPoint Cause and Effect puzzle template. Simply change the background for another puzzle. Click here download puzzle template. More ideas on the website.
www.speechtx.com/Technology/powerpoint_games.htm

Talking Faces
Allows you to record speech and then plays it back through a choice of 7 characters with moving lips, including a person, Santa or an alien. Several other programs also on this site for free download.
www.inclusive.co.uk/downloads/downloads.shtml

Tar Heel Reader
A free collection of easy-to-read books on a wide variety of topics. Each book is switch accessible and speech enabled, and can be downloaded as a slide show in PowerPoint, Impress, or Flash Format. If you don’t find a book that suits your reader’s interests you can easily make your own book.
http://tarheelreader.org

ZAC Browser - Zone for Autistic Children
www.zacbrowser.com
Internet browser developed specifically for children with ASD, created by grandparents of a child with ASD. Includes pre-loaded activities and games. Free to download. Also includes a search engine specifically for sites relating to ASD. Same author as KIDZ CD web browser.

Visuals
Visual Aids for Learning
www.visualaidsforlearning.com
Free visuals to download. Subscribe and receive emails when new visuals become available. Receive free newsletters online.

See and Speak
www.seeandspeak.com.au
Visual Routines for children with ASD. They have pre-school and school visual packs available. All your visual supports needed to encourage good and acceptable behaviour, social interaction and establishing routines for school. These are great for families short on time or who do not have the equipment needed to make their own visuals.

SNAP Products
www.snap.bigpondhosting.com
Email: snap4680@yahoo.com
A local business run by two ladies Dorothy & Michelle out of Gladstone. These ladies produce visual aids for families of children with Special Needs- including children with ASD. They do visuals for pre-school and primary school aged children. Their page also has a link through to the Gladstone Support Group Page for families of children with ASD.

Spectronics Australia
www.spectronicsinoz.com
Sell the Boardmaker Program which is used for creating communication boards and education material by using Picture Communication Symbols. You can add of additional word libraries as well as the Speaking Dynamically Pro. Speaking Dynamically Pro allows the computer to use natural sounding voices for word prediction and abbreviation expansion to support Augmentative and alternative communication.

**PECS Australia-** Pyramid Educational Consultants of Australia

[www.pecsaustralia.com](http://www.pecsaustralia.com)

Pyramid is the exclusive home of the Picture Exchange Communication System (PECS) and the Pyramid Approach to Education.

Pyramid Educational Consultants is a worldwide group of companies that offers a wide range of training opportunities, consultation services and products for families and educators of individuals with autism and related disabilities. Pyramid is a consortium of highly trained professionals in the fields of developmental disabilities and communication impairment, dedicated to providing the highest quality education and service.

Pyramid Educational Consultants of Australia offers training, consultation and products that focus on teaching functional communication and designing effective educational environments. We present a unique blend of broad-spectrum applied behaviour analysis and the development of functional communication skills, emphasising the individual needs of each person. We are also the premier source of training for the Picture Exchange Communication System (PECSTM).

The mission of Pyramid Educational Consultants is to provide exceptional behaviour analytic and communication consultation and training to support professionals, families, and caretakers in teaching and caring for individuals with learning difficulties. Functional and practical interventions using the full spectrum of applied behaviour analysis are used to teach individuals how to communicate, function independently, and be successful in their schools, homes, places of employment, and the community.

**Autism Visuals**

[www.autism-visuals.com](http://www.autism-visuals.com)

Free online visual resources.

**Cindy's Autistic Support**

[www.cindysautisticsupport.com](http://www.cindysautisticsupport.com)

Website of a teacher who supports a class of 8 students with ASD. Has downloadable boardmaker resources such as visual schedules and behaviour support.

**Visual Aids**

**Baltimore City School**

Database of books adapted for use with Boardmaker.

[www.baltimorecityschools.org/Boardmaker/adapted_library.asp](http://www.baltimorecityschools.org/Boardmaker/adapted_library.asp)

**CALL Centre (Communication Aids for Language and Learning)**

Free resources including a number of Boardmaker boards

[http://callcentre.education.ed.ac.uk/About_Call/Publications_CAA/Books_CAB/SAT_CAC/sat_cac.html](http://callcentre.education.ed.ac.uk/About_Call/Publications_CAA/Books_CAB/SAT_CAC/sat_cac.html)

**Do To Learn**

Free downloadable and online activities as well as purchasable resources. Has a free interactive emotions activity that allows you to manipulate facial expressions on an animated character.

Nursery Rhymes to Sing, See and Sign- SCOPE Website
Free downloadable for 14 nursery rhymes- Key word signs and symbol boards.
www.scopevic.org.au/therapy_crc_r&p_nrssss.htm

Websites Written by People with Autism
This Way of Life
www.thiswayoflife.org/index.html
Site was created by a person with Autism, Joel Smith. There is a section on non-speech communication, and descriptions on what it is like living with autism. Joel is happy to share a text to speech software application he developed called Jtalk (free download, could load onto a computer and use as communication software).

Service providers (Sunshine Coast)
Inclusion Support and Service (Caboolture) (recommended by ASD family)
www.inclusivesupportservices.com.au
PH: 1300 554 782
Email: info@inclusivesupport.com.au
See also Sunshine Butterflies and Passionate Minds in Local Support Services section of this document.

Local Support Services (recommended by ASD family)
Sunshine Butterflies (Sunshine Coast Based non-profit organisation. Started by a mother of a disabled son)
Email: admin@sunshinebutterflies.com.au
Facebook: https://www.facebook.com/pages/Sunshine-Butterflies/140941239275978
PH: 07 5470 2830
Sunshine Butterflies was founded to improve the lives of children with disabilities by providing families with parent to parent support, information and individual assistance. Our family support staff are here to listen, offer support and share information on issues related to caring for someone with a disability. If you would like to talk to someone on our team or to another mentor/parent, please contact us.

Sunshine Butterflies services are offered free of charge, however a $10 membership fee is requested. Those who use our service are families, individuals, carers, service providers, medical personnel, schools & community groups, all for different reasons. The services we provide is so that all of the above users can be directed to Sunshine Butterflies so that the support team can assist them by either providing;

- Family Care Program
- Helpful Information & Advice
- Support Groups & Workshops
- Representation & Advocacy
- Personal Fundraising Opportunities
- Disability Education & Awareness Programs, Puppet Troupe etc.
• Recreational Activities eg. Swim & Rec Club
• Case Management - Local Co-ordination & Development
• Early Intervention Programs – Baby Bridges Aqua Therapy Program
• Noosa Community Garden
• Social Sibs Fun Day
• Charity Events
• Newsletter

Make sure you check out the Sunshine Butterflies Flyer for more information on what we do. If you require assistance, or think you may need our help in the future, please contact us to further discuss. If you would like to join as a member, please fill in the membership form and submit. If you would like to become a parent/mentor and volunteer to assist other families please contact us.

Sunshine Butterflies also have their own Website directory for services on the coast – this be accessed through their Web page:

**Listings Include:**

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**Passionate Minds (Nambour)** (recommended by ASD family)

We develop and deliver a range of Programs and Therapies to meet the needs of children and young people living on the Autism Spectrum.

Services Include:

• Tutoring
• Home Education
• Educational Consultations
• School Support
• Special Interest Groups
• Social Program
• Resources
• Respite

Email: themothership@passionateminds.com.au
PH: 07 5441 3216

**Asperchild**

• Ben and His Helmet books
- Sustainable Social Skills program
- Sensory Detective Training workshops
- Sensory Detective program (5-12)
- Starting back in 2014 a supported adults social group for adults with ASD

Web: [www.aspergerchild.com](http://www.aspergerchild.com)
Email: support@aspiechild.com.au
PH: 0422 621 749

**Goodlife community centre (all disabilities playgroup) Buderim**

**ASD Care (Coolum base, services Sunshine Coast Region)**
Email: linda@asdcare.com.au
Ph: 0437 433 369

Practical care options helping families with school age ASD children on the Sunshine Coast.
- In Resort Holiday Care and programs
- Special needs nannies (live in or out)
- Occasional baby sitters
- Vacation Care
- Before and after school care
- In school support
- Emergency Respite

**Maroochydore Neighbourhood Centre Inc.**

**Camp Autism**

Camp Autism Inc is about uniting families dealing with Autism Spectrum Disorders (ASD). We created a unique camp model for families coping with family members who have an ASD (Autism Spectrum Disorder). We provide respite to these families as a family. We hope families will build support networks with other families for mutual support, information sharing, and fellowship.

**Sunshine coast News** (community directory, support and much more)

**Integrated Family and Youth Service** (Caloundra)
admin@ifys.com.au
PH: 07 54 383 000

Foster care program
Inclusive Living program
Residential programs
Youth Support program
Young Parents Support
Crisis Shelter
Emergency Relief
Coolum community Centre
Beerwah and District Youth and Community Centre

Sunshine Coast Koping Program (SC_KOPING)
PH: 07 5409 9111

Program Activity:
The Sunshine Coast Koping Network (SC-Koping, 2002) is an association of government and non-government agencies working collaboratively to support children and young people in a family system affected by mental health and/or dual diagnosis issues. The SC-Koping Program's overarching aim is to reduce the impact and intensity of mental illness and dual diagnosis on individuals, families and community by offering the following:

1. SUPPORT FOR CHILDREN to identify and strengthen protective factors, reduce individual risk factors and strengthen coping and resilience.
2. SUPPORT FOR FAMILIES (parents) to identify, strengthen or manage family protective and risk factors.
3. SUPPORT FOR COMMUNITY ORGANISATIONS to strengthen organisational capacity to respond to the needs of children in families with mental illness.
4. The programs offered include the following:
5. GAINING GROUND GROUP: (13-17 years old) that runs 1 day a week over 3 weeks, 9am to 4pm.
6. MIDDLE EARTH GROUP: (9-12 years old) that runs 1 day a week over 3 weeks, 9am to 4pm.
7. MUPPETS GROUP: (6-8 years old) that runs 1 day a week for three weeks, 9am to 2.30pm.
8. ANNUAL GAINING GROUND GETAWAY CAMP that runs 3 nights and 4 days.
9. ANNUAL MIDDLE EARTH GETAWAY CAMP that runs 2 nights and 3 days.
10. PEER SUPPORT ACTIVITIES AND FAMILY DAYS that run during the school holidays.
11. The camp program is strength-based and has a strong therapeutic component. The camps aim to build on the skills and knowledge gained through the group programs. The camps provide the youth with a break from their home and school life and an opportunity to re-engage with others in similar circumstances.
12. The camps provide a friendly and supportive environment in which young people can have fun, explore their feelings, and enhance their resilience, communication skills, social skills and self-esteem.

Community Solutions (Youth Services) (parts a-e)
http://www.communitysolutions.org.au/?page_id=107

a) Youth Support Coordinator (YSC)
The Youth Support Coordinator program is delivered by Community Solutions in 10 schools throughout the Sunshine Coast, Caboolture and Bundaberg areas. The YSC Program provides early intervention services to young people at risk of premature disengagement from education, due to social or emotional issues. The target group for the program is young people 13-17 years of age, that are most at risk of disengaging from learning, and their families.

YSC Program objectives are to assist young people in resolving life issues impacting negatively on their school engagement, support young people to remain connected to learning or training opportunities and to assist young people to access the supports they need to remain out of statutory, crisis and intensive service systems. YSC is funded by the Queensland Government Department of Communities. For further information on the YSC Program, contact christina.johnstone@communitysolutions.org.au
b) Partnership Brokers

This program builds strategic partnerships to improve the development, education, learning and transition outcomes of young people. The program is part of the National Education Reform Strategy to improve the attainment rates to Year 12 or its equivalent to 90%, and is supported nationally by an agreement across all states and territories. The program fosters shared responsibility to support young people to stay engaged, make learning more flexible and meaningful both in and out of the classroom and develop effective pathway options.

c) Youth Connections

Youth Connections provides a combination of individual support, group work and training activities to enable young people to address personal barriers that may prevent them from reaching their goals. The support provided through Youth Connections is flexible and individualised to cater to each young person’s needs.

In partnership with United Synergies, Community Solutions has implemented the Youth Connections program in the Mackay region and provides a supporting role in the provision of the project on the Sunshine Coast.

d) Australian Secondary Schools Alcohol and Drug (ASSAD) Survey

Community Solutions is currently collecting data in 65 Queensland schools on behalf of the Cancer Council Queensland as a part of the Australian Secondary Schools Alcohol and Drug Survey. The ASSAD surveys are conducted nationally every three years and are a significant indicator of drug use behaviours in young people. The ASSAD surveys inform prevention and early intervention strategies with young people implemented throughout the country. For further information on the Queensland data collection, contact Jenny Madden at jenny.madden@communitysolutions.org.au

Circles of Support – Youth (COSY)

Supporting young people who are engaging in behaviours that place them at risk of homelessness or of entering the Youth Justice/ Child Protection system, the COSY program operates in the Nambour and surrounding Sunshine Coast hinterland regions. The program provides case management and intervention services. referrals, and group programs as determined by need. For more information, contact rachael.lloyd@communitysolutions.org.au

Schooling, Home schooling and GLD

Sunshine Coast ASD Home-school group
https://www.facebook.com/groups/149983578499625/

Sunshine Coast Home Schooling Newsletter
It keeps everyone connected, and offers a variety of things happening within the home schooling community. It is $12 for an annual subscription. To check it out or for more details contact Merryn hotchilliwomen1@dodo.com.au

Homeschool buy, sell, swap – sunshine Coast
https://www.facebook.com/groups/352069608255073/

Its ok to be smart (just a guy who likes to talk about science)
https://www.facebook.com/itsokaytobeastmart?directed_target_id=0

Education Time (Kunda Park)
Address: 45 Enterprise Street, Kunda Park, QLD 4556
Tel: 07 5476 6002
Fax: 07 5445 6786
http://www.2enewsletter.com/
http://www.australiangiftedsupport.com/
IPAD apps – Mind mapping - visual planning for written work

**Kangaroo Trading**
www.hop.com.au
Phone: 1800 251 475
Educational Resources. Receive a 5% discount when you buy online.

**Posterworld**
www.posterworld.com.au
Posters of all descriptions, including children’s posters. Ben 10, Astro Boy, Bob the Builder, Cars, Dora, Deigo, Hannah Montana, Harry Potter, Spiderman, Thomas, Star Wars, Transformers. Plus Educational posters for Times Tables, Music, Alphabet. As well as many other different interests, including adults, movies etc.

**Co-ordinates Therapy Services**
The following websites are all run by Co-ordinates Therapy Services. They include resources like toys, books, computer software, furniture, games, handwriting programs, puppets, plus much more.

**The Therapy Toy Shop**
www.therapytoyshop.com

**The Special Education Shop**
www.specialeducationshop.com

**The Assessment Tool Shop**
www.assessmenttoolshop.com

**The Sensory Shop**
www.sensoryshop.com

**The Special Equipment Shop**
www.specialequipmentshop.com

**Time Timer**
www.timetimer.com
The Time Timer is a simple visual timer to help depict elapsed time. Can be purchased in Australia via Spectronics.

Unit E1 Commercial Court
130 Kingston Road
Underwood 4119 QLD
AUSTRALIA
Phone - (07) 3808 6833

**Advocacy for giftedness with learning disability**
Email: gld.australia@yahoo.com.au
GLD Australia is a national online learning community responding to the needs of gifted children and gifted adults with specific learning disability and other learning challenges, and those who care for, teach and advocate for them, through the sharing of information, research and personal experiences. If you would like to join this group, send a request to the email above and you will be sent an auto-invitation to join. Follow the steps in the invitation and your name will be added automatically.
SPELD QLD Inc.  (Specific Learning disability or Specific Learning Difficulty)
Web:  www.speld.org.au
Email:  speld@speld.org.au

The Learning Architect:  (Buderim based, will travel)  (recommended by ASD family)
Email:  sunnycoastlearningarchitect@gmail.com
PH:  0451 011 256
Support with advocacy coaching, support and consultancy for parents and carers as well as
  o  Learning strategies
  o  Design
  o  Advocacy for diverse learners.
  o  Special interest in tutoring diverse learning including:
    •  ASD
    •  Gifted
    •  Twice exceptional
    •  Visual-spatial learners
    •  Perfectionists
    •  Learners with sensory difficulty including ADHD, dyspraxia, dyslexia etc.

Special Education Needs Resources
http://www.sparklebox.co.uk/special-needs/#.Ufcnp_thiSM

Therapies
(This is some of the therapy centres available on the coast, please refer to your GP or Paediatrician for more in your area)

Dentists
Dr Kylie Pierce (recommended by ASD family)
ABC Dentist
Suite 1/ 102 Burnett St,
Buderim  4556
PH 07 5476 5400

Hair Dressers
Deanies Kids cuts (Currimundi)  (recommended by ASD family)
07 5437 6177
Speech Therapy

Loud and Clear Speech Pathology (Nambour)
Email: info@loud-clear.com.au
PH:  07 5476 2900

Sunshine Coast Speech Therapy (Minyama)
Web: www.sunshinecoastspeechtherapy.com.au
Email: scspeech@westnet.com.au

Chatter-Boxes (Speech Pathology 0-6) (Mooloolaba)
www.chatter-boxes.com.au
PH  07 5444 2451
Email: kylie@chatter-boxes.com.au

Noosa District Speech Pathology (paediatric communication, learning, literacy)
PH:  07 5445 3112
Email: noosaspeech@hotmail.com

Spot (speech Pathology and Occupational Therapy)

Speech Therapy Centre (Caloundra)

Therapy

Occupational therapy

Margie Savage  (Occupational Therapist) (Kawana) (recommended by ASD family)
PH  07 5477 6480
Email: ot4me@live.com

Trish Obrien (Kuluin)
Email: ecsong5766@gmail.com
PH:  0412 475 891

Pathways Occupational Therapy (Noosaville, Gympie, Nambour) (recommended by ASD family)
Web: www.pathwaysot.com
Email: info@pathwaysot.com
PH:  0412 273 997

Brent Couling (Occupational Therapy) (Mobile service from North Brisbane to Noosa)
Occupational Therapy Aids

**Skillbuilders**


Phone: (08) 9332 2223

Email: info@skillbuilders.com.au

OT aids for bilateral skills, handwriting, music, oral motor development, organising and motivating, relaxation, self care skills, visual motor integration, visual perception and sensory.

**Educational Experience**


A wide variety of Educational Resources, including sit and move cushions and weighted blankets.

**Modern Teaching Aids**


Phone: 1800 251 497

Developmental resources for sensory, tactile, hand eye co-ordination, balance & movement, fine & gross motor skills, feelings & emotions. Phone for a catalogue.

**Occupational therapy & Physiotherapy Aids**


Weighted blankets, weighted vests, weighted lap bags, happy sacks- for deep pressure and sleeping and catch bags.

**Technical Solutions Australia**


Phone: (03) 9737 9000

Multi sensory products. Ball polls, weighted blankets and vests, bubble columns, fibre optics & glow objects.

**Therapy Toy Shop**

[www.therapytoysshop.com](http://www.therapytoysshop.com)

Body packing bags, theraputty, weighted blankets, weighted blanket books, weighted pens, weighted vests, weighted wrist cuffs, plus much more.

**Sensory Tools**


**Psychology**

Local paediatric Services Sunshine Coast


Michelle Curran (Kuluin) (recommended by ASD family)
PH: 0413 980 021

Stepping Stones for Life Psychology (Bulimba) (recommended by ASD family)
Web:  www.steppingstonesqld.com
Email: info@steppingstonesqld.com

Natasha Hutchinson (Psychologist, MAPS) (recommended by ASD family)
PH: 07 5446 1959
Natasha@hutchinsonpsychology.com

Centre for Positive Change (ASD Psychology programs and support) (Buderim) (recommended by ASD family)
www.positivecentre.com.au
PH: 07 5445 4124
Email: info@positivecentre.com.au

University of the Sunshine Coast Psychology Clinic (recommended by ASD family)
PH: 5459 4514

All abilities psychology (child and adolescent) (Noosaville) (recommended by ASD family)
0401 927 529

Behavourial Optometry

Eye CU (Palmwoods)
PH: 07 5457 3333

Roberts Alexander Optometrist (Caloundra) (recommended by ASD family)
PH: 07 5491 1288

Irlen Diagnostic
www.irlenclinic.com.au
PH: 07 5445 2458

Physiotherapy

Sunshine Coast Developmental Physiotherapy (Buderim and mobile clinic) (recommended by ASD family)
Web:  www.scdphysio.com.au
Email: scdphysio@gmail.com
Psychiatrist
Dr Brenda Heyworth (Nambour) (recommended by ASD family)
PH: 07 5476 3477

Paediatricians

Sunshine Coast Private Paediatricians
1. Sunshine Coast Paediatrics
Dr James Scorer          Dr Julian Paxton
Dr Anthony Morosini      Dr Heidi Webster
- Nambour Selangor Specialist Centre
  62 Netherton Street
  Nambour Ph: 5441 4788
- Buderim Rooms
  Suite 8, Sunshine Coast Private Hospital Medical Centre
  12 Elsa Wilson Drive
  Buderim Ph: 5444 5177

2. Private Paediatric Clinic Nambour Hospital
- for this clinic a doctor will fax a referral and an appointment will be posted. This clinic is bulk billed.
  Waiting times are variable. -
Dr Clare Thomas          Dr Penny Cruickshank
Dr Erica Baer            Dr Tom Hurley
Dr Rob Pitt              Dr Heidi Webster
- Private Paediatric Clinic
  Nambour General Hospital
  Herston Rd
  Nambour
  Ph: 5470 5257
  Fax: 5470 5066

3. Private Paediatric Allergy Paediatrician
Dr Adrian Elderhurst
- 10/49 Bulcock street, Caloundra
  Ph: 5438 9938

4. Caboolture Hospital
Dr Ross Diplock          Dr Brian Patten
Dr Lisa Kane
- McKean St,
5. **Life works Health Clinic** (Brisbane) (recommended by an ASD family)

**Other Therapies**

Better mind, body and spirit (Acupuncture, Nutrition, Herbal Medicine and Natural Therapies) (Coolum)
- PH: 07 5473 9300

**Woombye Music Studio** (Registered music Therapist)
- PH: 0400 758 734
- Email: casshuntley@hotmail.com

**Sunshine Coast Art Therapy Studio** (Art therapist, mental health for children thru adults)
- PH: 07 54 702 763 or 0423 173 486
- Email: judithahern@hotmail.com

**Lifestyle Therapies and Training Solutions** (Diagnosis and Therapy)

**Adapt Health Care** (OT, Psych, Hydrotherapy, Handwriting workshops) (Maroochydore)
- Email: info@adapthealthcare.com.au
- PH: 1800 085 030

**Secret Agent Society** (Building social skills)
- [www.sst-institute.net](http://www.sst-institute.net)

**Sunshine Coast Children’s Development Centre** (speech, Psych, OT and Dietetics) (Mooloolaba)
- PH: 07 5444 2451
- Email: info@sccd.com.au

**Robyn Frowd** (MAPS psychologist) (Nambour)
- PH: 07 5476 2900
Email: robyn@frowd.net

Julie Robinson (Hypnotist and one on one swimming instructor for ASD children)
www.julie-robinson.com.au
PH: 0477 133 275

Be Mindful parenting workshops (Sunshine Coast and Gympie Region)

Triple P (Positive Parenting Program) QLD wide
http://www.triplep-staypositive.net/

Sunshine coast childrens development centre (speech and dietician) Minyama
Ph 5444 2451
Email: jus101@hotmail.com
SOS Feeding courses (feeding program that assesses and treats children of all ages with feeding difficulties, integrating sensory, nutritional, emotional and medical factors)

Sunshine Coast Childrens Therapy Centre
Phone: 07 5441 7199
Email: enquiries@scctc.org.au
The Sunshine Coast Children's Therapy Centre provides therapy services to children with moderate to severe physical, intellectual and sensory disabilities. The Centre also provides therapy for babies and young children with delayed development or are at risk of disability along with providing support to their families. The services are available from birth to 10 years with priority given to under 8 year olds. Children must require two or more therapies to attend the Centre. The main principal of early intervention is to provide appropriate therapies for children with disabilities with the goal of minimising delays and maximising the child's potential. At the Centre this means that Early Intervention involves specialised therapies as well as support for the whole family through advocacy, information and support. Early Intervention at the SCCTC encompasses the following;

- Comprehensive support and information for the family
- An individual Family Service Plan developed for each family
- Regular coordinated therapy
- Parent education and opportunities to learn/develop new skills.
- Consultation with other appropriate services/professionals in the education, social and health settings; and
- Support to transition successfully to other settings

Other Resources
Spectronics – Inclusive Learning Technologies
http://www.spectronicsinoz.com/

Noah's Ark – Specialist Services for children with disabilities and additional needs
http://www.noahsark.net.au/

LD Online – talking to children about Learning Disabilities
http://www.ldonline.org/index.php

Emergency alert or GPS devices (It is my understanding that you can buy GPS tracking devices that are small enough to be sewn into clothes, or put on shoe laces – even tattoo type ones that wash off after a day or two)

- http://www.walkaboutbands.com/
- http://www.gpskidstracker.com/

Free Apps

For free app information to be emailed to your email each day – send a request to sam@appgratis.com. I get one daily, it is good to see what is available for free. You can delete or unsubscribe any time.

Resources for Special Needs
https://www.facebook.com/groups/285820258147322/

Social Skill Builder (Autism and Special needs software)
http://www.socialskillbuilder.com/

Sunny Coast Kids (News, events, competitions and much more)

Sunshine Coast Council Community Hub (Events, workshops, programs and much more – this is well worth tapping into regularly)
http://community.sunshinecoast.qld.gov.au/

Endless Ink Computing Solutions – Recommended by an ASD mum who uses a lot of ink

Fabric (Behaviour Science and products)

OMAC Consulting
www.omacconsulting.blogspot.com
An American Website on the organisation and management of an Autism Classroom.

Baby Bumble Bee
www.babybumblebee.com
US website. Have 3 vocabulary builder programs you can purchase to help children with speech and reading. Also have Autism DVD’s that can be purchased.

Raising Children Network
Provide a service pathfinder to help parents find and access services and resources. Parent stories and parent forums.

Kizclub
www.kizclub.com
Free worksheets and activities relating to phonics, nursery rhymes, flashcards, stories and specific topics.

Joanne Cafiero’s website
www.joannecaferio.com
A teacher/consultant with significant involvement in researching AAC solutions for children with ASD.

Help with Autism, Asperger’s syndrome & related disorders
www.autism-help.org
Extensive fact sheets relating to ASD in general as well as communication strategies.

Indiana Resource Centre for Autism
www.isdd.indiana.edu/irca/IRCAarticles/fcommunicationarticles.html
Training articles written by staff.

Scottish Autism Service Network
Autistic Spectrum Disorder: A Practical Approach at Home for Parents and Carers (Free Download)

www.scottishautismnetwork.org.uk/autismleaflet.pdf
Aspergers Syndrome: A Practical Approach at Home for Parents and Carers (Free Download)

www.scottishautismnetwork.org.uk/aspergersleaflet.pdf
www.starfall.com - Learn to Read.

www.pbskids.org - Loads of TV cartoon characters, games and fun stuff.


www.funbrain.com - Connect dot to dot.

www.primarygames.com - Great educational games, check out the “Arithmetic Game”.


www.kids.net.au - Search engine for kids.

Honeybee Creations
http://www.honeybee-creations.com/
Auslan (Australian Sign Language), Yoga and Creative Arts Training and Consultancy for Adults and Children of all abilities

Food related Networking

MommyPotamus – a blog focussed on organic whole foods, cooking and natural parenting
https://www.facebook.com/mommypotamus?hc_location=stream

Autism/ ADHD Diet for Beginners Support
https://www.facebook.com/groups/autismdietbeginners/

Nourish Me (Certified health and Nutrition Coach, GAPS and MINDD Practitioner

The Allergy Menu (Recipe search tool and customised recipe searches for food allergy diets and food intolerance diets.
http://www.theallergymenu.com/

Brittany Angell
http://realsustenance.com/
Autism Ladder First 100 days checklist

A Guide for the Newly Diagnosed


Author: Sarah Queenofhearts Carter-Murray/Thursday, 9 May 2013/Categories: Articles, First Steps

Receiving ANY diagnosis can be daunting. You may be feeling overwhelmed or even relieved or perhaps a bit of both ! Having a plan to follow for the first few months will ensure that you are off to a flying start. Follow these 10 steps as a starting point to your journey. Think of it as a map or a plan to steer you in the right direction.

1 Find someone for yourself to speak with on a regular basis. A Psychologist, Councillor. Setting up your own supports is critical. This is a marathon not a sprint and you will need all of the support that you can get.

2 First things first, Find out What Autism Is and what you can do. Find an Early Days Workshop in your state and book in for some self education. Take your partner or/and your parents if you like. You can even access Online Early Days through the Raising Children website.

3 Investigate Interventions and develop a framework or way of thinking about them. You will need to gain some understanding on what you need to be aware of. Good, sound, evidence based intervention is what you are looking for. Does the therapy have an Evidence base? Have there been randomised double blind trials run on the therapy? Who is providing the therapy? What organisation is behind it or who is profiting from it, or has something to gain by providing it! Look at The Association for Science in Autism Treatment and Summaries of scientific research on autism therapies; also have a look around the site Quackwatch.

4 Contact the Autism Advisor in your State to see what services are available and apply for the HCWA. You will need to be organised, so start to collate all of your information together into a folder. This folder should be taken to all of your medical appointments.

5 Make an appointment with Centrelink to investigate what financial assistance and support that you may be entitled to. These may include Carer Allowance Carer Payment Carer Adjustment Payment. Also check out Autism Ladder Funding Tips Article.

6 Register with Disability services in your state and have an intake appointment or a needs assessment.

7 Attend another appointment with your paed and discuss what you have discovered together. Decide on a plan of action. At this time have them help you fill in any paperwork they may need to be involved with. This second appointment with your paed is a MUST as is regular appointments over the next couple of years.

8 Get your child registered with CRCC Commonwealth Respite Carelink Centres and set up an Emergency Care Plan.

9 Become a member of the Carers organisation in your state and your State Autism body.

10 Get out and meet some other parents of Kids with Special needs. Try a My Time Support groups or one run by your local Autism Association. Talk to Parents on an online Forum like Autism Ladder or if you need advice and a friendly person on the end of the phone 24 Hour Autism Hotline run by parents for Parents.

*This information has been distributed in the interest of informing you about available products and services related to ASD. This information does not necessarily imply endorsement by PEAC. We encourage you to research all products and services prior to deciding if they are relevant or suitable to your individual circumstances.*
The Positive Partnerships initiative is funded by the Australian Government Department of Education, Employment and Workplace Relations through the Helping Children with Autism package.

The views expressed in this publication do not necessarily represent the views of the Australian Government or the Department of Education, Employment and Workplace Relations.