

# AUTISM 101/201 PRESENTATIONS

## Changing Attitudes

Autism Edmonton is Alberta's longest-standing agency dedicated to serving the autistic community. Our vision is that all autistic individuals live lives full of possibilities, and enhancing autism understanding in the broader community is part of this vision. We are happy to offer educational sessions that are open and suitable to anyone interested in learning more about autism. Our training materials are based on over 52 years of supporting organizations and community members in developing inclusive, equitable, supportive environments. They are also built with the input of people with lived experience, including autistic individuals, caregivers, and professionals. Below is the description of the presentations that we are currently offering. Our team can also provide customized sessions for your business, service, or event.

### AUTISM 101

Autism 101 is an excellent presentation to gain a basic overview of autism and neurodiversity. It is an introduction to what autism is and gives information on how autistic individuals may interact with others and the world around them. More specifically, the presentation covers the following topics:

- Overview of Autism
- Characteristics of Autism
- How Sensory Processing Works
- Sensory Toolbox
- Sensory Diet
- Introduction to Visual Supports

### 90 mins, Virtual or In-Person

Group of up to 30 people

\$150 non-profit, \$250 business/other

Group of up to 60 people

\$225 non-profit, \$375 business/other



### AUTISM 201

During this presentation, we dive deeper into what ASD is and share practical strategies that can help you interact with and support autistic individuals. The presentation also covers the strengths and challenges experienced by many autistic people and how to respond to create accommodating environments. Lastly, we unpack what might trigger a meltdown and how to help de-escalate the situation. Autism 201 is a follow-up session to Autism 101. By joining this presentation, you will be able to:

- Expand Your Understanding of Autism
- Dive Deeper into Common Autism Characteristics and How You Can Support
- Identify the Impact of Sensory Differences and Respond to the Sensory Needs of Autistic Individuals
- Explore Environmental Accommodations
- Learn about Potential Co-Existing Disabilities
- All Behaviour is a Form of Communication
- Discuss Meltdowns, Including:
  - Triggers
  - Relationship Recovery and Repair
  - De-Escalation Techniques

### 150 - 180 mins, Virtual or In-Person

Group of up to 30 people

\$225 non-profit, \$300 business/other

Group of up to 60 people

\$350 non-profit, \$500 business/other

Individual pricing:

\$30/person for attending in-house delivery – sessions delivered at least twice a year.

Free to Autism Edmonton members, staff and volunteers.

Sessions will be offered in-house at least twice a year.

To book, please contact Morine Rossi at 780.453.3971 ext. 233 or [programslead@autismedmonton.org](mailto:programslead@autismedmonton.org).

