# Managing Challenging Behaviour of Children with Autism Spectrum Disorder (ASD)

**A proposal for a Workshop in Behaviour Management for parents and professionals working with children with autism.**

## Introduction

Working with children who have autism can be a very meaningful experience, but it is not without challenges. With recent reports indicating that an increasing number of individuals are on the autism spectrum, a greater number of care providers are encountering individuals with autism as part of their work and life. While every individual with autism is unique, many face similar challenges. The primary focus of this workshop is to provide parents and professionals working with children with autism, practical strategies for managing challenging behaviours they encounter on a day to day basis.

## About the workshop

The workshop will be conducted over 2 days, in two parts – the morning half of the workshop will be directed towards both parents and professionals and address the needs of parents to help them understand the challenging behaviours they see in their children with ASD, strategies to manage these and improve compliance.

The afternoon half of the workshop will be only for professionals on focus on the practise of family centred care in the context of working with children with Autism Spectrum Disorder.

## About Sethu & Ummeed

Sethu is a Non-Government Charitable Trust, which provides services for children with developmental, behavioural, emotional and educational challenges, referred from the entire state of Goa, as well as neighbouring Maharashtra and Karnataka for therapy and guidance. Since 2005, Sethu has worked with over 6000 families. Every year about **15 - 20%** of the children referred to Sethu are diagnosed to have Autism. In 2016, this percentage rose to **28%** as we identified 140 new cases of children with Autism out of first 400 new registrations. At Sethu, we have a multi-disciplinary team consisting of Developmental Pediatrician, Autism Interventionists, Speech Therapist, Occupational Therapist, Remedial Educators and Psychologists that works with children with ASD and their families to improve their communication, social and play skills as well as help them integrate well in the schools and community.

Ummeed Child Development Centre is Mumbai’s leading not-for-profit organization for child development, which has been offering a range of developmental, psychological and learning interventions for over 15 years with the help of a multidisciplinary team.

## Resource Persons:

**Tasneem Jawadwala** is a Senior Autism Intervention therapist with Ummeed for the past eleven years. Her skills include conducting individual and group sessions for children with ASD using evidence based techniques. She has been instrumental in developing and implementing behavior workshop for parents as well as professionals. Her area of expertise includes working with older children with ASD. Her rich and vast experience working with families offers the team with ongoing clinical support and supervision. Additionally, she also is in charge of the clinical coordination for the Autism Team.

## Chanchal Patil is a Lead Therapist and Senior Program Manager working with Ummeed. She has completed her Bachelors in Occupational Therapy from Seth G.S. Medical College and K.E.M Hospital and is trained in Sensory Integration Theory and Practice. As a part of team, she provides individual as well as group therapy sessions for children with Autism using various behavioral and developmental approaches along with Sensory Integration and Narrative Practices. She is in charge of the trainings for Autism Team.

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## Details of the training: ‬‬‬‬‬‬‬‬‬‬‬

**Date:** June 2017

**Venue: ‬**Central Library,Patto,Panaji, Goa 403 001‬‬‬‬‬‬‬‬‬‬‬‬‬‬

**No. of Participants:** 50 – 25 parents and 25 professionals

## Who is eligible to attend the training? ‬‬‬‬‬‬‬‬‬‬‬‬‬‬‬‬‬‬‬‬‬‬‬

Parents, Therapists, Psychologists, ‬Special Educators, Teachers.

## The workshop will provide insight into: ‬‬‬‬‬‬‬‬‬

* ‬Understanding challenging behaviors in children with ASD
* Strategies to manage challenging behaviors
* Practice of family centered care in the context of working with families of children with ASD for professionals
* Budget for Training Program

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| **Budget Plan** | |
| **Expenses** | **Estimated Cost (INR)** |
| **WORKSHOP** |  |
| Presenter fees(including preparation and delivery of the modules) | 80000 |
| Presenter travel ( 2 persons) Mumbai to Goa return | 20000 |
| Presenter accommodation 3 days X 2 persons | 15000 |
| **VENUE** |  |
| Hall rental | 20000 |
| **REFRESHMENTS** |  |
| Snacks & Beverages | 5000 |
| **PROMOTION** |  |
| Information and printed material | 2000 |
| **MISCELLANEOUS** |  |
| Name tags/badges | 500 |
| Stationery | 500 |
| Contingency | 3000 |
| **GRAND TOTAL** | **146000** |

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| Number of participants = 50 ( 25 parents + 25 professionals) |  |
| Workshop fees | 3000/- per participant  ( professional)  2000/- per participant  (parent) |

## How will this training make a difference?

The workshop will serve as a platform to strengthen collaborations between the professionals and families of children with ASD, so that there is a uniform way of handling behaviour challenges. This will impact many children and families. Special educators can take these methods into schools. Families will met each other and share their experiences too. Trained confident parents can be a great resource to new families who are struggling with the diagnosis.

The outcome of this training will be a cadre of professionals and parents who will be able to better understand and successfully manage challenging behaviours in children with Autism.