

Autism Reality Experience Training

The Autism Reality Experience is an innovative and inspirational training session designed to give participants a virtual experience of living with autism. This is a very practical, hands on experience that gives participants a greater insight into autism and helps us see the world from an autistic person's perspective. This experience is suitable for professionals working in health and social care at all levels.

This **fully funded** training programme is delivered over 2 half days. It is important that all participants are available for the whole duration of both sessions.

The following outcomes are covered:

- A virtual experience of autism
- Time for feedback and reflection on own responses/behaviour during the experience
- Sensory sensitivities – our seven senses and how they can be affected by autistic spectrum conditions.
- Strategies to support people with sensory processing difficulties
- How to identify anxiety in someone with autism
- Strategies to alleviate anxieties for people with autism (including the use of TEACCH)
- Exploring the use of sensory items
- Environmental considerations for someone with autism
- An introduction to behaviours that can challenge
- Techniques to manage behaviours that can challenge
- How to access support and advice from other organisations such as the National Autistic Society

DISCLAIMER: The ARE® use sensory equipment to give you an experience of what Dementia or Autism might be like. During the experience your sensory and physical abilities will be impaired. Please note that you take part in the or Autism Reality Experience® at your own risk and Training 2 CARE (UK) Ltd or Experience Training Ltd or any other parties associated with the above companies cannot be held responsible for any personal injury arising from the products used in the tour.

Day 1: An Awareness of Autism training, delivered via watching a training video. The video has a 1.5 hour duration

Day 2: Autism Reality Experience will be located at Medway Park, Mill Road, Gillingham, ME7 1HF

The dates are Monday 20th May, or Wednesday 12th June, or Friday 19th July 2024

Please select the AM or PM session

10:00 – 11:15 – Experience for 12 delegates

11:15 – 11:30 – Break

11:30 – 13:00 – De-brief for 12 delegates

13:30 – 14:45 – Experience for 12 delegates

14:45 – 15:00 – Break

15:00 – 16:30 – De-brief for 12 delegates

To book a place please email mcsc@medway.gov.uk or ring 01634 338 480