Autism is a lifelong condition that has a substantial effect on a child’s behaviour, learning, communication, and social interaction. As someone who works with or knows an autistic child, it’s important that you understand how much the condition affects their day-to-day lives.

With this understanding, you can adapt your home, classroom or setting to help the child manage their condition and get the most out of life. This Autism Awareness course will provide you with a complete introduction to the subject, as well as lots of tips and practical ideas so that you can aid the autistic child you know to reach their potential.

Module One – What is Autism?
This module explains what is meant by ‘autism’ and introduces you to the autism spectrum. The module also looks at some common myths about autism and helps you to understand why learning about the condition is so important.

• What is autism?
• Autism Spectrum Disorder
• Asperger Syndrome
• The triad of impairments
• Myths and misconceptions
• Statistics
• Which term should I use?
• Autism and the law
• Why is training necessary?
• Neurodiversity

Module Two: What Causes Autism?
This module provides an overview of the factors that may cause autism. You’ll look at the research that has been undertaken and begin to get a picture of what is known about autism.

• Factors
• Genetic factors
• Environmental factors
• Psychological factors
• Neurological factors
• Health factors
• Gender
• Age

Module Three: Autistic Behaviours
While every autistic child is very different, this module explains some of the more common behaviours that autistic children display so that you can recognise the condition. The module looks at the triad of impairments and gives examples of each difficulty.

• The main areas of difficulty
• Social communication
• Social interaction
• Social imagination
• Sensory sensitivity
• Routines
• Theory of Mind

Module Four: Real Life Stories
This module presents you with some real life stories from parents, siblings and teachers who explain what it’s like to know a child with autism.

• Lil’ D
• Ben
• Dakota
• Sam
• Reggie
• Danny
• James
• Cynthia
• Autism Blogs

Module Five: Diagnosing Autism
This module explains what to do should you have concerns that a child is autistic. The module looks at what happens in the diagnosis procedure and outlines what the different outcomes may be.

• Why is a diagnosis needed?
• Is autism becoming more common?
• First steps
• Screening for autism
• Referrals
• The diagnostic assessment
• What if you disagree with the decision?
• Related health conditions

Module Six: Managing Autism
This module looks at some of the different methods, approaches and therapies that can be used to help a child with autism manage their condition.

• Is there a cure for autism?
• Interventions
• Intensive interaction
• Methods of communication
• ABA therapy
• Managing change
• Diet
Module Seven: Ways to Help Autistic Children - Part 1
This module outlines simple adaptations that you can make to your setting or home to make an autistic child's everyday life a bit easier. This module looks at the changes you can make to help improve communication, reduce anxiety, and support play and also at the different types of visual support that you may find effective.

- What's the best way to help?
- Communication
- Anxiety
- Play
- Visual supports

Module Eight: Ways to Help Autistic Children - Part 2
This module looks at some further adaptations to help an autistic child manage their condition, including how to help them develop relationships, manage any challenging behaviours, and cope with routines.

- Relationships
- Promoting positive behaviour
- Homework help
- Routines
- Further resources
Aims of the Training

By taking this course learners will be able to:

• Understand what autism is and how it affects children and their everyday lives.
• Know more about which factors are thought to contribute towards autism.
• Understand which behaviours are typical of autistic children so that you can identify the condition and provide the appropriate support.
• Understand the stages in the autism diagnosis process.
• Be aware of some of the methods that can help an autistic child manage their condition.
• Know more about simple home or work adaptations that can help an autistic child manage their condition and improve their day-to-day life.