

# AUTISM AND ASPERGER SYNDROME EXPERIENCE AND ENLIGHTENMENT

Thursday 22nd October 2009 ■ Cedar Court Hotel, Bradford  
8.30am to 4.30pm

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### Cancellations/substitutions

To be entitled to a refund all cancellations MUST be received in writing no later than 2 weeks prior to the event date. An 80% refund will be given if cancelled more than 4 weeks prior to the event and 50% refund if less than 4 weeks notice given. No refund will be given if cancellations are received within 2 weeks of the event.

**Accommodation** — If you require accommodation please contact the hotel directly on 0845 4090418

**Accreditation** — It may be possible to claim attendance at the conference as hours towards CPD.

### Data Protection Act 1998

Information held by Sacar is strictly confidential and we do not pass on any personal data about you to outside organisations and/or individuals. We would, however like to keep you informed of future events. If you would like us to do this, please indicate by ticking the box:

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A national conference reflecting on a decade of practice and experience, presented by the charity Sacar



## Your Details

(please complete a separate form per delegate and send to Sacar, Queen Anne Chambers, 41-43 Sunbridge Road, Bradford BD1 2AS)

Title \_\_\_\_\_

First Name \_\_\_\_\_

Surname \_\_\_\_\_

Job Title \_\_\_\_\_

Department \_\_\_\_\_

Organisation \_\_\_\_\_

Work Address \_\_\_\_\_

Postcode \_\_\_\_\_

Email \_\_\_\_\_

Tel \_\_\_\_\_

Fax \_\_\_\_\_

Please specify any dietary requirements \_\_\_\_\_

Other special arrangements (eg disabled access) \_\_\_\_\_

### Conference Fees

£ 175 for Professionals

£ 85 for Voluntary Sector, Parents and Carers

### Confirmation of registration

All registrations will be confirmed in writing Late registrations by email. A map of the venue will be sent with confirmation of your booking. Applicants are advised not to book travel/accommodation until written confirmation is received. Sacar reserves the right to change the programme without prior notice. Where, for any reason beyond its reasonable control, Sacar cancels the event, the liability of Sacar shall be limited to a refund of the fee payable to Sacar for this particular event.

As part of their 10th anniversary, Sacar have brought together a number of leading professionals in the field of Asperger Syndrome and autism to provide an insight into their own experiences during the past decade, review current thinking and speculate what may occur in the future with respect to the condition.

With current estimated prevalence rates of 1 in 60 (Autism Research Centre, Cambridge University) now, more than ever, our understanding of the condition needs to be addressed, by asking:

- What has evolved over the last ten years?
- Have those with the condition found attitudes and support services to have improved?
- What needs to be done for the next generation of people with ASC?

## Conference Aims:

At the end of the conference you will have:

- A better understanding of the effects of Asperger Syndrome on every day life
- An increased understanding of the processes involved in diagnosis and how this may impact on clinics and life in the community
- An overview of the vast differences that occur between individuals and the perception of and by those individuals
- Knowledge of issues relating to education and development
- An understanding of the influence of diet
- Insight into issues relating to movement difficulties related to ASC.

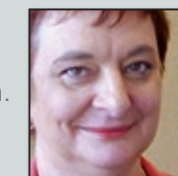
**Conference Chair:**  
Mr Harry Atkinson

## Speakers and Conference Topics Include:

**Dr Shripati Upadhyaya**  
Consultant Clinical Psychologist  
**From Clinic to Community**



**Professor Rita Jordan**  
Emeritus Professor at the Autism Centre for Education and Research, University of Birmingham



**Key Issues that have Affected the Education of Children with Autism and Asperger Syndrome over the past Decade**

**Professor Digby Tantam**  
Director of Dilemma Consultancy Ltd, Sheffield  
**What is Asperger Syndrome?**

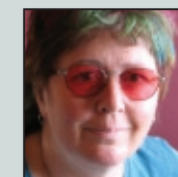


**Professor Paul Shattock**  
Director of Autism Research Unit, University of Sunderland  
**Dietary Related Issues**



**Dr Dido Green**  
Research Training Fellow of Paediatric Neurosciences, Guy's Hospital  
**New Approaches in the Interventions for the movement difficulties of young people with Asperger's Syndrome**

**Wendy Lawson**  
A popular speaker with an adult diagnosis of autistic spectrum condition and a parent of children with the diagnosis  
**The Changing Face of Autism**



**Cedar Court Hotel**  
Leeds/Bradford (J26 M62/M606)  
Mayo Avenue, Off Rooley Lane  
Bradford BD5 8HW  
Tel: 0845 4090418

The Cedar Court Hotel Group is Yorkshire's Largest Independent Hotelier, established in 1985. The group now operates four strategically placed properties in Yorkshire, each with their own individuality offering the best in four star service.



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## About Sacar

Sacar is a charity dedicated to the support of people with Asperger Syndrome and autism. The word Sacar comes from the Sanskrit language and means "positive creation". It is this phrase that is the driving force behind the organisation, as Sacar encompasses the provision of health, education, training, sports, creative arts and counselling activities, which helps promote the social inclusion of people with Asperger syndrome and autism, leading to increased independence through employability and citizenship. Established in October 1999, initially in the Bradford area, it started as a social skills group of only six members, born out of the demands and needs of parents, carers and those with the condition who had grown frustrated at the lack of support, or more vitally, understanding, of their situations. We have now expanded into our new Bradford location, have a site in Leeds and have recently developed service provision in Huddersfield and Skipton, working with nearly 200 people across Yorkshire. Sacar became a registered charity in 2001 and have worked extensively at developing a more comprehensive understanding of the condition within the public and private sectors. Sacar's highly trained staff also provide essential information and support to parents, partners and carers enabling a wider understanding, acceptance and appreciation of what the condition can mean to the individual.



Bradford Mayor, Choudhary Rangzeb at the opening of the Sacar site in Sunbridge Road, Bradford in July 2007.

## Conference Programme

8.30am	<b>Registration and Refreshments</b>
9.15am	<b>Chair's Welcome — Mr Harry Atkinson</b> Vice Chair of Trustees of Sacar
9.30am	<b>Dr Shripati Upadhyaya</b> Consultant Clinical Psychologist <b>Asperger Syndrome: From Clinic to Community</b>
10.00am	<b>Professor Rita Jordan BSc, MSc, MA, PhD.C.Psychol. OBE</b> Emeritus Professor at the Autism Centre for Education and Research, University of Birmingham <b>Key issues that have affected the education of children with autism and Asperger Syndrome over the last decade.</b>
11.00am	<b>Mid Morning Refreshments</b>
11.15am	<b>Professor Digby Tantam</b> — Director of Dilemma Consultancy Ltd, Sheffield <b>What is Asperger Syndrome?</b>
12.00pm	<b>Q &amp; A on Morning Session</b>
12.30pm	<b>Lunch</b> — networking, user displays and stalls
1.30pm	<b>Professor Paul Shattock B.Pharm, Dip.Ag.Vet.Pharm, OBE,</b> Director of Autism Research Unit, University of Sunderland: founding Chairman of Communities for Autistic People, (CAP) and European Services for People with Autism (ESPA) <b>Dietary Intervention</b>
2.15pm	<b>Dr Dido Green Phd. MSc, DipCot</b> Research Training Fellow of Paediatric Neurosciences, Guy's Hospital <b>New Approaches in the interventions for the movement difficulties of young people with Asperger's Syndrome</b>
2.45pm	<b>Wendy Lawson Bsc, Bsw(Hons), GDip(Psychstud), GDip (Psychology)</b> <b>The changing face of autism.</b>
3.45pm	<b>Plenary Session Q &amp; A</b>
4.15pm	<b>Closing Comments from Chair — Mr Harry Atkinson</b>
4.30pm	<b>Conference Closes</b>

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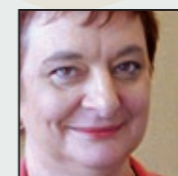
## Abstracts from Speakers:

**Asperger Syndrome: From Clinic to Community by Dr Shripati Upadhyaya**  
Asperger Syndrome is a hidden disability and its presentation in people with AS is varied according to age, gender occupation and social support. One even finds variability in terms of Triad of impairments. In this paper the author reflects on the cases referred to his clinic since 1998, how the nature of referrals have changed and what has been the support in community for people with AS. A model of understanding AS described as 'Spectrum within a Spectrum' is presented to highlight the complexities that exist in diagnosis and support for people with AS.



**Examination of the Key Issues that have affected the education of children with Autism and Asperger Syndrome over the last Decade by Professor Rita Jordan**  
This will include

- Changes in conceptualisation and diagnosis and the effects on education
- The special needs arising from the condition, based on current research



**Professor Digby Tantam**  
Is a specialist in diagnosis related issues. Digby has provided a regular clinic for adolescents and adults with Asperger syndrome for longer than anyone in the UK, and possibly the world. He first began this in 1980. Over the years, he has met, and learned from, well over a thousand people with Asperger syndrome, and related disorders, and their families and carers. He is the Director of the Dilemma Developmental Disorders assessment service.



**Professor Paul Shattock**  
His research interests include rights and models of service provision for people with autism, biomedical and environmental factors implicated in autism, and the use and abuse of medication for autism. The research undertaken by Paul Shattock at the ARU investigated the theory that autism is a consequence of a metabolic disorder.

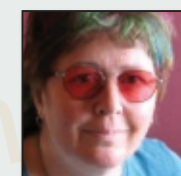


**New Approaches in the interventions for the movement difficulties of young people with Asperger's Syndrome by Dr Dido Green**

Increasing evidence highlights the prevalence of movement difficulties in young people with Asperger's syndrome as well as Autism Spectrum Conditions more broadly. The longer lasting psychosocial sequelae of early movement difficulties of children identified with Developmental Coordination Disorder, suggest an association with negative psychiatric outcomes in young adults. This paper will explore the concomitant difficulties associated with motor impairments in a number of developmental disorders. Paradigms for intervention will be discussed with presentation of emerging evidence for the use of the Cognitive Orientation to daily Occupational Performance (CO-OP) as an intervention approach for young people with Asperger's Syndrome. In addition, consideration will be given to possible neurological foundations that may link the movement difficulties of various developmental disorders.

**The changing face of autism by Wendy Lawson 2009**

"...she was never normal" they said, as I again talked out loud to process some expected task. What I have come to appreciate is the sheer diversity and variation that naturally exists side by side in a whole range of normal. The reason for this presentation, therefore, is to explain and explore the changing face of autism. For those of us with autism understanding typical descriptions of normal can be a huge task. For those of us without autism, the perception of the term normal can lead to unrealistic expectations of self and of others. Autism is a very real disability, yet arguing for the right to exist as oneself in a climate that demands conformity is a huge task. Our knowledge and understanding of autism and how best to support and facilitate interdependence are concepts explored in this talk...



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