



# Autism and sensory processing in everyday life

**Tuesday 8 October 2013** - Copthorne Tara Hotel, London

A one-day conference aimed at developing a greater understanding of sensory processing and how difficulties with sensory integration can impact on people with autism.

## Featuring

- › **Dr Olga Bogdashina, International Autism Institute, KSPU**
- › **Paul Isaacs, Autistic Speaker, Trainer, Author & Consultant**
- › **Dr Rohit Shankar, Cornwall Partnership NHS Foundation Trust**
- › **Phoebe Caldwell, DSc., Intensive Interaction Practitioner**

In association with:



Endorsed by:



Accept difference. Not indifference.

# Autism and sensory processing in everyday life

## A one-day conference aimed at developing a greater understanding of sensory processing and how difficulties with sensory integration can impact on people with autism.

Sensory processing describes our ability to take in information through our senses, organise and interpret that information, and make a meaningful response. For most people, sensory integration develops in the course of ordinary childhood activities, but for some people with autism, sensory integration does not develop as efficiently as it should.

People with sensory integration difficulties may be over-sensitive (hypersensitive) or under-sensitive (hyposensitive) in some or all senses. People who are hypersensitive feel as if they are being constantly bombarded with sensory information. Noise, crowded places and being in close proximity to others may cause extreme anxiety. Certain smells and textures can also be overwhelming. Conversely, people who are hyposensitive may seek out sensory stimulation by seeking extreme sensations. They may not notice pain or objects that are too hot or cold, and may need high-intensity input to get involved in activities. Still others have trouble distinguishing between different types of sensory stimulation.

People who struggle to deal with all this information are likely to become stressed or anxious, and possibly feel physical pain. This can result in behaviours that may not, on the surface, seem linked to sensory sensitivities, but could be the underlying cause.

This conference will help to develop a greater understanding of sensory processing and how difficulties with sensory integration can impact on a person with autism. As well as an introduction to sensory processing and sensory integration, our expert speakers will also present an overview of the evidence base, examining the issues around the current research and looking at what research still needs to be done.

### Attend to:

- > gain a full understanding of sensory processing and autism
- > learn practical strategies for supporting people with autism in everyday environments
- > hear first-hand insights on the unique sensory issues experienced by people with autism
- > network with other professionals and experts in the field.

### Sponsorship and networking opportunities

For bespoke sponsorship packages please contact **Kate Laird** on **020 7923 5734** or email **conference@nas.org.uk**

We will also look at the main sensory integration approaches in practice and how these can be applied in everyday environments, such as at school, in supported living, at work and within the home. It will look at the use of sensory stimuli to encourage and support the development of language and interaction, plus tools and strategies that can be used to create programmes and make simple changes to the environment, so that people with sensory difficulties can live as independently as possible.

This event is a great opportunity to gain an understanding of sensory issues and autism.

## Join us to hear experts in the field and gain a wealth of knowledge, plus engage in stimulating debate and exchange new ideas.

### Who should attend?

- > Clinicians across the professional field, including psychiatrists, clinical psychologists, paediatricians, GPs and nurses
- > Commissioners for services for people with autism
- > Social workers and support workers
- > Education professionals from mainstream schools, special schools and local authorities
- > Voluntary sector groups and not-for-profit organisations
- > Individuals with autism and their parents, families and carers

### About the organisers

**The National Autistic Society (NAS)** is the leading UK charity for people with autism (including Asperger syndrome), their families and the professionals who work with them. We provide information, support and pioneering services, and campaign for a better world for people with autism.

In association with:



**The Sensory Integration Network** is a not-for-profit organisation promoting education, good practice and research into the theory and practice of Ayres' Sensory Integration (SI). The Sensory Integration Network (UK & Ireland) has over 4,500 members, including occupational therapists, physiotherapists, speech and language therapists, special educational needs coordinators (SENCO), learning support assistants, service users, teachers, parents and carers. Our aim is to share knowledge, skills and research in SI therapy and provide accessible, accredited training.

## Plenary session

- 09:30 Welcome by the Chairs  
**Dr Olga Bogdashina**  
 Co-Founder, Programme Leader (Autism Courses) and Lecturer, the International Autism Institute, KSPU, and Visiting Lecturer in Autism Studies, Associate Consultant (Autism) to ICEP Europe and Author  
 and **Ros Urwin**  
 Professional Lead Occupational Therapist/Clinical Manager, Poole Community Learning Disability Team, Dorset HealthCare University NHS Foundation Trust
- 09:40 **Sensory perceptual issues in autism – experiencing the world the autism way**  
**Dr Olga Bogdashina**
- 10:20 **Autism and sensory processing - what's it got to do with everyday life, development, learning and behaviour?**  
**Dr Rohit Shankar**  
 Consultant Neuropsychiatrist – Cornwall Partnership NHS Foundation Trust and Hon. Associate Professor – Peninsula College of Medicine and Dentistry
- 11:00 Refreshment break
- 11:30 **Intensive interaction and autism**  
**Phoebe Caldwell, DSc.**  
 Intensive Interaction Practitioner
- 12:30 Lunch
- 13:00 **Lunchtime seminar: How to help with mouthcare**  
**Fiona Ritchie**  
 Clinical Services Director, Approach Healthcare

## Stream sessions

13:40	<b>PRACTICAL STRATEGIES: SCHOOL</b> <b>Making school more autism friendly: developing strategies for support in mainstream and specialist environments</b> <b>Steve McGuinness</b> NAS Trustee Councillor and Autism Consultant	<b>PRACTICAL STRATEGIES: RESIDENTIAL</b> <b>Strategies to use in residential settings – identifying and responding to common sensory triggers</b> <b>Elaine O’Riordan</b> Occupational Therapist Leap Children’s Therapy	<b>PRACTICAL STRATEGIES: HOME</b> <b>Adapting the home environment and putting strategies in place at home</b> <b>Dr Olga Bogdashina</b>
14:30	Refreshment break		
14:50	<b>What’s a teacher to do: sensory diets in the classroom</b> <b>Corinna Laurie</b> Occupational Therapist The Helen Allison School	<b>Issues and practical solutions around good design for people with autism</b> <b>Maria Luigia Assirelli</b> Partner, GA Architects	<b>Sensory challenges with mealtimes and food</b> Speaker to be confirmed
15:40	Transition back to plenary session		

## Plenary sessions

- 15:45 **My sensory day**  
**Paul Isaacs**  
 Autistic Speaker, Trainer, Author & Consultant
- 16:25 Closing remarks by the Chairs
- 16:30 Conference ends



The NAS reserves the right to make amendments to the advertised conference programme and speakers.

# Autism and sensory processing in everyday life

8 October 2013

Copthorne Tara Hotel, London

Rates	Standard rate
Delegate rate	<input type="checkbox"/> £225 + VAT
NAS members	<input type="checkbox"/> £175 + VAT
Individuals on low income*	<input type="checkbox"/> £75 + VAT
Exhibitor rate	<input type="checkbox"/> £395 + VAT

For full details of what the exhibitor rate includes, please visit the website:  
[www.autism.org.uk/conferences/sensory2013](http://www.autism.org.uk/conferences/sensory2013)

\* Including people receiving: 1) Income Support 2) Employment Support Allowance 3) Disability Living Allowance 4) Carers Allowance

Brochure code:

## To make a booking:

[www.autism.org.uk/conferences/sensory2013](http://www.autism.org.uk/conferences/sensory2013)

**Email** conference@nas.org.uk

**Tel** 0115 911 3367

**Fax** 0115 911 3362

**Post** NAS Conference and Events Team  
6th Floor, Castle Heights  
72 Maid Marian Way,  
Nottingham NG1 6BJ

## Please confirm which stream you would like to attend:

### Stream A

Practical Strategies: School

### Stream B

Practical Strategies: Residential

### Stream C

Practical Strategies: Home

## Delegate details

Title	First name	Surname
Job title		Tel
Organisation		Fax
Email		
Keeping in touch with you via email can help to keep our costs down. <b>Please tick this box if you are happy to receive emails from us</b> <input type="checkbox"/>		
Address		
	Town	County
Postcode	Country	

The National Autistic Society would like to update you from time to time in order to inform you about our work.

If you **do not** want to receive any mailings from The National Autistic Society, **please tick this box**

### NAS membership number:

### Any special requirements

e.g. Access/Dietary/Support/Other?

### How did you hear about this conference?

Please write here

## Booking contact

If you are booking on behalf of someone else, please provide your contact details here.

Title	First name	Surname
Job title		Tel
Email		

## Payment details

### CHEQUE

Please find enclosed a cheque for £

Please make all cheques payable to The National Autistic Society

### INVOICE Please complete all details below

Invoice for the attention of	
PO Number (if applicable)	
Address	
Postcode	Tel
Email	

### CREDIT CARD

Card type	Card number	
Start date	Expiry date	Security code (3 digits on reverse)
Name on card		
Signature		

## Terms & conditions

### Conference fees

All prices include entrance to the conference and seminar sessions, lunch, refreshments and comprehensive delegate documentation. Fees do not include delegate accommodation and travel and The National Autistic Society (NAS) is not responsible for arranging these.

### Payment

Payment must be received before the conference date. If payment is not received by this time, delegates will be required to guarantee payment by credit card on the day of the conference. Cheques should be in pounds sterling and should be made payable to "The National Autistic Society".

### Cancellations and Refunds

Delegates who wish to cancel their places must do so in writing. If notice of cancellation is received at least 21 days prior to the event, the NAS will refund the full registration fee less £50 administration charge. If notice of cancellation is not received within 21 days prior to the conference, then we regret that no refund can be made.

Substitutions can be made without charge up to 3 days prior to the event.

In the event that the NAS has to cancel the event, delegates will be given as much notice as possible and given a full refund (if paid in full) or a credit note (where payment is not yet made). We regret that we will be unable to compensate delegates for any travel or accommodation costs incurred.

### Overseas Delegates

EU countries: Delegates attending from EU countries are exempt from paying VAT only when their organisation is VAT registered within their own country. Confirmation of the VAT registration number is required at the time of booking. Non-EU countries: VAT will be charged on the invoice but you are able to claim back the VAT charge.