



# Women and Girls on the Autism Spectrum

**Tuesday 1 October 2013** – Hilton City Centre Hotel, Leeds

**Presenting the latest research and practice in diagnosis and support  
for women and girls with autism**

**Keynote presentation by:**

**Jennifer O'Toole**, creator of **Asperkids!**

**Also featuring:**

- > **Dr Jacqui Ashton-Smith**, **The NAS Helen Allison and Robert Ogden Schools**
- > **Dr Judith Gould**, **NAS Lorna Wing Centre for Autism**
- > **Sarah Hendrickx**, **Hendrickx Associates**
- > **Lynne Moxon**, **ESPA**

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# Women and Girls on the Autism Spectrum

**Autism is an overwhelmingly male diagnosis – it has even been described as the “extreme male brain”. But why do women only make up one in four of those diagnosed with autism? Are women really less likely to have autism or are they just slipping through the net? Could it be that they are just better than their male counterparts at adapting to social situations or are simply more skilled at pretending not to have autism?**

Even after diagnosis, it can often be much harder for women and girls with autism, as many services are not geared up for meeting their needs. They may have few conventionally ‘feminine’ interests and are at a much higher risk of getting into a pattern of behaviour that can cause a cycle of problems, such as self-harm and eating disorders. There can also be huge implications in terms of social communication, relationships and employment.

This conference will examine the unique challenges facing women and girls with autism. Key speakers will give insights into a wide range of issues. The programme will also feature first-hand accounts from women on the autism spectrum about the issues surrounding day-to-day living, whether diagnosed or undiagnosed.

Our Keynote speaker is Jennifer O’Toole, who is creator of the Asperkids programme and has written two best-selling books for children who have Asperger syndrome: *Asperkids – An Insider’s Guide to Loving, Understanding and Teaching Children with Asperger Syndrome* and *The Asperkid’s Secret Book of Social Rules*. Jennifer will give a unique insight into how women and girls with autism experience the world, as she is not only on the spectrum herself but also has a young daughter who has Asperger syndrome.

Our two seminar streams features experts discussing health and safety issues, as well as education and support, looking specifically at teaching social skills and communication and presenting practical tips for adapting the classroom and school appropriately.

## About the organisers

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

This event is a great opportunity to hear from and network with experts in the field, to gain a wealth of knowledge, engage in debate and exchange new ideas.

**Register your place today to gain a unique insight into this relatively unexplored topic!**

**Take advantage of our early booking rate – book by Friday 28 June 2013 and save £50!**

## Key topics include:

- adapting screening and diagnostic instruments for women and girls
- education of girls – teaching social skills and communication
- preparing for puberty, pregnancy and menopause
- sex and relationships in women with AS.

## Who should attend?

- Clinicians across the professional field, including psychiatrists, clinical psychologists, paediatricians, GPs and nurses
- Directors/service managers/team leaders of CAMHS teams
- 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
- People with autism and their families and carers.

## Attend to:

- hear about the latest research from experts in the field
- participate in the debate on diagnosis and screening
- learn practical strategies for teaching social and communication skills to girls
- hear first-hand insights on the unique issues affecting women and girls
- network with other professionals and experts in the field.

## Sponsorship, exhibition and networking opportunities

For bespoke sponsorship packages or to exhibit at this event, please contact **Kate Laird** on **020 7923 5734** or email **conference@nas.org.uk**

## Plenary Sessions

- 08:45 Registration and refreshments
- 09:30 **Welcome by the Chairperson**
- 09:40 **KEYNOTE PRESENTATION**  
**An Aspie-mum's insights into her Aspie-daughter**  
**Jennifer O'Toole**  
Creator of Asperkids!
- 11:00 Refreshment break
- 11:30 **Diagnosis of women and girls on the autism spectrum**  
**Dr Judith Gould**  
Director, NAS Lorna Wing Centre for Autism
- 12:20 Changeover time

## Stream Sessions

### STREAM A: HEALTH AND SAFETY

- 12.25 **Explaining the changes in the female body: talking about puberty, pregnancy and menopause**  
**Lynne Moxon**  
Consultant Psychologist, ESPA  
(Education and Services for People with Autism)

13.10 Lunch

- 14.00 **Staying safe: important tips for girls and women with ASD**  
**Robyn Steward**  
Trainer, Speaker, Mentor and Autism Consultant

### STREAM B: EDUCATION AND SUPPORT

- 12.25 **The education of girls with autism: teaching social skills and communication**  
**Dr Jacqui Ashton-Smith**  
Principal of Helen Allison and Robert Ogden Schools

13.10 Lunch

- 14.00 **Practical tips for supporting girls with ASD within the classroom and school environments**  
**Sarah Wild**  
Headteacher, Limpsfield Grange School

## Plenary Sessions

- 14.45 Refreshment break
- 15:10 **Sex and relationships in women with AS**  
**Sarah Hendrickx**  
Asperger Syndrome Consultant and Specialist  
Author, Hendrickx Associates
- 16:00 Closing remarks by the Chairperson
- 16:10 Conference ends

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



For more information and to register, visit  
[www.autism.org.uk/conferences/women2013](http://www.autism.org.uk/conferences/women2013)

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Brochure code:

## To make a booking:

**Online** [www.autism.org.uk/conferences/women2013](http://www.autism.org.uk/conferences/women2013)

**Email** [conference@nas.org.uk](mailto: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

Rates	Early booking rate Book by 28 June 2013	Standard rate
Delegate rate	<input type="checkbox"/> £195 + VAT	<input type="checkbox"/> £225 + VAT
NAS Members		<input type="checkbox"/> £175 + VAT
Parents/Carers/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: <a href="http://www.autism.org.uk/conferences/women2013">www.autism.org.uk/conferences/women2013</a>

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

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

**Stream A**

HEALTH AND SAFETY

**Stream B**

EDUCATION AND SUPPORT

## 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 and 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 three 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.