

Ages 0 – 6

ASD Plus is a programme for parents and family/whanau of pre-school children with ASD.

ASD Plus is designed to increase parental knowledge and skill in supporting their child with ASD.

The 7 modules in this course cover topics like; communication, learning, stress, behaviour and planning for the future.

How does it work?

ASD Plus can be delivered via group sessions, individual sessions, or by distance learning. All of these options come with follow-up support for families, to help with using these skills at home.

How do I get this service?

Families can apply for this course directly through IDEA Services, or be referred by a health professional.

Online: www.ihc.org.nz/our-services/asd-communication-and-behaviour-service/register-for-the-asd-plus-programme/

Email: asdplus-education@idea.org.nz

Phone: 0800 273 7587

For general enquiries about any of the ASD Programmes please contact the ASD Services Referral Coordinator on:

• Phone: 0800 273 7587

Our website is: www.idea.org.nz

(Look under Our Services > Autism Services)



All programmes are funded by the Ministry of Health and/or the Ministry of Education.

Autism Spectrum Disorder (ASD) Programmes

Providing support and building skills for families of children and young people with Autism Spectrum Disorder.



The ASD Programmes

There are three ASD Programmes for families, carers and whanau of young people and children with ASD. They are delivered by IDEA Services and are available throughout New Zealand.

- ASD Plus: Education for Families. **Ages 0 - 6**
- ASD Communication and Behaviour. **Ages 0 - 19**
- Growing Up with Autism. **Ages 11 - 16**

These programmes are for families of all children and young people who have ASD with or without an intellectual disability. All courses are available free of charge.

The courses are designed to:

- Be flexible
- Be personal and tailored for each child/young person and their family/whanau
- Offer early assistance for families
- Provide practical strategies and training to give more confidence to families



Growing Up with Autism

Ages 11 – 16

Growing Up with Autism is a course for parents/ caregivers of young people with ASD, who are aged between 11 and 16.

Through this course families will learn more about the impact of adolescence on young people with ASD. The course provides information about understanding and managing the social, emotional and behavioural problems young people with ASD may experience, and is an opportunity to meet other families who have adolescent children with ASD.

How does it work?

Growing Up with Autism is a 20-week programme consisting of 10 group and 10 individual sessions on alternating weeks. Up to five families per group can do the programme together.

How do I get this service?

Families can apply for this course directly through IDEA Services, or be referred by another health professional.

Online: www.ihc.org.nz/asdeditor/growing-up-with-autism-programme-interest-form/

Email: GUWA@idea.org.nz

Phone: 0800 273 7587

ASD Communication and Behaviour

Ages 0 – 19

The ASD Communication & Behaviour Service helps children and young people with autism to learn new skills in the areas of play, social skills, daily living skills and communication.

Families are also provided with advice, tools and strategies to help them teach these skills and to manage their child's behaviour. Support and coaching is provided to family members or others involved in the child/young person's care to ensure strategies can be implemented at home, school or in the community.

How does it work?

An assessment and plan is done for each child. Our small team then works with the family for three to six months supporting the family and young person to put the plan in place.

How do I get this service?

Families have to be referred to this service.

Referrals can be made by:

- Paediatrician
- Psychiatrist
- Clinical Psychologist
- ASD Developmental Coordinator
- Local Ministry of Health Needs Assessment and Service Coordination agencies (NASC).

For more information please email:

asd-communication@idea.org.nz or

Phone: 0800 273 7587