

## GROUPS

### AUTISM SOCIAL SKILLS GROUP

SDRC offers a 6-week social skills group to children/youth with an autism spectrum disorder between the ages of 11 and 17 years.

A referral is required as this is not a drop-in group.

### AUTISM MONTHLY SOCIAL GROUP

SDRC offers a monthly social group for youth between the ages of 14 and 17 years with an autism spectrum disorder with no intellectual disability.

Individuals must be able to be independent. The purpose of the group is to help individuals develop social skills.

A referral is required as this is not a drop-in group.

### WORKSHOPS

The Autism Behaviour Consultant will offer workshops on the following topic: "Understanding Behaviour In Teens with Autism"

Please visit our website at [www.sdrc.ca](http://www.sdrc.ca) for workshop dates and times.

## INQUIRIES

Please direct inquiries, referrals, and requests for services to:



205 - 1120 Victoria St. N.  
Kitchener, Ontario N2B 3T2

Phone: 519-741-1121  
Fax: 519-743-4730

Or email us at:  
[sdrc@sunbeamcommunity.ca](mailto:sdrc@sunbeamcommunity.ca)

Website: [www.sdrc.ca](http://www.sdrc.ca)

### Satellite Offices

<u>Elmira:</u>	118 Barnswallow Dr. Elmira, ON N3B 2Y9
<u>Kingsway:</u>	2749 Kingsway Dr. Kitchener, ON N2C 1A7
<u>Cambridge:</u>	757 King St. E. Cambridge, ON N3H 3N8



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# Autism Behaviour Consultation



## WHO WE ARE

Sunbeam Developmental Resource Centre (SDRC) serves as the single point of access for clinical services, service coordination, children's residential services, children's respite and service resolution.

These services are available to children and adults in Waterloo Region who have an intellectual disability and/or an autism spectrum disorder.

## AUTISM BEHAVIOUR CONSULTATION

SDRC offers Autism Behaviour Consultation to youth with an autism spectrum disorder between the ages of 14 and 21.

The goal of the consultation is to help individuals and/or their caregivers work through behavioural difficulties (e.g., physical aggression, anxiety, and emotional regulation). The Consultant will coach the parent/caregiver to support the individual with ASD through the use of positive interventions such as positive reinforcement and modelling.

## REFERRALS

All referrals for children under the age of 18 years can be made by calling Sunbeam Developmental Resource Centre at 519-741-1121.

Referrals for those 18 and older must be deemed eligible through Developmental Services Ontario by calling 519-894-1153.

## WHAT WE KNOW

- People behave in certain ways because those behaviours get their needs met.
- Behaviour needs to be understood in relation to the person's physical health, emotional well-being and cognitive functioning level.
- Events that come before and after the behaviour need to be examined.
- We can model and support more positive behaviour.

## WHAT CONSULTATION CAN DO

- Help people understand why unwanted behaviour occurs.
- Offer suggestions about ways to change the situations in which the behaviour occurs.
- Explore with parents and care providers other ways to address behaviour.

## WHAT TO EXPECT ONCE A REFERRAL IS ACTIVATED

1. To help understand why people act the way they do, the Consultant will need information from you. The Consultant will need you to record information about the behaviour (e.g., what happens before the incident, what is happening during it and what happens afterwards).
2. You may need to make some changes to your family's routines and your home environment. Sometimes the best way to stop behaviour from happening is to prevent it from occurring in the first place.
3. The individual may be asked to see a doctor to make sure that there is nothing wrong physically that may be causing the behaviour. If your child is on medications the doctor may want to do a medication review, e.g., reconsider the dosages, the times they are given or prescribe a different medication altogether.
4. The Consultant will work with you to develop ideas to change the behaviour, but you may need to change your behaviour too. You may be asked to respond to it in a different way. You will need to respond to the behaviour in the same way all the time otherwise the ideas we give you will not work.