

AUTISM PCP

A hollistic Approach of person-centred planning
for people with Autism

Our Newsletter

Education for our children, in Smaranda
Gheorghiu School

“There are two educations. One should teach us how
to make a living and the other how to live”

- John Adams

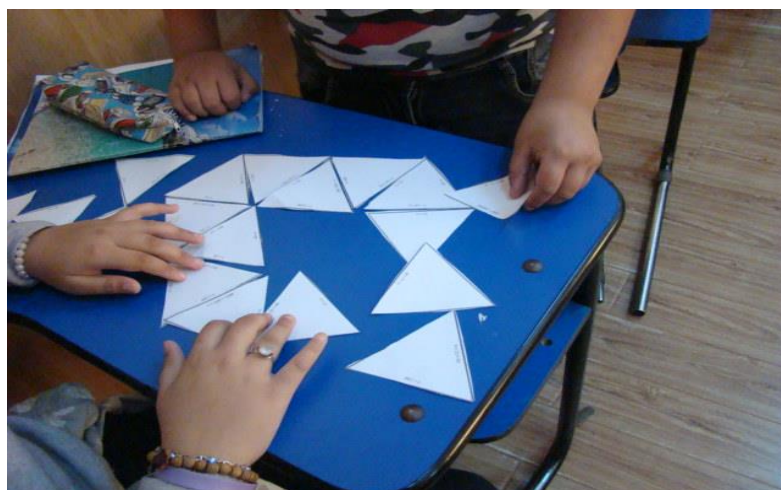


Figure No 1: The pupils solving a Tarsia puzzle

Editorial

Constanța Georgeta Roșca

Organisation: Școala Gimnazială Smaranda
Relation to Project Output: IO1

Smaranda Gheorghiu Secondary School is an institution that is educating students with SEN for a number of years and we are cooperating with teachers from the special school who work extra with the students, including the ones with autism. The teachers do their best to encourage these students to become autonomous but also to learn to cooperate when necessary. At school, these students also benefit from having different tasks compared to the rest of their classmates, tasks that are formulated according to their potential. They also work on a learning platform that caters to their needs and develops their auditory, visual, tactile and kinetic abilities while enabling them to learn through games and puzzles the notions that are mentioned in the curriculum. Music therapy is also used. They can have several tasks that require a longer attention span and memorizing movements.

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The students are involved in occupational therapy and thus their abilities are developed and their potential is stimulated in order to get a job that is suited for them in the future. When it comes to extracurricular activities, at the end of last year, during the first semester, the students with autism participated in Christmas celebrations in Church and recited short poems; this semester the students were involved in activities that could become a source of revenue for them in the future: for example they made ornaments for the 1st of March which symbolizes the coming of spring in Romania; these ornaments are usually worn on the chest and have a red and white thread that is attached to them. They were also involved in making greeting cards and decorations using the technique of quilling for the 8th of March also, which is celebrated as Mother's Day. They helped with die cutting, colouring and gluing decorations for the aforementioned celebrations. Very recently there was a special day in the area that is adjacent to the school, called the Horses' Easter, a day when young people ride horses on the nearby street and dress in traditional costumes. This parade serves as a form of therapy for our students and one of them also benefits from having a series of animals that are raised by his relatives and he also has pets, among which rabbits are the ones he likes most.



Figure No 2: Maths class at our school

MSSA activities in second half of 2019

Prof. Dr. Vladimir Trajkovski

Organisation: Macedonian Scientific
Society for Autism (MSSA)
Relation to Project Output: IO1



Figure No 3: MSSA on project meeting in Malta

In September 2019 at the Faculty of Philosophy, University "Ss. Cyril and Methodius", Natalija Petrovska finished her graduation thesis entitled "Person centred planning in persons with autism spectrum disorders" under the mentorship of Prof. Dr. Vladimir Trajkovski. She presented very interesting results which gave great contribution to Autism PCP project. MSSA members submitted a scientific paper entitled: "Barriers and facilitators to social participation for individuals with autism spectrum conditions" into Croatian Review for Rehabilitation Sciences. If the paper will be accepted from the journal editorial board, it will be a one of a kind dissemination of Autism PCP project.

In November, MSSA president and vice president attended in Malta the first project meeting of an Erasmus+ project entitled "Autism friendly spaces". The main aim of this project is to create a change in community by *adjusting environments* to be more accessible to people with autism, providing *training* and creating awareness in the community, helping the *social* aspect for youth with autism. The social aspect of this project will be addressed in focusing the issue of loneliness in youth who are on the autism spectrum.

On environmental barriers and a possible facilitator for teenager with asd: a tango-therapy experience

Doc Roberto Miletto &

The working and research group of "Oltre Tango" (Roberto Nicchiotti, Chiara Costanzo, Maria Rosa Fucci, Daniela Andropoli)

Organisation: Maendeleo for Children (MfC)
Relation to Project Output: IO1

Since 2009, tango has been recognized by UNESCO as a World Heritage Site as an "intangible" asset for the protection of knowledge and expression. The year before it had become a discipline of Art Therapy as a complementary resource of care and was defined as "Tangotherapy" since the first International Congress held in Argentina.

"Oltre Tango - Beyond Tango". The project, which is currently underway at the children's neuropsychiatry unit in Pomezia (Rome), goes "further", using Argentinean tango and involving group of adolescents with various neuropsychiatric pathologies, among them ASD. The project provides two paths: 1. the weekly work in the gym with steps, figures, individual exercises and group technique on music; 2. "exports" with shows, tours and national Paralympic competitions. This project aims to give answers for many "issues", resumed as follow:

- Contribution to build better social inclusion over time;
- Growth of affective-relational skills, in sharing emotions, with contact and embrace of the gym experiences, then outside the protected group, in other contexts;
- Growth in motor skills, with improved self-awareness of the body in the space and in the relation with the Other;
- Greater self-care in hygiene and clothing, which involves greater self-esteem and a growth in self-efficacy;
- Neuropsychological strengthening, with the development of a different attention and concentration, working on space and time;
- Cognitive growth, by proceeding with trial and error and especially with the intervention of "cognitive mediation" of experienced adults, which act as a scaffold.

Tango experience can become a multidimensional therapeutic opportunity for ASD. Dance and tango - in particular - are not yet widely used in the protocols of taking care for people with ASD because of a limited knowledge of tests and results that could confirm its effectiveness. Argentine tango can become an alternative project complementary to other care initiatives, for a better understanding of needs and a greater development of body, emotional, communicative and relational resources in people with ASD.



Figure No 4: A session of Tango Therapy

Project Partners



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