

Cefnogi plant ar y Sbectrwm Awtistiaeth

Supporting children on the Autistic Spectrum

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Institute of Education: Early Years



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Diffiniad Definition

“a spectrum disorder,”
(Willis, 2009: 98).

“a complex biological disorder that
generally lasts throughout a person’s
life,”
(Willis, 2009: 98).



Beth yw Awtistiaeth?

What is Autism?

National Autistic Society (no date) 'What is autism?',
<https://www.autism.org.uk/about/what-is/asd.aspx> [Accessed: December 9 2018].



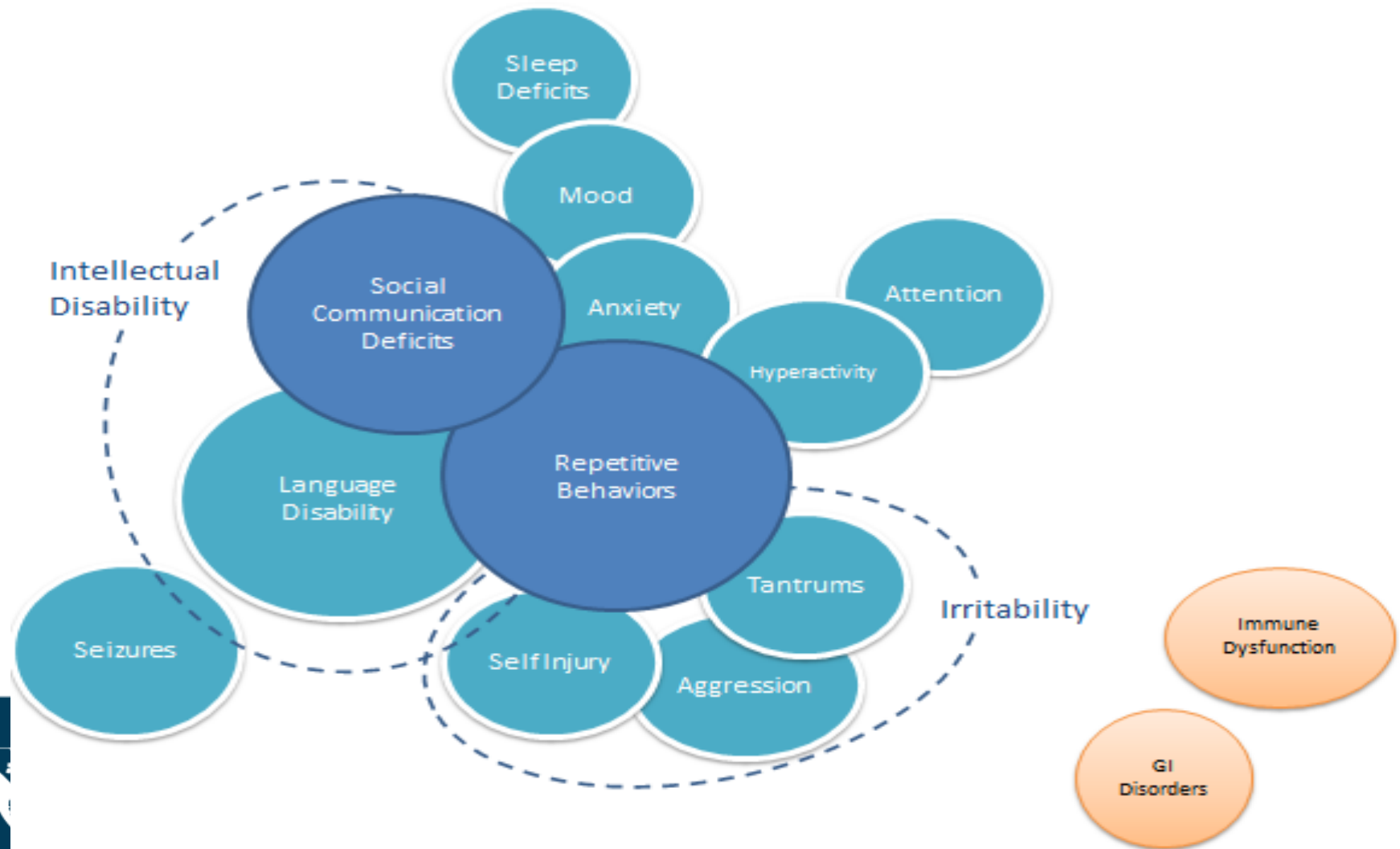
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Awtistiaeth

Autism



Crynodeb Summary

- Effeithio pobl mewn ffyrdd gwahanol
- Anodd deall
- Diddordebau arbennig
- Achosion gennynol ac amgylcheddol
- Dim gwellhad
- Affects people in different ways
- Difficult to understand
- Special interests
- Genetic and environmental causes
- No cure

Cyffredinrwydd a Diagnosis

Prevalence and Diagnosis

- 1 ym mhob 59 plentyn gydag awtistiaeth
- Yn fwy cyffredin mewn bechgyn na merched (4:1)
- Credir i ddechrau cyn 3 oed
- Gellir ei ddiagnosio o 2 flynedd
- Fodd bynnag, gellir nodi nodweddion yn gynharach
- Cyfeiriad
- 1 in 59 children have autism
- More common in boys than girls (4:1)
- Believed to start before 3 years of age
- Can be diagnosed from 2 years
- However, characteristics may be identified earlier
- Referral

Ystadegau

Statistics

- 34% o blant ag Awtistiaeth yn dweud bod eraill yn gas iddynt
- Ddwywaith yn fwy tebygol o gael eu bwlio
- 17% wedi eu hatal
- 4% wedi eu diarddel
- 60% o athrawon yn Lloegr yn teimlo nad ydynt wedi paratoi'n ddigonol
- **Beth amdanoch chi?**
- 34% of children with Autism say that they get picked on
- Twice as likely to be bullied
- 17% have been suspended
- 4% have been expelled
- 60% of teachers in England feel that they have not been sufficiently prepared
- **What about you?**

Goblygiadau

- unigryw
- rhieni
- addysg – lleoliad?
- cefnogaeth
- staff

Implications

- unique
- parents
- education – setting?
- support
- staff

(Frederickson and Cline, 2009;
Plimey et al., 2007; Willis, 2009)



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Ymddygiad hunansymbyliadol

Self-stimulatory behaviour

- *'Stimming'*
- 'Arwydd amlwg' o awtistiaeth
- Ymdawelu i blentyn
 - Pryderus
 - cyffrous
 - profi emosiynau dwys
- *'Stimming'*
- A 'classic sign' of Autism
- Calming to child
 - anxious
 - excited
 - experiencing intense emotions

Ymddygiad hunansymbyliadol Self-stimulatory behaviour

Autism Family (2016) 'Autism
Stimming Examples',
<https://www.youtube.com/watch?v=4ALy6l1J1uo> [Accessed: December 10
2018].



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Diddordebau dwys

Intense interests

- Cyffredin iawn
- Gallu newid dros amser neu aros yr un fath
- Gallu bod yn anarferol
- Ymennydd yn fwy anhyblyg
- Fwy anodd i fod yn hyblyg a cael sawl diddordeb gwahanol
- Very common
- Can change over time or remain the same
- May be unusual
- Brain is more rigid
- Harder to be flexible and have several interests



Diddordebau dwys

Intense interests

- Pleserus
- Dull o ymdopi
- Darparu strwythur, trefn a dibynadwyedd
- Hanfodol ar gyfer eu lles a'u hapusrwydd
- Enjoyable
- A coping mechanism
- Provides structure, order and predictability
- Essential for their well-being and happiness



Diddordebau arbennig - Disney

Special interests - Disney

Movieclips Indie (2016) 'Life, Animated
Official Trailer 1 (2016) - Owen Suskind
Documentary HD',
<https://www.youtube.com/watch?v=4n7fosK9UyY> [Accessed:
December 10 2018].



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Cyfathrebu Communication

- Anhawster ryngweithio ag eraill
- Anhawster wrth ddechrau ryngweithiadau
- Anhawster ymateb i eraill
- Anhawster deall bywyd bob dydd
- Ychydig, neu ddim, cyswllt llygad
- Difficulty interacting with others
- Difficulty with initiating interactions
- Difficulty responding to others
- Difficulty understanding everyday life can be hard
- Little, or no, eye contact

Iaith Language



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Diffyg cyswllt llygad

Lack of eye contact

- Ydy cyswllt llygaid yn bwysig ar gyfer cyfathrebu/ rhyngweithio?
- Pam?
- Beth yw ein barn ni o bobl sydd yn methu rhoi cyswllt llygad?
- Pam?
- Is eye contact important for communicating/ interacting?
- Why?
- What do we think of people who do not give eye contact?
- Why?

Diffyg cyswllt llygad

Lack of eye contact

- Rhoi ychydig o sylw i wynebau pobl
- Ingol
- Tynnu sylw
- Gorlwytho synhwyraidd
- Wynebau yn cael eu canfod fel bygythiad
- Pay little attention to people's faces
- Stressful
- Distracting
- Sensory overload
- Faces perceived as a threat

Cyfathrebu Dieiriau

Non-verbal Communication

- Iaith ohiriedig
- Gallent defnyddio'r canlynol:
 - ystumiau
 - llefain
 - cymryd eich llaw at y gwrthrych maent eisiau
 - ymestyn
 - defnyddio lluniau
 - ymddygiad heriol
 - ecoleferydd
- Delayed language
- May use the following:
 - gestures
 - crying
 - take your hand to the object they want
 - look at the object they want
 - reach
 - use pictures
 - challenging behaviour
 - echolalia



Anhwylder Prosesu Synhwyrdd Sensory Processing Disorder

- Gorymateb/tanymateb i fewnbwn gweledol, clywedol a cyffyrddol
- Overreact/underreact to visual, aural and tactile input



Strategaethau Strategies

- Trefn
- Amserlen weledol
- CDU (Cynllun Datblygu Unigol)
- Camau bach
- Ymyraethau
- Dosbarthiadau addas ar gyfer Awtistiaeth (ysgol)
- Hyfforddiant/Addysg
- Routine
- Visual timetable
- IDP (Individual Development Plan)
- Small steps
- Interventions
- Autism friendly classrooms (school)
- Training/Education

Strategaeth Strategy



Goblygiadau ar gyfer arfer

Implications for practice (Drifte, 2013)



Goblygiadau ar gyfer arfer

Implications for practice (Drifte, 2013)



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Goblygiadau ar gyfer arfer

Implications for practice (Drifte, 2013)



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Goblygiadau ar gyfer arfer

Implications for practice (Drifte, 2013)



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Goblygiadau ar gyfer arfer

Implications for practice (Drifte, 2013)



Goblygiadau ar gyfer arfer

Implications for practice (Drifte, 2013)



Goblygiadau ar gyfer arfer

Implications for practice (Drifte, 2013)

- Doliau persona/pypedau
- Storio offer yn yr un lle
- Cynnwys plant wrth newid trefn yr amgylchedd
- Sicrhau nad yw adnoddau yn sbarduno alergeddau
- Persona dolls/puppets
- Store equipment in same place
- Involve children when changing layout of environment
- Ensure resources do not trigger sensory overreactions



DYC – Dadansoddi Ymddygiad Cynhwysol

ABA – Applied Behavioural Analysis

- Strwythuredig
- Ymyrraeth dan arweiniad y therapydd
- Torri ymddygiad mewn i rhannau bach
- Y cartref a'r lleoliad
- Structured
- Therapist-led intervention
- Breaking behaviour into small parts
- Home and setting

[Nurture \(2017\) 'Autism: Challenging Behaviour,'](https://www.youtube.com/watch?v=U6zutYhCX4Q)
<https://www.youtube.com/watch?v=U6zutYhCX4Q>

DYC Modern – Therapyddïau ‘Skybound’ Modern ABA – Skybound Therapies

- Atgyfnerthu
- Ymddygiad llafar
- Amgylchedd naturiol
- Amrywiaeth o raglenni
- Reinforcement
- Verbal behaviour
- Natural environment
- Variety of programmes

<https://skyboundtherapies.co.uk/>

(Solomon, 2018)

“A fun intervention!”

PECS

- Cynllun Cyfathrebu Cyfnewid Darlun
- <https://www.youtube.com/watch?v=cPcRz1s80y8>
- Picture Exchange Communication Scheme



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Storiau gymdeithasolTM

Social storiesTM

- Carol Gray (1991)
- Helpu datblygu dealltwriaeth gymdeithasol
- I blant ifainc, ysgrifennwyd yn y person cyntaf (Byddaf....)
- Rhaid bod yn gywir

- Carol Gray (1991)
 - Helps develop social understanding
 - For young children, written in first person (I...)
 - Need to be accurate
- (National Autistic Society, 2015)

Ewch ati...
Have a go...

- Ysgrifennwch stori gymdeithasol i baratoi plentyn 5 oed sydd ar y Sbectrwm Awtistiaeth am wyliau hanner tymor...

- Write a social story to prepare a 5 year old on the Autistic Spectrum for a half term holiday...

Therapiau amgen

Alternative therapies

- Therapi lleferydd
- Therapi corfforol
- Therapi galwedigaethol
- Ychwanegiadau deiet
- Therapi celf
- Therapi cerddoriaeth
- Therapi chwarae
- Speech therapy
- Physical therapy
- Occupational therapy
- Dietary supplements
- Art therapy
- Music therapy
- Play therapy

Arfer cynhwysol

Inclusive practice

- Dynesiad ‘ysgol gyfan’
- Cyfathrebu
- Cymorth gymwysedig
- Sylw ar adegau llai strwythuredig
- ‘System Buddy’
- Whole-school approach
- Communication
- Trained 1-1/Key worker
- Attention to less-structured times
- ‘Buddy system’

(Frederickson and Cline, 2009; Plimey et al., 2007; Willis, 2009)



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Ceffylau Horses

- Model EAGALA
 - Seicotherapi â Chymorth Ceffylau
 - Lleihau lefelau straen
 - Cynyddu ymgysylltiad
- EAGALA Model
 - Equine-Assisted Psychotherapy
 - Lowers stress levels
 - Increases engagement



Gwyliwch y clip...
Watch the clip...

Cinedigm (2010) 'The Horse Boy – Official Trailer,'

https://www.youtube.com/watch?v=Y5L6d6AHQ3Q&list=PLtDnuwLxr4B-Lh8vw_2SwBcF36_QlgAr-&index=2 [Accessed: April 26 2018].



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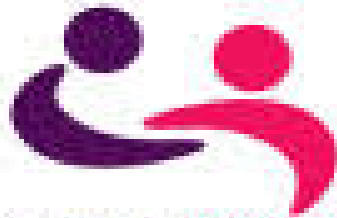
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Geiriau olaf...

Final words...

“Work to view my autism as a different ability rather than a disability. Look past what you may see as limitations and see the gifts autism has given me. It may be true that I’m not good at eye contact or conversation, but have you noticed that I don’t lie, cheat at games, tattle on my classmates or pass judgment on other people? Also true that I probably won’t be the next Michael Jordan. But with my attention to fine detail and capacity for extraordinary focus, I might be the next Einstein. Or Mozart. Or Van Gogh,”

(Notbohm, 2014)



The National
Autistic Society
Cymru

Cymdeithas
Genedlaethol
Awtistiaeth
Cymru

- **World Autism
Awareness Week 30
March - 5 April 2020**



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Diolch am wrando!
Thank you for listening!

- Unrhyw gwestiwn?
- Any questions?
- Alison Rees Edwards
- a.rees-edwards@uwtsd.ac.uk



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