

Falkirk Council Disabilities Team Occupational Therapy Team have developed a range of resources to help parents and carers with children and young people with disabilities. These downloadable booklets are full of practical advice and information which staff working with children with disabilities may also find helpful.

### [A Practical Approach at Home for Parents and Carers: Autistic Spectrum Disorder](#)

#### **Contents:**

- Creating a Supportive Environment
  1. Understanding Autistic Spectrum Disorder and the Importance of Creating a Supportive Environment
  2. Advice Strategies for Parents and Carers of Children with Autistic Spectrum Disorder
- Creating a Supportive Play Environment at Home
- Creating a Social Family Environment
- Home Safety

### [A Practical Approach at Home for Parents and Carers Aspergers Syndrome \(Teenagers\)](#)

#### **Contents:**

- Creating a Supportive Environment
  1. Understanding Aspergers Syndrome and the Importance of Creating a Supportive Environment
  2. Advice Strategies for Parents and Carers of Young People with AS
- Creating a Supportive Leisure Environment at home
- Creating a Social Family Environment
- Thinking about Environmental Changes for School Leavers

### [A Practical Approach at Home for Parents and Carers Aspergers Syndrome](#)

#### **Contents:**

- Creating a Supportive Environment
  1. Understanding Aspergers Syndrome and the Importance of Creating a Supportive Environment 2-3
  2. Advice Strategies for Parents and Carers of Children with AS
- Creating a Supportive Play Environment at Home
- Creating a Social Family Environment
- Home Safety

## [A Practical Approach at Home for Parents and Carers Life Skills for Little Ones](#)

### **Contents:**

- Introduction
- General Strategies for Family Life
- Personal Care Activities
  - 1 Toileting
  - 2 Dressing
  - 3 Bathing
  - 4 Eating & Drinking
  - 5 Sleeping
- Activities Out and About
  - 1 Car Journey
  - 2 Walking
  - 3 Buggies
  - 4 Bus Journeys
  - 5 Noisy Public Places
  - 6 Shops
  - 7 Parks
  - 8 Swimming Pools
- Special Events
  - 1 Holidays
  - 2 Christmas
  - 3 Birthday Parties
- Technology

## [A Practical Approach at Home for Parents and Carers Life Skills \(Teenagers\)](#)

### **Contents:**

- Moving on from a children's routines to teenage routines
- Developing independence in personal care:
  - Ideas to promote choice and avoid conflict
  - Bathroom etiquette
  - Eating habits
  - Sleep hygiene
- Travel
  - Car journeys
  - Bus journeys
  - Train & plane journeys
- Thinking about moving out
  - Social situations
  - Moving on
  - Technology
  - Timetables and routines
  - Social networking
  - Using video recording to examine and assess your style of parenting

## [A Practical Approach at Home for Parents and Carers Making Sense of Sensory Behaviour](#)

### **Contents:**

- Understanding Sensory Issues
- Reading the Signs
- Advice/Strategies for Parents and Carers
- Specific Strategies:
  - Calming Strategies
  - Alerting Strategies
  - Sensory Strategies for Personal Care
  - Calmer Eating Strategies
  - General calming strategies
- When sensory behaviour is challenging

## [Making Sense of Your Sensory Behaviour Sensory approach for parents and carers](#)

### **Contents:**

- Senses
- Hearing, Vision and Taste/Smell
- Movement, Body Awareness and Internal Sense
- Sensory Strategy
- General Support
- Supporting Actions of Daily Living
- Activities in the Garden
- “Me Time” Technology
- Connecting Moments
- Me and Senses
- My Sensory Day