Creating Connections: Supporting Young People with Autism

Designed by practitioners for practitioners

Overview

Creating Connections: Supporting People with Autism is the second in a two-part workshop series designed for practitioners who support parents and carers of children and young people with autism. Building on the foundational knowledge from Part One, this session focuses on practical strategies to support autistic individuals in regulating emotions, managing change, and developing self-management skills.

This workshop explores how sensory processing differences can influence behaviour and wellbeing and equips participants with tools to respond effectively. Through a strengths-based lens, the session highlights techniques to create supportive environments, foster autonomy, and build capacity in both autistic individuals and their support networks.

Participants will engage with real-world examples, video insights from autistic people, carers, and practitioners, and hands-on activities that translate theory into practice.

Learning Outcomes

By the end of this workshop, participants will be able to:

- Recognise signs of sensory overload and apply techniques to respond effectively.
- Organise sensory environments to reduce distress and support sensory needs.
- Use relaxation and coping strategies tailored to autistic children and young people.
- Develop and apply social stories to support task completion and transitions.
- Reflect on complex behaviours and implement restorative practices.
- Understand the intersection of autism and adolescence and adapt support accordingly.
- Empower parents and carers with tools to build capacity and foster self-regulation.

Delivery and Suitability

This workshop is delivered as a 2-hour interactive session, available online or in-person to suit your organisation's needs. The session includes video content, reflective activities, and practical demonstrations to ensure an engaging and meaningful learning experience. To support active participation, each session is capped at 30 participants.

This training is ideal for professionals who support parents and carers of autistic children and young people, particularly those who have completed Part One of the Creating Connections series.

This workshop forms **Part Two** of the Creating Connections series. It builds on the insights from **Understanding Young People with Autism** and introduces targeted strategies for direct support, helping practitioners translate knowledge into action.

50 Market Street, Melbourne, VIC 3000
(03) 9614 1577
cfecfw.org.au