

6th meeting “Puberty and adulthood” - Autismo Burgos

1. 10' Introduction, topics to be addressed, aims of this meeting

Main meeting:

2. 15'-20' Growing old Autismo Burgos

- Puberty (what is, changes happening, what to expect, how to cope with)
- Adulthood (life stage, change of needs, decisions to be made)
- 10' Q&A

3. 15'-20' Sexuality I Autismo Burgos

- What is sexuality
- Private body parts
- Personal hygiene and care
- Private and social spaces and privacy
- 10' Q&A

10' Coffee break

4. 15'-20' Sexuality II Autismo Burgos

- Social media skills
- Personal relations, marriage, partnership
- Services
- Sexuality and functionality
- Do's and don'ts
- 10' Q&A

5.15'-20' Quality of life and services Autismo Burgos

- What do we mean by quality of life?
- Quality of life for all family members
- What to look for (how to match the type of service with your child's needs)
- Where to look for (country specific information : public services, search engines)
- How to use them (state your needs, ask for what your child needs, go for what will enhance your child's quality of life, cooperation with professionals)
- How to make the best out of it (significance of family in successful kind of treatment: role of the family in the continuation of treatment)
- 10' Q&A

5' short break

6. 30' Closing meeting

- reflection