

ASPERGER SYNDROME PARTNER INFORMATION AUSTRALIA (ASPIA) INCORPORATED

(Formerly **GRASP** Partner/Spouse Support Group)

*"Mutual acknowledgement and understanding
of the Asperger marriage experience"*

NEWSLETTER – December 2010



MERRY CHRISTMAS TO ALL !

Our meeting this coming Saturday 4 December will be at the usual time and place

2pm – 5pm

College of Nursing, 14 Railway Pde, Burwood, 2nd Floor
\$2 Members / \$5 Non-Members (covers room hire, etc)

This meeting will be an informal discussion time and low-key Christmas celebration.
Please bring something to share for afternoon tea.

ASPIA is a support group specifically focused on the support & recovery needs of the non-Asperger partner in a relationship.
Please see page 2 of the Newsletter, and also our website for information about support groups specifically for adults with Asperger's Syndrome.

ASPIA Lunch Club meeting before support group meeting

Sapori Di Roma – Bar, Pizzeria, Restaurant

117 Burwood Road, Burwood, next door to previous venue and opposite Hungry Jack's
Arrive any time between 12noon & 2pm. All welcome.

ASPIA's list of self-care suggestions

Available on our website at

<http://www.aspia.org.au/pdf/2009/ASPIASelf-CareSuggestions6June09.pdf>

Other partner support groups/contacts in Australia

Brisbane + rural Qld: Visit www.aspiepartners.com

Brisbane: Email Helen@timelessvideos.com.au

Gold Coast: Phone Tricia on 0413 085 174

Northern Rivers, NSW: Phone Debbie on (02) 6676 0483, Email: northernriversasdnetwork@gmail.com

Central Coast, NSW: possible informal group to start, contact ASPIA

Canberra: Phone Anita on 0434 165 604

Perth: Phone Roz on (08) 9284 5252, Email: rozsdesk@inet.net.au

Melbourne: Visit forum at <http://mc2.vicnet.net.au/home/aspartnr/index.html> .

Adelaide: Phone Heike Haffer on 0431 039 136, email heikehaffer@hotmail.com

Albury, NSW: Possibly starting in 2011, contact ASPIA

Movie Recommendation

The "Social Network" movie currently at cinemas has been highly recommended as being of great interest to our group :)

ASPIA INC

ABN 30 583 771 917

PO Box 57 Macarthur Square LPO MACARTHUR NSW 2560

Web: www.aspia.org.au Email: info@aspia.org.au

Ph: 0432 507 828

Please remember that listings and advertisements on our website or in this newsletter do not automatically indicate our endorsement or promotion of the entire content or views held by these individuals or organisations. Listings are provided in good faith for the benefit of readers seeking constructive information and support for their personal or professional need.

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Remaining ASPIA Meeting Dates for 2010	
December 4 – final for 2010	
ASPIA Meeting Dates for 2011	
January – no meeting	February 5
March 5	April 2
May 7	June 4
July 2	August 6
September 3	October 1
November 5	December 3

Support groups and resources for adults with Asperger's Syndrome

Support Group for Adults with AS – Burwood, Sydney

2nd Saturday every month

Contact Eleanor Gittins on 0408 954 358 or email janetgittins@hotmail.com

Support group for Adults with AS – North Shore, Sydney

Visit website for announcements www.idpsy.org

Or call Jeroen Decates on 0402 028 588

AS Social Group "Social Steps" – Wollongong

Now on the first and third Wednesday of every month, 6.00pm – 8.00pm

The Palm Court Hotel, Corrimal.

Please contact Samantha at asd.support@hotmail.com

***New* Brisbane – AU-SOME Women and Girls' Group**

Contact Camilla Connolly camillaconnolly@optusnet.com.au or

Rachael Harris Rachael.counsellor@gmail.com

New website www.camillaconnollyasd.com

Aspect also has resources for adults: Email: info@autismspectrum.org.au or Phone: 8977 8377

Workshops on Relationships, social skills, sexuality – Liz Dore, www.relationshipsandprivatestuff.com

Survey re-opened

Earlier in 2010 we were asking partners to participate in a survey being conducted by Clinical Psychologist Jennifer Bostock-Ling on the health and well-being of female partners of adults with Asperger's Syndrome. The survey was closed several months ago, but has been re-opened due to ongoing interest.

For anyone who did not already complete this survey you will find it at:

<https://www.surveymonkey.com/s/GCBMQLL>

... those with limited expectations for success
often appear to lack motivation.

For books on a wide range of topics relating to Asperger's Syndrome, including relationships, visit Footprint Books (Sydney) www.footprint.com.au . Online ordering available.

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Other news items

Visit Camilla Connolly's new website in relation to AS support, particularly women.

www.camillaconnollyasd.com (see our endorsement on her website)

New book by Australian author with AS Wendy Lawson
The Passionate Mind: How People with Autism Learn
Jessica Kingsley Publishers

For suppliers of supported, refurbished computers
www.inspirecommunity.org.au (Prestons, Sydney)

New food blog for Gluten Free Casein Free (GFCF) Recipes
www.reciperenovator.com

New Survey (this item is repeated from our November Newsletter)

ASPIA has been asked to participate in another survey on the personal effects of partnering adults with Asperger's Syndrome. We would encourage you to participate if you possibly can because this research is vital to creating the kind of evidence that will help open the eyes of the professional world to provide more empathic, non-judgmental and effective support for partners and family members.

Giving Neurotypical Partners a Voice Dr Lisa Abel & Dr Vicki Bitsika from Bond University (Australia) are conducting research into the mental health outcomes for those individuals who are (or recently have been) in an intimate relationship with someone who has been diagnosed with (or is suspected of having) Asperger's syndrome. The aim of the research is to investigate the influence of fatigue, resilience, and stress on depression and anxiety in partners of individuals with Asperger's. While the impact on mental health and well-being in relation to parents with a child with Asperger's syndrome is being researched in earnest, little empirical research has been carried out in relation to the experience of partners of individuals with the disorder. Just as the demands of parenting a child with autism-based difficulties can often tax the emotional and physical resources of caregivers, it is anticipated that being intimately involved with someone with Asperger's syndrome would present its own set of unique challenges and difficulties.

The project involves the completion of a questionnaire and an interview (optional). If you are interested in participating, please contact Dr Lisa Abel via email (label@bond.edu.au) or alternatively access the questionnaire using the following URL:

<https://www.psychdata.com/s.asp?SID=137615&Label1=EnterData>

ASPIA's Unsung Hero ...

In this newsletter I would like to take the opportunity to acknowledge and thank Lyn, ASPIA's Co-Founder, for her tireless commitment to our group, and for her role as my personal "right-hand man" and backstop since we began. Personally she has been a reference point for me all along, an advisor and often an anchor as well. Lyn is ASPIA Inc's Vice-President, she keeps our Annual General Meetings on track, attends to many details behind the scenes, and on the day of our workshops like the one in October where we had 220 people in attendance, Lyn oversees the registration table, organises speaker gifts head of time, takes care of all the "on-the-spot" admin and crises on the day, and then the post-event follow up while I collapse :)

In February 2011 it will be 10 years since Lyn and I were introduced to each other by our mutual psychologist at the time, Lydia Fegan, who has since retired. Neither Lyn nor I had previously spoken to any other person who had lived with a partner with Asperger's Syndrome, so our bond is unique and very significant to us. The validation we experienced as we first talked together was truly life-changing. ASPIA was born from this friendship, and I would like to acknowledge this in this Newsletter. I would also, on behalf of ASPIA, like to congratulate Lyn on her retirement from school teaching at the end of this year, and wish her joy and fulfilment in the exciting new ventures she has planned (as well as staying with us!).

Congratulations and thank you Lyn. Carol.

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