

Autism & Meltdowns

June 23rd 2021

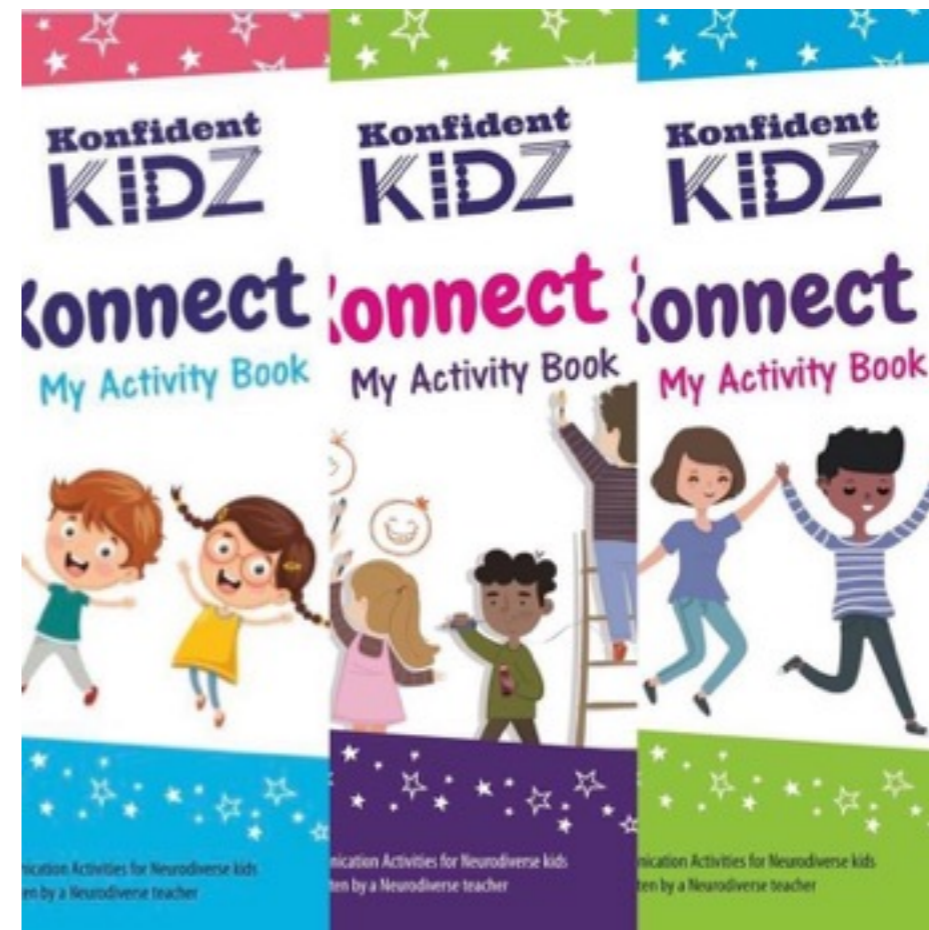
Stiof MacAmhalghaidh and Evaleen Whelton



Welcome to AUsome Training



About Evaleen



About Stiof



Autistic
Union



Infinite
Diversity



What do meltdowns
look like?

You tell us!



What is a meltdown?

A human responding to a crisis

Is it a way to reset?

Sensory-Emotional Overload

A traumatic event



What isn't a meltdown?

Meltdowns: response to chronic (micro)trauma
plus single or multiple 'triggers'

Tantrums: response to acute event

Is either about manipulation?



What causes meltdown?

Not 'autism'!

A trigger is not a cause

The end-point of a process

Early signs of distress



Are Autistics more likely to meltdown?

Autistics are more sensitive

Often have a strong sense of justice

Really, it's all about emotions

So, what are 'emotions'?



Breaktime!



Any questions
so far?



What do meltdowns tell us?

That our needs are not being met

The environment is hostile (social and sensory)

This is communication!

Always... presume competence



How can you
prevent meltdowns?



Meltdown SOS

Remember	presume competence! abandon spoken communication!
Before	plans and communication cards
During	give space, show compassion & patience it's not personal, not about you
After	comforts, space, and recovery time



Questions and Answers



Thanks for listening!

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