**Social Interaction and Communication Strategies**

**Social Skills**

* Improving ability at recognising emotions - <https://www.youtube.com/watch?v=T4Iq_qaJirs>
* Quick cues-is a social script app that helps autistic teens and young adults to handle new situations.
* How I am feeling badges and cards.
* If overloaded and need to ask for help, or communicate with a stranger, having a message in a note on your phone that you can show them.
* Using an autism alert card.

**Social skills development programmes:**

* **CHAPS:** [www.cheshireautism.org.uk](http://www.cheshireautism.org.uk/) Run a 6 week course
* **National autistic society**: [www.autism.org.uk/socialskills](http://www.autism.org.uk/socialskills)
* **Befriending services**: [www.autism.org.uk/befriending](http://www.autism.org.uk/befriending)
* Or <https://www.wirralmind.org.uk/services/befriending/>
* Carers trust 4 all adult social skills groups: [*www.****carerstrust4all****.org.uk*](http://www.carerstrust4all.org.uk/)

**Body Language:**

* Secrets to decoding facial expressions- <https://www.youtube.com/watch?v=B0ouAnmsO1Y>
* Shared mood apps can be helpful as you can see how somebody else is feeling, and they can see how you are feeling

**Communication:**

* How to start a conversation: [www.youtube.com/watch?v=jpo4pzHy338](http://www.youtube.com/watch?v=jpo4pzHy338)
* Communication strategies when in difficult situations could be to write down beforehand what you want to say, such as when visiting the GP and handing this letter to them.
* For people who struggle to process lots of verbal information, to Record the important parts of the conversation with the other persons consent, such as through an app on your phone.
* For people who struggle to process written information, to use screen reading software which will read it to you. This can be had helpful with bills, letters et cetera.
* For people who struggle to sit down and write things down, you could use voice recording app, or sometimes walking around whilst speaking is helpful, and you could talk into your phone using a dictation app which comes up as text.
* Other people understanding your communication style and needs. In work this can be helpful so instructions can be adapted. Have a set person to go to when clarification is needed is helpful.
* Communication needs can also be recorded in hospital passport to be shared with other people.
* Conversation pots framework
* SBAR style to help people formulate what they want to say clearly

 (**S = Situation** (a concise statement of the problem)

**B = Background** (pertinent and brief information related to the situation)

**A = Assessment** (analysis and considerations of options — what you found/think)

**R = Recommendation** (action requested/recommended — what you want)

**Communicating online resources:**

* The NAS online Community Courses.
* There are various social media groups and Facebook sites for people with ASD (Autism Support and discussion group Facebook page- A place you can discuss, share ideas and connect with others and the Asperger's and Autism for Adults UK- Another support group to talk to others and share experiences )
* Outsiders is a web community which aims to help people with any disability find and form friendships
* Open University offers courses which are studies at home.
* Asperger United is a magazine written by and for autistic people.
* **Geeks united** (Flintshire) [www.alexlowery.co.uk/autism-social-group](http://www.alexlowery.co.uk/autism-social-group) A technology based club for young people.

**Clubs and Groups**

* Befriending services – People who you can socialise with in your home or getting out and about with and talk to them about your interests,

The National Autistic Society has a befriending and an e-befriending scheme

To match people in the local area with similar interests.

* To develop communication and social skills by participating in interest-based activities, as an autistic person will find it easier to communicate to others in relation to their interests, or to attend an autism group, or social skills group e.g. carers trust 4 all, or Jude theatre company.
* Another way of meeting people with similar interests is through [www.meetup.com](http://www.meetup.com)
* Local groups in your area (Our post diagnostic leaflet, which contains lots of information about local groups and activities)

 **Relationships**

* ASD and relationships Video- <https://www.youtube.com/watch?v=9tjEZbfLuok>
* Writing an action plan of what to do if your partner is upset, stressed etc, outline helpful strategies that works. And your partner having an understanding that you find it difficult to work out how they are feeling, and need to be told, and what signs to look out for can also be helpful.
* <https://www.iidc.indiana.edu/irca/articles/tips-for-women-in-relationships.html> - this is written for women whose partner is autistic, but the advice given is written in a generic way and is accessible.
* <https://www.aane.org/topics/adults/couplespartners/> - scroll down to the bottom of this page as there are a lot of resources.
* <https://www.autism.org.uk/advice-and-guidance/topics/family-life-and-relationships/family-life/partners>
* <https://autism.lovetoknow.com/Asperger_Relationships>

 Books:

* <https://www.worldofbooks.com/en-gb/books/louise-weston/connecting-with-your-asperger-partner/9781849051309?gclid=CjwKCAjw9aiIBhA1EiwAJ_GTSif9kEHzU3Vj23VaAlYCnjPU8JXCoz0ftUJU9PnSGShySKGjhJAYhhoCHeQQAvD_BwE>
* [https://www.amazon.co.uk/Pretending-Normal-Living-Aspergers-Syndrome/dp/1849057559/ref=asc\_df\_1849057559/?tag=googshopuk-21&linkCode=df0&hvadid=310814775587&hvpos=&hvnetw=g&hvrand=13397158801842071613&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9046489&hvtargid=pla-479260154044&psc=1&th=1&psc=1](https://www.amazon.co.uk/Pretending-Normal-Living-Aspergers-Syndrome/dp/1849057559/ref%3Dasc_df_1849057559/?tag=googshopuk-21&linkCode=df0&hvadid=310814775587&hvpos=&hvnetw=g&hvrand=13397158801842071613&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9046489&hvtargid=pla-479260154044&psc=1&th=1&psc=1)

**Friendships**

Friend or fake easy read booklet-

<http://arcuk.org.uk/safetynet/friend-or-fake-easyread-booklet/>