

ACT – Autism Community Training



The Consortium for the Advancement of Child Health–Simon Fraser University

SIMON
FRASER
UNIVERSITY



Infant Development
Program of BC



Aboriginal Infant Development
Program of BC

ACT's 5th Annual Focus on Research Event in Celebration of April – Autism Awareness Month!

Helping Children with ASD (and their parents) Get the Sleep They Need



Presented by Beth Ann Malow, MD

Professor of Neurology & Director of the
Vanderbilt Sleep Disorders Center

Saturday, April 25, 2009, 8:30 AM – 4:00 PM

Fletcher Challenge Theatre, Harbour Centre
Downtown Campus, Simon Fraser University
515 West Hastings Street, Vancouver

About the Presenter

Beth Ann Malow, MD is Professor of Neurology and Director of the Vanderbilt Sleep Disorders Center. Dr Malow's clinical, educational, and research programs focus on the impact of treating sleep disorders on neurological disease. Her own research has emphasized the interface of sleep and epilepsy, and more recently, sleep, autism, and related disorders of neurodevelopment. She currently serves as principal investigator on a NIH trial of melatonin for insomnia in children with autism (www.mc.vanderbilt.edu/neurology/faculty/malow.htm). Dr. Malow is also the co-principal investigator for Vanderbilt's Autism Treatment Network (ATN) site, one of 15 regional autism centers across North America funded to develop standards of medical care for children with autism. See www.autismspeaks.org/science/programs/atn/index.php. She is the parent of two school-aged boys with Autism Spectrum Disorder (ASD).

About the Workshop

The focus of this presentation is on helping parents and community professionals gain a better understanding of what the latest research is telling us about identifying and treating sleep problems in children with ASD. Dealing with sleep problems has the potential to

improve daytime functioning of the child and their family. Children with ASD are far more likely to experience sleep problems than their typically developing peers – parent reports document a prevalence rate of 53-78%. The most significant problems are insomnia (characterized by difficulty falling asleep), difficulty maintaining sleep, and early morning awakenings. Sleep issues are a common reason for parents seeking medical intervention for children with ASD. These difficulties often increase problematic behaviors throughout the day and contribute to the high levels of stress that parents of children with ASD frequently experience.

There are multiple causes for sleep problems in children with ASD. These include changes in brain substances (melatonin), medical, neurological, psychiatric, and sleep disorders, and behavioral causes of insomnia (e.g., poor sleep habits). Children with ASD may have difficulty with emotional regulation (e.g. ability to use self calming strategies) or transitioning from preferred or stimulating activities to sleep. Due to deficits in communication skills, children with ASD may not readily understand the expectations of parents related to going to bed and falling asleep. Adjusting the sleep environment to promote sleep and conveying sleep expectations in an effective way may be particularly challenging for parents of children with ASD dealing with multiple other priorities and stressors.

ACT Information & Support Services

ACT is a registered not-for-profit society, founded in 2003 by parents of children with ASD. ACT's Information Officers are available to answer questions about which of our events would be relevant for the child or student you support. ACT also offers extensive information and support to families and community professionals on diagnostic, treatment and educational topics. We can be reached by telephone at 604-205-5467, toll-free at 1-866-939-5188, or e-mail info@actcommunity.net. Want to know more about our mission and the people behind ACT? See www.actcommunity.net/about_us.

Acknowledging Our Community Partners

ACT thanks the many parents and professionals across B.C. who volunteer their time to support our work. Our community volunteers range from local parents and community groups to members of our advisory board and board of directors, who provide a range of expertise.

ACT gratefully acknowledges the Consortium for the Advancement of Child Health – SFU for co-sponsoring our events and providing excellent facilities in Vancouver at a reduced cost. See www.sfu.ca/autism-lab/. ACT also appreciates the collaboration offered by

the Infant Development Program of BC and the Aboriginal Infant Development Program of BC in co-sponsoring this event and the ongoing support we receive from the Ministry of Children and Family Development for our parent support and information work.

ACT Bursaries

Parents may use 20% of their autism funding to pay for training workshops and travel costs. Some bursaries for low-income participants and/or those traveling from outside their region are available for residents of B.C. Before registering, see www.actcommunity.net/Foot/bursaries.htm or telephone ACT. Bursaries are provided as reduced registration fees. Donations to ACT for our bursary fund are gratefully received and enable us to make our workshops more affordable as many receive no external subsidy. ACT is a registered charity: #86169 1236 RR0001. Tax receipts are issued.

About Harbour Centre, Hotels & Schedule

Harbour Centre is located at 515 West Hastings Street in downtown Vancouver and is close to the Seabus terminal, West Coast Express, Skytrain and major bus routes. Parking is plentiful but expensive—public transit is a great option! Please see the ACT website for hotel information and the day's schedule, or call or e-mail ACT.

REGISTRATION FORM

Focus on Research 2009

Autism
Community
Training
act

You may register online at www.actcommunity.net, unless you are requesting a bursary or registering as part of a group. Please confirm registration before booking flights.

Name: _____ Phone: _____

Organization: _____

Address: _____

City: _____ Province/State: _____ Postal/Zip Code: _____

E-mail (for e-mail confirmation of your registration): _____

Do you wish to receive ACT info by post? Yes Do you wish to receive workshop updates by e-mail? Yes

ACT is committed to respecting your privacy. We do not share information with any other organization or individual. See www.actcommunity.net for privacy policy.

COST (ACT is not required to charge GST)

Early Bird Rate (postmarked by March 13, 2009)

Regular Rate (postmarked by April 17, 2009)

Late Registration (after April 17 & at the door, space permitting)

PARENTS, STUDENTS

& PARA-PROFESSIONALS

PROFESSIONALS

\$80 CDN/US

\$100 CDN/US

\$100 CDN/US

\$130 CDN/US

\$120 CDN/US

\$150 CDN/US

GROUP RATE: If registrants are not benefiting from other bursaries, three or more registrants paying at the same time, with one payment, requiring one receipt, receive a 20% discount.

Are you a parent of a person with ASD? Yes

Please indicate your professional or para-professional status: _____

Para-professionals include group home staff, childcare workers, special education assistants, behaviour interventionists, preschool & supported childcare staff and foster parents. Students, please attach copy of student ID.

METHOD OF PAYMENT: Cash Cheque

Mastercard VISA

Name on Card: _____

Card #: _____ Exp. Date: _____

In addition to on-line registration, ACT accepts telephone registration using a credit card at 604-205-5467, toll-free 1-866-939-5188 or by fax at 604-205-5345. Registrations are accepted only when accompanied by payment. Refunds for registration, less a \$25 handling charge are available until seven days prior to the workshop. Details of the cancellation policy are available on ACT's website. Cheques that are not honoured will result in a loss of registration status. Bank charges incurred by ACT as a result of a NSF cheque are the responsibility of the registrant. Cheques or money orders should be made out to: ACT—Autism Community Training. Mail to: Suite 240-2250 Boundary Road, Burnaby, BC Canada V5M 3Z3. To confirm registration, e-mail info@actcommunity.net or telephone 604-205-5467, toll-free 1-866-939-5188.