

## **Some suggestions for private assessment**

(Note: MWB does not specifically recommend any of these practitioners, details are for information only):

The Children's Clinic  
51 Sandycove Road, Dun Laoghaire,  
Co Dublin 01 2145407  
[info@thechildrensclinic.ie](mailto:info@thechildrensclinic.ie) €1850 diagnostic  
assessment, €2600 multi-disciplinary (Apr 2021)

Caroline Winstanley (Dublin)  
[contact@carolinewinstanley.com](mailto:contact@carolinewinstanley.com)  
01 901 1698 (€980, Apr 2021)

Penny Rogers (Tullamore)  
[info@mpcts.ie](mailto:info@mpcts.ie) (€1200, Apr 2021)

Dr William Wilkinson (Galway)  
091 528076 ASD assessments, CBT  
[wmwilkinson@hotmail.com](mailto:wmwilkinson@hotmail.com)  
[www.williamwilkinson.com](http://www.williamwilkinson.com)

Caint Speech Therapy (Naas and other)  
[info@caintspeechtherapy.ie](mailto:info@caintspeechtherapy.ie)  
[www.caintspeechtherapy.ie](http://www.caintspeechtherapy.ie)

Dr William Wilkinson, Galway  
091 528 076  
Email: [wmwilkinson@hotmail.com](mailto:wmwilkinson@hotmail.com)  
Web: [www.williamkwilkinson.com](http://www.williamkwilkinson.com)  
Consultant psychologist, ASD assessments

[www.aspireireland.ie](http://www.aspireireland.ie) has a helpful list of  
other psychologists who will also carry out ASD  
assessments of adults or children.



## **Some useful websites**

**MWB Autism Support** — family-run  
support group for the Midlands, West  
and Border regions  
[www.mwbautism.ie](http://www.mwbautism.ie)  
facebook: mwb autism support

**Autism Spectrum Information Advice  
and Meeting point**  
[www.asIam.ie](http://www.asIam.ie)

**Autism Society of Ireland**  
[www.autism.ie](http://www.autism.ie)

**Aspire Ireland** (Aspergers Syndrome)  
[www.aspireireland.ie](http://www.aspireireland.ie)

**National Council for Special Education**  
[www.ncse.ie](http://www.ncse.ie)

**Special Needs Parents Association**  
[www.snpa.ie](http://www.snpa.ie)

**Inclusion Ireland**  
Advocacy group for people with disabilities  
[www.inclusionireland.ie](http://www.inclusionireland.ie)

**Middletown Autism centre** — training and  
information centre for All Ireland  
[www.middletownautism.com](http://www.middletownautism.com)

**facebook** private groups (apply to join):  
Autism Mamai  
DCA Warriors

## **Sensory Processing Disorder**

Children with autism/Aspergers Syndrome are at a  
higher risk of having **sensory processing  
disorder** (SPD; and boys are more likely than girls  
to have SPD. Sensory processing is the way the  
central nervous system of the body receives  
messages from the senses of the body and uses  
that information to move or react in an appropriate  
way.

Having SPD means your central nervous system  
doesn't produce an appropriate response so a  
person with SPD will find it challenging to carry out  
certain everyday activities, like sit in a classroom or  
busy workplace. SPD may affect only one sense or  
all of them, so the person likes/dislikes:

Light

Noise

Certain food tastes or textures

Physical contact/feel of some fabrics/labels/  
brushing teeth, hair, having fingernails clipped etc  
Smells

Other problems can include

Balance (vestibular sense)

Lack of muscle strength/coordination, which impacts  
posture and motor skills (proprioceptive sense).

SPD impacts people in different ways and can be  
misdiagnosed as ADHD. While this disorder is now  
commonly diagnosed in childhood, many people  
reach adulthood without a proper diagnosis and  
may struggle with the symptoms of the disorder.  
Children who have SPD may be helped greatly by  
physiotherapy and occupational therapy which  
focuses on activities that, with time, improve a  
child's ability to cope better with sensory triggers  
and learn ways to respond more positively in  
therapy, in school, and at home.

## WHAT IS AUTISM?

Autism is a disorder that affects the development of the brain and causes difficulties in communicating with other people and forming relationships, as well as in developing language and using abstract concepts. It's often referred to as a "hidden" disability because people on the spectrum look no different to their peers, but their behaviour may be very different. People with autism often have Sensory Processing Disorder.

There is no known cure for autism. Current research suggests children may have a genetic pre-disposition to autism, but research is still being done to identify which environmental triggers may be causing the number of cases to rise dramatically. 1 in 150 children in Ireland is now being diagnosed with ASD.



## WHAT DO I DO NEXT?

Trust your instincts. If you think your child's development is delayed, go and see your GP or public health nurse; or ask the school principal to refer your child to an Educational Psychologist. You will be referred for further assessment to a multi-disciplinary team, including speech & language therapist, audiologist, occupational therapist, child psychologist, paediatrician. This unfortunately may take some time, but the sooner your child is diagnosed, the sooner they can start getting help. By law, children born after 2002 are entitled to an Assessment of Need, though waiting times can be long.

For an application form:  
HSE info line 1850 24 1850 or [www.hse.ie](http://www.hse.ie).  
The quickest route is to go for a private assessment (suggestions overleaf).



## HOW DO I KNOW IF MY CHILD MAY HAVE AUTISM?

The first signs usually are developmental delays before the age of 3. There many possible symptoms of autism and wide variety of combinations which can range from mild to severe. Children with the same diagnosis can behave very differently and be skilled/challenged in different areas. Generally, if a young child has:

- delayed speech and communication skills
  - difficulty with feeding and toileting
  - no concept of danger and/or
  - very high/low pain threshold
- then he/she should be seen by a diagnostic team.

## MWB AUTISM SUPPORT - HOW CAN WE HELP?

We are a self-help group of parents with children of all ages on the Autism Spectrum, some at the severe end of the spectrum, some mild; and a mixture of boys and girls. We fund our activities through our own fundraising and have charitable status. The group is based in Longford, but we welcome members in Co Roscommon, Co Leitrim, Co Westmeath and Border counties as well.

What we offer (Covid-19 dependant):

**Monthly support meetings** - parents and carers can talk freely with others in a similar situation

**Social outings every couple of months** – in a relaxed, non-judgemental atmosphere where no-one will be surprised at anything they see or hear.

**Subsidies for parents** – if you want to attend autism-related training courses we will help with the cost

**Information meetings** – with speakers when we can.

**Activities during the year** and in the school holidays

**Library** of books and materials - available to members for a small fee.

Ndidi Ann Idehen 089 9628827

[mwbautismchair1@gmail.com](mailto:mwbautismchair1@gmail.com)

Michael Bryson 087 9877342

[info@mwbautism.ie](mailto:info@mwbautism.ie)




MWB

AUTISM

SUPPORT



*Our oak tree logo symbolises the potential of our children (the acorns) to grow, with the help, support and encouragement of their families and community*

 mwb autism support  
[info@mwbautism.ie](mailto:info@mwbautism.ie)  
[www.mwbautism.ie](http://www.mwbautism.ie)