

Living Your Best Life with Asperger's Syndrome

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This is a very accessible book which would be helpful to parents and teachers meeting autism for the first time. Although written by a mother about her son, it manages to generalise experience by means of a description of behaviours/difficulties at the start of each chapter, followed by practical first person narrative explaining how the author and her son have dealt with these. As the title suggests, the outcomes are generally positive and the writer gives a very clear impression of the energy and effort she has taken to break targets down in order to enable her son, Thomas, to develop. There is a very useful emphasis on the way in which social deficits prevent this apparently very able boy from making progress. The book also charts the successes which Thomas and his mother have in adapting approaches to his autism. He is able to gradually work more independently and to cope with situations which, when younger would have led him into a sensory overload and associated anger.

The book charts a success story and as such should make an encouraging read. There are useful messages for parents of autistic children about accepting your child for who he is and enjoying his differences. Education has a mixed response. There is evidence of some very sensitive teaching and also frustration at meeting some professionals who were slow to appreciate Thomas's individual needs and make 'reasonable adjustments.' There is a refreshing sense of humour and enjoyment in seeing the world from the point of view of a child with Asperger's Syndrome. Well worth having in a parents' group or staff room library.

Voirrey Carr, Chair, OASIS