

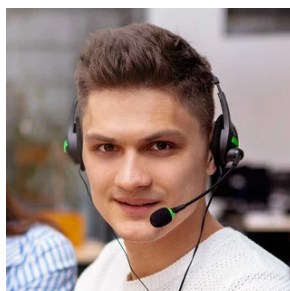
Introductory Life Skills

Our Introductory Life Skills program teaches skills such as problem solving, goal setting and self-reflection applied across practical areas [learn more](#)



Advanced life skills

Our Advanced Life Skills program is designed to ensure participants have the tools and strategies they need to survive and thrive in their day to day lives [learn more](#)



Information Support and Referral

Have you or a family member received a diagnosis of autism. We can help you access support information

[learn more](#)

Youth and Parent Groups return to in person THIS WEEK.

Registration still open!



Apply Now



Apply Now

Two Organisations Unite for Autistic People

Empower Autism is delighted to be partnering with Amaze as an Autism Connect service partner. Amaze have been supporting autistic people for over 50 years and are the peak body for autistic people and their supporters in Victoria

Find Out More



Empower Autism

Enabling positive social change
for and with autistic people

The Empowered Writers Corner

Finding Myself...

By Amy Cramb

**Empower Autism Program Development Officer &
Autism Connect Advisor**

I open up my diary and start reading: “When no one is watching, my life is like art: whimsical, beautiful, intense. Then, there is an observer, and my life is not mine anymore. I become a fragmented self as one part lies in anxiety, and other parts scattered between self and other. I wish for my life to always be like art.” [Read more](#)



Strategies to Manage Autistic People at Work

By Andrew Marsh

The Resilient Asperger

As the employment world becomes more and more aware of the need to understand all of their workforce, including those who are neurodiverse, there are some simple strategies that can be implemented to better manage autistic staff in order for them to flourish. [Read more](#)

Want to Get Involved in Autistic Projects

Autism CRC is currently working on a national practice guideline for supporting children on the autism spectrum and their families. As part of the guideline development process, the team want to hear from as many people as possible about what's important to them and what they think the guideline should include.

You can now get involved by participating in an online survey or register to participate in a virtual focus group.

The online survey is now open for autistic adults, parents/carers and other family members of individuals on the autism spectrum, including those with complex needs, practitioners with experience in government and/or non-government sectors, and researchers with relevant expertise. The virtual focus groups are open to adults and young people on the autism spectrum, and their family members. These focus groups will explore your views, experiences, and preferences related to the provision of therapies and supports.

Find out more <https://www.autismcrc.com.au/news/latest-news/get-involved-supporting-children-guideline-consultation>

Applications open – Future Leaders 2022

Autism CRC's Sylvia Rodger Academy and Autism Spectrum Australia (Aspect) have once again partnered to offer the Future Leaders Program in 2022. Designed by and for autistic people, the 2022 Future Leaders: Community Projects Program is for those who have an idea that will make a positive impact in their community. The Program offers knowledge, skills and access to support and expertise to help you turn your idea into an achievable project. Applications close 27 February 2022.

Find out more: <https://www.autismcrc.com.au/sylvia-rodger-academy/future-leaders>

Have questions? you can email Empower at office@empowerautism.org.au

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