

AHA serves individuals on the autism spectrum, their families, and the professionals who work with them, providing crucial resources and support as they face challenges, build on their strengths and fulfill their potential. AHA helps families and individuals become informed self-advocates. Our programs encourage awareness and acceptance.

#### AHA Goals:

- monthly support for family members of school age children, families of teens in transition, families of older teens and adults, teen and adult groups for individuals on the spectrum and a spouse/partner group.
- one-to-one phone and e-support
- to provide parents, professionals and individuals with a useful forum where they can exchange pertinent information.

#### AHA Offers:

- monthly parent/ family support meetings: daytime and evening for school-age or older teen/adult populations.
- monthly support meetings for teens and adults with HFA/AS partnered with GRASP and Spectrum Services.
- our phone and email referral for support and resources.
- guest speakers on topics relevant to autism.
- our website with valuable information and resources ([ahany.org](http://ahany.org)).
- bi-annual educational conferences designed to provide the most current information and strategies (member discounts).
- our publication, *On The Spectrum* (members only).
- our lending library (members only).
- e-mail notification of the most recent information and events.
- recreational activities for families.

Offices in LI and NYC  
Phone: 888.918.9198  
Website: [ahany.org](http://ahany.org)  
Email: [info@ahany.org](mailto:info@ahany.org)

**Support Group Meetings for:**  
Families of Students  
Families of Older Teens/Adults  
Families of Teens in Transition  
Adults and Teens  
Spouse/Partners  
Siblings

**AHA Association**  
Asperger Syndrome and High Functioning Autism Association Inc.  
PO Box 916, Bethpage, NY 11714-0916

## Asperger Syndrome and High Functioning Autism Association



**Do you know a child, teen or adult on the autism spectrum?**

**Need information and support?**

**AHA** *can help!*

- Support meetings, phone and e-support
- Conferences for professionals, family members and individuals on the autism spectrum
- eNews and On The Spectrum publication
- Referral to professionals and resources
- Transition and post-secondary program information
- Social and family events for all ages

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Phone: 888.918.9198  
[ahany.org](http://ahany.org) [info@ahany.org](mailto:info@ahany.org)

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Autism is a group of diagnoses that varies in degree from mild to severe and is referred to as the autism spectrum.

As of May, 2013 the 5th edition of the Diagnostic and Statistical Manual (DSM-5) from the American Psychiatric Association consolidates previous autism spectrum diagnoses (Autism, Asperger syndrome, Pervasive Developmental Disorder, and Pervasive Developmental Disorder – NOS) under the official term Autism Spectrum Disorders.

Evaluations and literature dated prior to 2013 often use these terms interchangeably and inconsistently. We expect Asperger syndrome to continue in common usage as a unifying force within the community.

The Individuals with Disabilities Education Act (IDEA) requires that all children with disabilities have available to them a free appropriate public education (FAPE). Students on the autism spectrum may be educationally classified with any of the following pursuant to the IDEA:

- Autism
- Other Health Impairment
- Emotional Disturbance
- Learning Disability
- Speech or Language Impairment
- Multiple Disabilities

Pursuant to Part 200.13 of the Commissioner's Regulations, an "autism classification" provides specific recommendations for special education services, including parent training.

The autism spectrum is paradoxical, since, inasmuch as individuals on the spectrum are alike, they are, at the same time, very different. As author Stephen Shore noted, "When you have met one person on the autism spectrum, then you have met **one** person on the autism spectrum."

We encourage our members to attend our support meetings, educational presentations and conferences. Together we help raise awareness of the needs of individuals on the spectrum and their families; we acquire, share and disseminate current, and relevant information in the on-going effort to support each other.

Those on the autism spectrum will typically exhibit many of the following behaviors:

### SOCIALIZATION:

- awkwardness and clumsiness
- naiveté and gullibility
- poor eye contact
- difficulty developing peer relationships
- increased risk of victimization (bullying)
- inappropriate body language or facial expression
- problems recognizing the nuances of social interaction
- difficulty understanding other's feelings or emotions but once aware will have an appropriate degree of compassion

### COMMUNICATION:

- inability to maintain reciprocal (give and take) conversation
- extreme literal use and interpretation of language
- unusual speech patterns: repetitive speech, abnormal tone and/or volume, irrelevant remarks, stilted/formal manner, tendency to lecture others

### BEHAVIOR & THOUGHT:

- easily upset by changes in routine
- rigid, ritualistic behavioral patterns
- fixation on one subject or object
- repetitive movements, thoughts and/or speech
- peculiar eating patterns

### COMMON ASSOCIATED BEHAVIORS:

- emotional sensitivity and under/overreaction
- fears and anxiety
- hyper/hypo-sensitivity to sensory stimuli (sounds, light, taste, touch, odors, pain)
- physical awkwardness
- problems with spatial awareness
- creative thinking and unconventional problem solving
- exceptional skills (e.g., memory, music, art, math)
- sleeping difficulties

## AHA Membership

Join online at [ahany.org](http://ahany.org) or complete this application

Last Name: \_\_\_\_\_

First Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Zip \_\_\_\_\_

Home: \_\_\_\_\_ Cell: \_\_\_\_\_

E-Mail: \_\_\_\_\_@\_\_\_\_\_

Parent \_\_\_\_\_ Teacher \_\_\_\_\_ Professional \_\_\_\_\_

Individual \_\_\_\_\_ Other \_\_\_\_\_

Name of Individual: \_\_\_\_\_

\_\_\_\_\_ D.O.B.: \_\_\_\_\_

If a child: \_\_\_\_\_

School: \_\_\_\_\_

School Placement (if out of district): \_\_\_\_\_

If an adult: \_\_\_\_\_

Living: \_\_\_\_\_ with parent(s) \_\_\_\_\_ group residence

\_\_\_\_\_ independent \_\_\_\_\_ other

\_\_\_\_\_ partner \_\_\_\_\_ spouse

Work: \_\_\_\_\_ full time \_\_\_\_\_ part time

\_\_\_\_\_ independent \_\_\_\_\_ job coach

I would like to volunteer my time (please check)  
Area/interest  publication  fundraising  events  other

I give permission for my name/phone number to be shared with families with similar concerns.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Yearly dues:

\_\_\_\_\_ (1) year \$40.00

\_\_\_\_\_ (2) year \$70.00

\_\_\_\_\_ Lifetime \$400.00 \$\_\_\_\_\_ Donation to AHA

Mail this application with your check payable to:  
**AHA Association**, or send credit card info to:

**AHA Association**

**PO Box 916**

**Bethpage, NY 11714-0916**

AHA is a 501(c)(3) not-for profit organization.  
We gratefully accept (tax-deductible) donations.  
Questions? e-mail AHA Executive Director Pat Schissel  
at: [info@ahany.org](mailto:info@ahany.org) or call: 888.918.9198

Payment Type (circle one):

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