



TRACKS Therapists

All the children at TRACKS autism show difficulties in communication, social interaction, play and related sensory issues.

The children can find social interaction difficult and trying to understand the world around them can be bewildering, exhausting and incredibly stressful for them. Some of the children struggle to go anywhere outside of their home due to the extreme anxiety this will cause them. Their lack of understanding and ability to accept even small changes limits their learning opportunities and ability to access everyday opportunities like going to the park.

Around 80% of the children at TRACKS are non-verbal leaving them without a shared means to communicate with others. Without the ability to communicate the children become easily frustrated, distressed, have difficulty in forming relationships and develop low self-esteem. They become disengaged with those around them including with their own families.

The children are often left isolated as they don't have the skills to build relationships and are unable to access mainstream nursery settings. A lot of the children have had failed placements within mainstream nursery settings.

Without access to vital specialist early education and intervention the children are unable to develop the skills they need to access learning and social opportunities at a young age which other children develop naturally.

We believe that every child with autism should have the opportunity to succeed by having access to personalised high-quality education, therapy, and support which is why we employ Speech & Language Therapists, Music Specialists and Occupational Therapists to support your children.



What the therapists do:

The Speech and Language Therapists and Augmentative and Alternative Communication Assistant work with the specialist teacher, key workers and directly with each child to build their communication skills. They develop the children's language skills using a range of methods including intensive interaction, modelling, signing, and symbols reducing communication-related frustration and enabling the children to access further social and educational opportunities.

The Occupational Therapists support individual children through an initial assessment looking at their sensory profile and specifically barriers to learning. They work with the child's key worker to create a 'sensory diet' (activities/resources) specifically for that child to help regulate their nervous system, so they are ready to learn. There is a focus on emotional regulation, giving children the skills to manage their anxieties. They also support the development of functional life skills for each child.

Music Therapy takes place weekly in 1:1 or small group sessions. It gives the children the opportunity to communicate, interact and express themselves without the need for language. It offers a shared experience and another vital opportunity for sensory exploration. It creates a positive shared experience without pressure, so the child develops a greater awareness of themselves and others.

The difference made by the therapist helps each child to reach their full potential by:

- Improving children's communication skills reducing their anxiety and frustration so they can engage with others in a meaningful way and strengthening relationships.
- Children developing new skills improving their independence and self-esteem. Children leave prepared and confident for their move into formal education in either special or mainstream school.
- Improving social interaction by developing play skills becoming active learners and engaging in shared enjoyment with others.
- Developing different kinds of play to support flexible thinking. Flexible thinking allows the child to cope better with change and to accept challenge (when supported) so they are able to access more opportunities in the world around.

In addition to working to support children's needs relating to autism, TRACKS enable the children to access all aspects of the Early Years Foundation Stage which is a national framework for the 0-5 age group. TRACKS adaptive approach gives the children access to the same learning experiences that all children should have but that they are unable to access in mainstream settings.

