

## What is Asperger's Syndrome?

Asperger's Syndrome (including High Functioning Autism / HFA) is a condition which is on the autism spectrum. Diagnostic criteria have merged these conditions into a new diagnosis of Autism Spectrum Disorder (ASD) although many still refer to themselves as "Aspies". The condition is life-long & affects people differently from person to person.

The key shared features are difficulties with:

- Social interaction (making friends, understanding unwritten social rules, understanding other people's thoughts & feelings)
- Social communication (understanding what is said, gesture, making conversation, taking things literally)
- Social imagination (flexible thinking, coping with change, anticipating consequences)
- Sensory sensitivities (under/over sensitive to lights, sounds, or textures which may cause discomfort or distress)

Many people with AS need routines, dislike change & may have intense, time consuming interests.

AS is a hidden difficulty; many adults with AS struggle to make friends, to find flexibility at work & to understand the world around them.

Others may **appear** unaffected & lead outwardly conventional & fulfilling lives but experience underlying difficulties.

The support & understanding of families, carers, & professionals can make a real difference to the wellbeing of an adult with AS.

## Dorset Adult Asperger's Support: Who We Are & How We Can Help

The DAAS Group began life in 2007 as a small group of families of adults with AS who met monthly in Bournemouth.

Since then DAAS has grown substantially, with a majority of people being on the spectrum, including those on the Managing Committee.

We now hold monthly meetings in both Bournemouth & Dorchester, as well as twice monthly Drop-Ins at Rossmore Library, Poole.

### Our Aims & Objectives:

- Sharing the experience of living with Asperger's Syndrome
- Listening to, encouraging, & supporting people with AS, carers, family, & supporters
- Providing information, guidance & assistance through our meetings
- Raising awareness & promoting better understanding and acceptance
- Having a voice in the consultative process wherever decisions are being made in Dorset that can bring about positive change.
- Encouraging & enabling the achievement of fulfilling & rewarding lives



## Support & Community Involvement

The DAAS website sets out our aims, objectives & priorities.

[www.dorsetadultaspergerssupport.org.uk](http://www.dorsetadultaspergerssupport.org.uk)

Our members represent carers, supporters, & adults with Asperger's / ASD on the Pan Dorset Autistic Spectrum Condition Partnership Board.

## Training & Raising Awareness

DAAS has previously developed & run several workshops & has also invited specialist facilitators to offer training to members of our group. Topics covered have included **Socially Wise** (a social communication programme), **Sensory Integration, Organisation & Time Management, & Mindfulness.**

The DAAS Group can also deliver presentations & training to raise awareness and improve understanding of Asperger's.

## DAAS Drop-In Rossmore Library

First & Third Friday mornings of the month anytime between 11am ~ 1pm  
First Floor, Rossmore Library, Herbert Avenue, Poole, BH12 4HS

Call in to ask advice, seek help, work on a project, chill out, meet others with experience of life on the spectrum & share your stories, problems, & guidance.

Autism friendly room with dimmable lighting, headphones & adjustable blinds.

## Monthly Meetings

Regular monthly meetings are held in both Bournemouth and Dorchester and they really do offer much welcomed support to those with Asperger's and their carers.

These sessions are open meetings for adults affected by Asperger's Syndrome & Higher Functioning Autism, their families, friends & supporters. Professionals are also invited to learn more & help support us.

We also welcome people awaiting a diagnosis, or who simply suspect that they are on the Autistic Spectrum.

We regularly invite professionals to these meetings as well as people on the spectrum, to speak and give their insights & information. At other meetings people share their experiences of the Asperger's world.

Many people say how much they appreciate feeling comfortable and welcomed in an accepting, understanding, & non-judgemental environment.

**We offer peer support, sharing lived experience, but we are not clinical or social work professionals; we are not able to offer counselling or clinical advice.**

Please note that the dates and venues of meetings may change at short notice and attendees are advised to check the latest details on the DAAS website:

[www.dorsetadultaspergerssupport.org.uk](http://www.dorsetadultaspergerssupport.org.uk)

## Bournemouth

Third Tuesday of the month  
7:30~9:00pm (Doors open 7pm)

Bournemouth University, Talbot Campus,  
Poole, Dorset, BH12 5BB

- Regular bus services
- Free parking
- Refreshments available

## Dorchester

Second Monday of the month  
7:30~9:00pm (Doors open 7:15pm)

The United Church Dorchester  
(Opposite Dorchester Library),  
49-51 Charles Street, Dorchester, Dorset,  
DT1 1EE

- Bus & rail services nearby (Dorchester South & Dorchester West stations)
- Public car park free after 6pm
- Refreshments available

## Contact our volunteers:

🌐 [www.dorsetadultaspergerssupport.org.uk](http://www.dorsetadultaspergerssupport.org.uk)  
✉ [info@dorsetadultaspergerssupport.org.uk](mailto:info@dorsetadultaspergerssupport.org.uk)

- 📘 Dorset Adult Aspergers Support Open Group
- 📘 Dorset Adult Aspergers Support (for meeting & drop in attendees)



Our website & email enquiries are run by volunteers. Please have patience if you do not receive an immediate response.



The **DAAS** Group



Providing support & information  
for adults with  
**Asperger's Syndrome\***  
their carers, families, &  
supporters throughout Dorset

\*Autism Spectrum Disorder