



## How does physical activity work for children with autism spectrum disorder?

The Autism Association of Western Australia and Curtin University are excited to announce they are working to develop a tailored physical activity program targeting children with autism aged between 12-16 years. At times it may be difficult for children with autism to participate in physical activity due to multiple physical, social and emotional demands. This program aims to give these children the opportunity to engage in various sports and practice their skills. **We need your help to identify what influences you/your child in participating in sports.**

**Who:** Teenagers (12-16 years old) on the autism spectrum and their guardians.

**When:** The 27<sup>th</sup> of March from 4:00pm-5:30pm.

**Where:** The Autism Association of Western Australia Shenton Park, 215 Stubbs Terrace Shenton Park.

### What is involved:

- You and your child participating in a separate 90 minute focus group discussion on their involvement in physical activity.
- Pizza and refreshments will be provided on the day at no cost.

### What are the potential benefits of this study?

1. Opportunity to identify and participate in new found sports. Additionally, creating further opportunity to participate within the wider community and linking to a local sporting club.
2. The program offers the potential for new friendships to be formed.
3. Increase the likelihood of improving overall health and wellbeing.

**If our program interests you and you're willing to participate in our upcoming focus groups, please contact**

**Jill Perry on 08 9489 8900 or email [therapyservices@autism.org.au](mailto:therapyservices@autism.org.au)**