

Including Young People with Autistic Spectrum Disorder
(ASD) in Leisure and Recreation in Enfield and Waltham
Forest.

**A dissertation submitted in partial fulfilment of the
requirements of Kingston University for the degree of
MA in Professional Studies in Education**

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Declaration

I confirm that this dissertation is solely my own work and sources used have been explicitly identified and referenced.

I also confirm that I have read the BERA (2004) Revised Ethical Guidelines for Educational Research and have adhered to its recommended protocol and procedures in all aspects of the work carried out in relation to this assignment.

<http://www.bera.ac.uk/publications/guidelines/>

Signature -----

Date -----

ABSTRACT

There is evidence that engaging in leisure and recreation activities can be an instrument of social inclusion, improving health and well being for young people with Autistic Spectrum Disorder (ASD). However, these young people sometimes find it difficult to engage in leisure and recreation due to the problems associated with their disability. The triad of impairment and the sensory needs associated with ASD sometimes make it difficult for these young people to be included in activities organised by schools, leisure centres and other sport venues.

The research design is to explore the difficulties the young people with ASD face when they are accessing Leisure and Recreation in London Boroughs of Enfield and Waltham Forest and what can be done to make it easier for them to access the activities.

The action research will involve observing four young people with ASD between 10 and 14 years old and from different ethnic backgrounds. Discussions will be held with their parents, questionnaires to be sent to different professionals in Enfield and Waltham Forest as well as staffs at the leisure centre, while semi-structured interviews are going to be carried out on four customers at the centre.

During the research, parents emphasises on the stress and difficulties they go through in looking after their children, and participants indicates that it is very important to make reasonable adjustments for young people with ASD so that they can be involved in leisure and recreation activities in Enfield and Waltham Forest. The study will prove that professionals need to work in partnership with parents to support young people with ASD in leisure and recreation and there is a need for everyone to have knowledge and understanding of ASD.

The data collection shows that parents need more help from the Government to be able to reduce the stress they go through while looking after a child with ASD. One of the outcomes of the research is the need for an African support group in Enfield, which will be starting early next year and will support African parents who are in

denial of their children's need and give them the opportunity to meet other parents from the same background who they can relate to.

For the purposes of this study, the terms Autistic Spectrum Disorder (ASD) and Autism will be used interchangeably and are to be considered to be describing the same condition. All the four young people involved in this study are diagnosed with ASD.

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ABBREVIATIONS

1.	ACE	Advisory Centre for Education
2.	ADDM	Autism and Developmental Disabilities Monitoring Network
3.	ADHD	Attention Deficit Hyperactivity Disorder
4.	APA	American Psychiatric Association
5.	APPGA	All-Party Parliamentary Group for Autism
6.	AS	Asperger Syndrome
7.	ASD	Autistic Spectrum Disorders
8.	CAF	Common Assessment Framework
9..	CAMHS	Child and Adolescent Mental Health Services
10.	CDfC	Council for Disabled Children
11.	CDC	Center for Disease Control and Prevention
12.	COP	Code of Practice
13.	CRB	Criminal Record Bureau (CRB)
14.	CWDC	Children's Workforce Development Council
15.	DCSF	Department for Children Schools and Families
16.	DDA	Disability Discrimination Act
17.	DFE	Department for Education
18.	DfES	Department for Education and Skills
19.	DoDEA	Department of Defense Education Activity
20.	DOH	Department of Health
21.	DSM	Diagnostic and Statistical Manual of Mental Disorders
22.	EA	Equality Act
23.	EP	Educational Psychologist
24.	EPPS	Enfield Parent Partnership Service
25.	GLL	Greenwich Leisure Limited
26.	IPS	Independent Parental Supporter

27.	ICD	International Classification of Diseases and Health Related Problems
28.	MMR	Measles-Mumps-Rubella
29.	NAS	National Autistic Society
30.	NIDCD	National Institute on Deafness and Communication Disorders
31.	PPO	Parent Partnership Officer
32.	PDD-NOS	Pervasive Developmental Disorder - not otherwise specified
33.	SA	Statutory Assessment
34.	SEN:	Special Educational Needs
35.	SENCO	Special Educational Needs
36.	SENDA	Special Educational Needs & Disability
37.	UK	United Kingdom
38.	WHO	World Health Organisation
39.	YP	Young People

