



*Based on Autism Initiatives (UK) Five Point St

Aspect Comprehensive Approach (ACA)

Easy English



Autism Spectrum Australia (Aspect) has a framework to tell us how best to work with people on the autism spectrum. It is called the Aspect Comprehensive Approach (ACA). It is an approach that puts the people we support at the centre of everything we do. It is made up of the Five Point Star and 8 areas of support.

The ACA is based on these rules:



1. It is for all students / participants on the autism spectrum



2. We give support to all areas of the student's / participant's lives based on their needs



3. Our approach is positive and builds on what the student / participant is good at and likes to do



4. We work together with parents/carers and professionals



5. The approach is based on good practices and research



Five Point Star

At the centre of the ACA is the Five Point Star. This helps our staff to learn about and understand autism. We do this by thinking about things in 5 different ways:



- What the person understands and how they learn (Thinking)



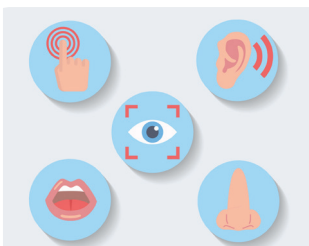
- What the person wants to say and how they say it (Communication)



- What the person wants or thinks is going to happen (Expectation)



- Why the person does the things they do (Motivation)



- How the person senses sound, light, smells, tastes, touch or other things around them (Sensory)

These five things help us to get to know the person and the best way to work with them to help them achieve their goals.

Eight areas of support of the ACA

We know it is important to support students / participants in:



1. having a plan that works for their needs and the life they want (Individual Planning)



2. working in different ways and having learning spaces that work for them that make sure everyone can take part (Learning and Participation)



3. having organised and routine ways to do our work (Structured Supports)



4. working together to have a safe and good life by making changes, and teaching new and helpful ways of doing things for the person and the people that support them (Positive Behaviour Support)



5. making sure they are staying healthy, safe and happy (Health and Wellbeing)



6. using expert help (Specialist Collaboration)



7. being involved and included in the community (Transition and Inclusion)



8. working with their family and other people who are important to the person (Family and Community Engagement)

These areas of support are what makes up the Aspect Comprehensive Approach (ACA).

Ensuring quality services

Aspect continues to look at our approach to see what we can do better. We do this by doing research called the ACA Research to Practice Model.

The model makes sure we:

- regularly check our work
- do research to find ways of doing things better and learn what works best
- share what we learn with our staff and other people to make sure our work is always getting better



This document was adapted from the Aspect Aspect Comprehensive Approach (ACA) Policy that can be found on the Aspect website at www.autismspectrum.org.au.

This document was developed in consultation with a variety of individuals throughout Aspect.

Should you need support to understand Aspect's written information in a language other than English, please call TIS on 131 450 to request an interpreter in your preferred language, and ask for Autism Spectrum Australia (1800 277 328).