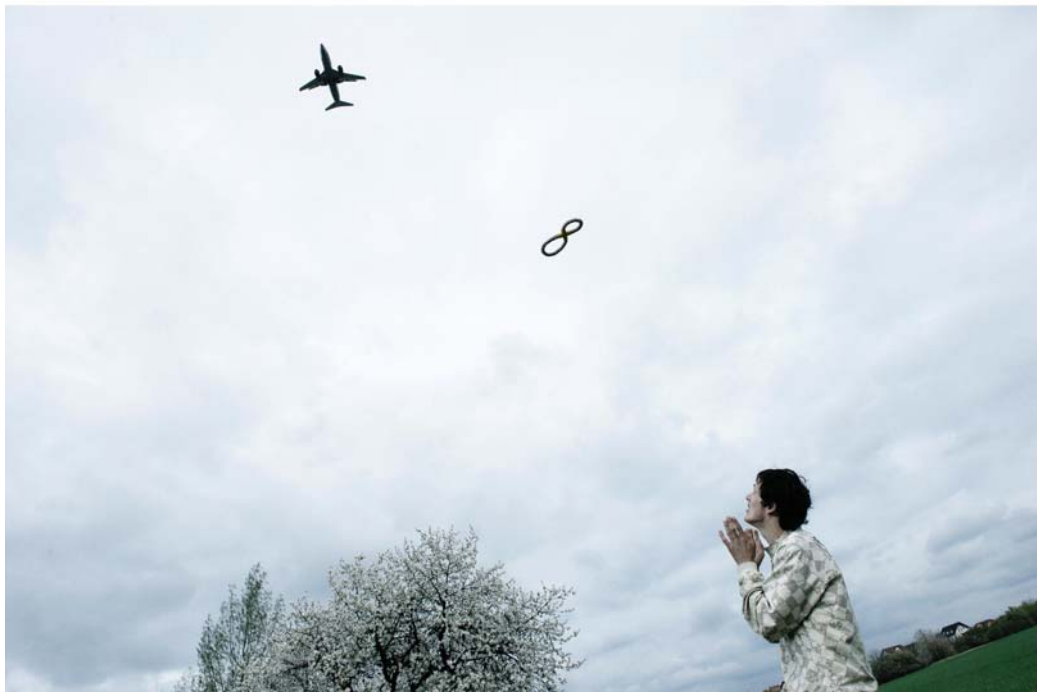


We help the world understand autism and people with autism understand the world



# BASIC INFORMATION

## WHO ARE WE?

The Association Supporting People with Autism – APLA Prague and Middle-Czech Region is a civic association which was founded in 2003 following the long-term cooperation of the families of children with Autistic Spectrum Disorders (ASD) and professionals (psychologists, psychiatrists, therapists and educators). The main reason for its establishment was the urgent need of complex support for people with autism, and more systematic help provided to their families as well as institutions and professionals as a part of the social care system. APLA Praha is a non-governmental, non-profit organization that provides social, psychological, psychiatric and educational services to support people with Autistic Spectrum Disorders (ASD) and their families.

## WHICH SERVICES DO WE PROVIDE?

**■ Diagnostics** – Our experts provide psychological or psychiatric examination of both children and adults to prove or disprove the diagnosis of autism and/or related developmental disorders. The diagnosis is based on behaviour, childhood and family history, and is usually made by a professional. Our experienced clinical psychologists or psychiatrists, who are experts in the field of ASD diagnostics, specify the diagnosis, evaluate the abilities and skills and define the important individual characteristics of a child or an adult. Parents receive recommendations about the child's further raising and education based on the outputs of the psychological examination.

**■ Early intervention care** – The centre for early intervention care provides its services to pre-school children up to the age of 7 who suffer from autism. The centre's main interventions include providing and determining the needs of the children and their families. Our counsellors can help with working

out the special education plans and consult raising the children with ASD based on the psychological examinations, the diagnosis, the parents' needs and the interactive work with the child according to evidence-based approaches. Early care counsellors regularly visit children at home and at the pre-school education facility. They recommend the steps for the further development and strategies to cope challenging behaviour that can occur. APLA also offers training courses for families and we regularly hold parents' meetings. The families are also allowed to borrow special toys and aids to practise with their children.

**■ Special needs counselling** – includes special educational needs counselling, recommendation for Individual Education Plan, consultations for parents and educators about the child's education achievements. As a part of social counselling, we also offer screening diagnostics. This service is provided to clients whose ASD are suspected but the diagnostic process is not yet over. A psychologist observes the child at home or in the school environment, provides the preliminary evaluation of the child's achievements related to autism focused on observations of the student and parents and/or educators interviews, and gives the family suggestions about how to meet the educational needs of the child and how to raise the child.

**■ Social activation services** (social activation services for families with children and for disabled persons) – we offer professional therapeutic assistance with problems that stem from the nature of the disability. We offer professional coaching to children, teens and adults, as well as their relatives. We provide social and communication skills training, both individual and group, under the guidance of experienced therapists. In case of client's challenging behaviour, we assist the families to prepare a crisis scenario and we recommend applying an effective therapeutic technique. We also organize parental group therapy sessions.

■ **Social rehabilitation services** – Social rehabilitation is a set of specific activities focused at attaining self-reliance, independence and self-sufficiency of persons by developing their specific abilities and skills, strengthening their habits and by training the performance of normal activities necessary for leading an independent life. We implement employment support and training housing schemes. Our goal is to integrate and include people with ASD to common work and social life.

■ **Personal care** – we offer an assistance of a Personal Care Assistant, both regularly (for example bringing the child home from school) and irregularly (for example, assistance with a visit to a doctor or a cultural event). It is possible to order an APLA's car to bring children home from school, to take them to leisure time activities, to the doctor, or even for a trip with the Personal Care Assistant to spend a child's free time.

■ **Respite services** – as the care of children with ASD is very demanding, we offer the families a number of short breaks and respite services for situations when the parents or caretakers are busy or they need a short break. We provide weekend or week-long respite stays for children, teens and adults with ASD.

■ **Sheltered housing and special regime home** – we provide calm and safe housing to adults and teens with autism. We also offer housing in special regime home to clients with autism and severe behaviour. We are trying to run the services specifically tailored to meet each person's needs as much as possible to prevent severe behaviour by setting appropriate preventive measures. Sheltered housing serves for adults with Asperger syndrome or high-functioning autism who don't need high level of support in their daily lives.

■ **The Integrated Leisure Centre** – ZAJÍC (BUNNY) – we provide educational and leisure activities for children with ASD and for their siblings including the daily playgroup. The children can meaningfully spend their free time under the guidance of experienced instructors and educators.

■ **Social counselling** – we provide information and advice to support exercising rights and claims when dealing with local authorities, for example regarding the state social benefits and allowances.

■ **Training and consultancy** – we deliver seminars and training in autism to various organisations, educators, social services, and health care professionals across the Czech Republic. We also organize workshops and courses for parents. We acquire, share and disseminate information based on the evidence-based approach to autism.

■ **Self-advocates** – APLA shields and supports the activities of self-advocates – people with ASD who want to solve their problems by themselves, who wish to make their own decisions and present their attitude.

## WE CAN MAKE IT BETTER, BUT WE CAN'T DO MIRACLES

**Autism is a lifelong developmental disability that affects a person's communication and social skills. It also affects how they make sense of the world around them. The causes of autism are still being investigated. There is no known cure for autism. This does not mean, however, that nothing can be done for a person with autism; the right support can significantly make the life easier. We try to make lives of people with ASD and their families happier. We create and pass the strategies that help to reduce the incidence of challenging behaviour and ensure the efficiency of educational process. We provide communication and social skills training. Our goal is to develop the abilities of people with ASD in order to make them able to integrate in the society and have as much self-reliance in their daily lives as their handicap allows. Correct support, professional and empathetic guidance increases their chance for self-reliant content life.**



## WE COOPERATE

APLA Prague is a member of Association of Public Benefit Organizations (Czech Republic), Czech Professional Society for Inclusive Education and the international organization Autism Europe.

**AVPO** ASOCIACE VEŘEJNĚ  
PROSPĚŠNÝCH ORGANIZACÍ



## WE ARE SUPPORTED BY

Generální partner APLA



Landesbank Baden-Württemberg



SPOLČNÝ ŠIRŠKÝVÝ PROJEKT



čtení pomáhá

## HOW CAN YOU HELP?

1. Send a donor text message “DMS APLA” to the number 87777 or “DMS ROK APLA” to the number 87777 if you want to support us regularly each month.
2. Buy some goods at APLA e-shop ([www.praha.apla.cz/e-shop](http://www.praha.apla.cz/e-shop)).
3. Send donation to the account of charity collection 5111440802/4000 LBBW CZ a.s. or donate regularly (by setting a permanent order on your bank account)
4. Give us a gift or donate your time for service.
5. Become a volunteer at APLA Prague.
6. Make up any other way of support and let us know.



APLA FRIENDS CLUB – we associate people who care of supporting people with Autistic Spectrum Disorders. Anyone who would like to give us regular financial support or benefit of membership is welcome to join.

We warmly thank all our donators for their support and their will to help.

## BOARD AND EXECUTIVES OF THE ORGANIZATION

**PhDr. Hynek Jůn, Ph.D.** – Chair of the Board

**PaedDr. Věra Čadilová** – Vice chair of the Board

**Bc. Pavla Čížková** – Board Member

**Ing. Magdalena Čáslavská** – Executive Director

**PhDr. Kateřina Thorová, Ph.D.** – Director of the diagnostic and methodical centre

## WHERE CAN YOU FIND US?

**DIRECTORATE, PROJECT DEVELOPMENT, FUNDRAISING,  
FINANCE, TRAINING, PR AND INTERNATIONAL COOPERATION  
DEPARTMENTS**

**PERSONAL CARE, RESPITE SERVICES, SHELTERED HOUSING,  
SPECIAL REGIME HOME ADMINISTRATIVE PREMISES**

**Na Truhlářce 24, 180 00 Prague 8**

tel.: +420 284 684 959, mobile: +420 777 723 180

**DIAGNOSTIC AND METHODOLOGICAL CENTRE**

**Dolanská 23, 160 00 Prague 6**

tel.: +420 220 571 249, mobile: +420 606 729 67

**EARLY INTERVENTION CARE CENTRE**

**Brunnerova 3, 163 00 Prague 17**

tel.: +420 235 302 111, mobile: +420 775 241 515

**SOCIAL REHABILITATION AND THERAPEUTIC CENTRE**

**V Holešovičkách 1a, 182 00 Prague 8**

tel.: +420 267 311 606, mobile: +420 777 723 180

**THE INTEGRATED LEISURE CENTRE ZAJÍC (BUNNY)**

**Zenklova 37, 180 00 Prague 8**

mobile: +420 774 723 114

For more information see the [Contacts section at \*\*www.praha.apla.cz\*\*](#)

**HEADQUARTERS**

**Brunnerova 1011/3, Prague 17**

Info: +420 606 729 672

e-mail: [apla@apla.cz](mailto:apla@apla.cz)

[www.praha.apla.cz](http://www.praha.apla.cz),

[www.autismus.cz](http://www.autismus.cz), [www.aspergeruvsyndrom.cz](http://www.aspergeruvsyndrom.cz)

[www.facebook.com/apla.praha](https://www.facebook.com/apla.praha)



Photo © Tomki Němec, 2013

(Photographs were taken with the support of O2 Foundation Award for APLA in 2010)

Graphics: Zuzana Vojtová

Translation: Marek Čtrnáct, Ellina Horalíková

English version of this booklet was supported by the ESF and the State Budget of the Czech Republic, within the TWCM Project (realised jointly by APLA Prague and Autism Europe aisbl).



HUMAN RESOURCES AND  
EMPLOYMENT OPERATIONAL  
PROGRAMME

SUPPORTING  
YOUR FUTURE  
[www.esfcr.cz](http://www.esfcr.cz)