Mick Grimley:

So Emma, this week's entitled 'an introduction'. Tell us a little bit about what you mean by introduction.

Emma Donaldson:

OK, so introduction to autism is paying respect to the enormous amount of participants we have in the MOOC and in particular, the different stages that the people that are participating in the MOOC are at. So that might be... We have people that have just received a diagnosis around autism, or those that have been in the field for years and years. So we've got a whole range of expertise and experiences, so we need to be really aware of that. It's also about paying respect to the fact that an autism spectrum is about individuals and so we really need to be cognisant of that as we move through the MOOC.

Mick Grimley:

OK, and I think you are going to talk a little bit about the first person movement. So tell us what you mean by the first person movement.

Emma Donaldson:

Yes. So the first person movement was... came out of the term coined neurodiversity and that was developed by a woman on the autism spectrum in Australia.

From there, we've really moved away from looking at a label and a person boxed in, more so towards seeing a person first. And by that it means sitting in the shoes of someone with autism and not going into solution mode.
Mick Grimley:

Can you give us an example of that?

Emma Donaldson:

I can. So, for example, if you're coming home from school with your lunchbox full of food and you haven't eaten your lunch and this is happening day after day, instead of me going into solution mode of thinking, "Well, this must be what's wrong with Mick," but I actually take a step back and sit in your shoes and think, "Well, what could be all the things that are going on for Mick at this stage?"

Mick Grimley:

And so...we're going to be learning some skills as we go through the Autism MOOC. Can you tell us a little bit about the sort of skills that we're going to be covering?

Emma Donaldson:

Yes. So each week we'll move from step to step. So we'll build on each step, each skill that we've created and become a part of each week. Those six skills are person first, so we use our empathy, and then we're going to define issues or difficulties that we're having day to day. Then we're going to do some 'what if' thinking. So what if we tried these sorts of possibilities? We're going to then choose one and plan and then we're going to test it out. And then once we've reached the sixth week, we will then get into 'what next?'

Mick Grimley:

OK. It sounds quite exciting, Emma. So I think that's a wrap up for week one, but what you really need to do now is to go and watch the expert video and that will tell you a little bit more about the topic that we've planned for you in week one.

OK. Have a great week.