

## How do I get on to a course?

- ✿ Please complete a self referral held on our website for you to attend the course
- ✿ You will then be invited to attend a brief assessment session, where the facilitators of the course will explain in more detail what the course involves and gather some information about your child and family.

## Frequently Asked Questions

**Do you have a crèche, or can I bring my small child to the sessions?**

**No** – we do not have the funding to run a crèche, and we find people can concentrate more easily when there are only adults in the room.

**English is not my first language, can I use an interpreter?**

**Yes**, we can book an interpreter for the course. We do try to just have one interpreter per course so there are not too many people talking at once.

**Can I bring my partner/ mum etc to the course?**

**Yes** – most courses are a mix of people attending on their own, or with a partner or someone else who is involved in their child's care

## What parents have said about RTR?

*Riding the Rapids was a lifeline because at the time I was very, at extremely low point and I was close to breakdown and everything, because I'd just got to a point where I just couldn't handle him anymore and I felt like I was just on me own with it. And obviously I got there and everyone's in the same boat and it was just, it really brought me up out the depths.*

*"I have really enjoyed being in the group, everyone supporting each other, you're not on your own"*

*"Its been brilliant – so much taught in such a fun way"*

*" I am realising how far he has come and how much calmer I am"*

*'I have learnt so much – I will miss it'*

Contact us for more information about Riding the Rapids

### ASD SERVICE

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L12 2AP



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**NHS**

Alder Hey Children's  
NHS Foundation Trust

**RIDING  
THE  
RAPIDS**®

## Living Positively with Autism



LIVERPOOL and SEFTON ASD SERVICE

## What is Riding The Rapids?

Riding the Rapids is a free course for parents and carers of children who have a diagnosis of Autism, learning disabilities, neurodevelopmental conditions or complex physical disabilities. The course aims to help parents to understand and manage challenging behaviour shown by their child.

Research shows that parents and carers who attend Riding the Rapids can:

- ✿ Make effective changes to their child's behaviour
- ✿ Increase their coping skills and confidence in dealing with behaviour



**The Boat Metaphor used during sessions**

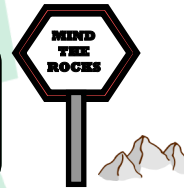
Riding the Rapids was developed by Manchester Clinical Service for Children with Disabilities. It has been researched by the Social Policy and Research Unit at the University of York and shown to be highly effective.

## The Course

Each weekly session covers a different aspect of understanding and supporting the needs and behaviour of children with Autism.

Parents and carers start the course by deciding on a target behaviour they would like to change, and then putting together a plan to tackle it using a variety of strategies.

**The course takes place for 2.30 hours a week for 10**



**Courses run within school hours**

Courses for parents/ carers of secondary aged children also include sessions on puberty and developing independence skills.

Parents and carers develop strategies through discussion, direct teaching, practising ideas and watching videos of other parents talking about strategies they use. Parents and carers put strategies into place between sessions.

**There is a follow up meeting a few months after the course has finished**

## The Course

Courses are facilitated by professionals from the Liverpool Fresh CAMHS service. The lead facilitator is a qualified learning disability nurse who has completing additional MSC level study in delivering parent training and interventions.

Courses are often co-run with other professionals who have a vast array of experience working within CAMHS.

Most of our courses are for parents/ carers of primary-aged (4-11) children. We also run some courses for parents/ carers of secondary aged (11-14) teenagers.

People who attend Riding the Rapids:

- Have a child with an Autism Spectrum diagnosis, and learning disabilities, neurodevelopmental conditions such as ADHD or complex physical disabilities AND experiencing difficulties with their child's behaviour
- Live with, or have very frequent contact with their child
- Are able to commit to a ten week course, and try strategies between sessions