About Autism Center Nord-Bo

- Educational Programs
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- Counselling Department
- Sheltered Job Activities

Autism Center Nord-Bo is a non-profit organisation located in the northern part of Denmark. The aim is to improve quality of life for individuals with Autism Spectrum Disorder (ASD) or other developmental disorders by improving treatment and standard of life. The focus point in the work of Autism Center Nord-Bo, is to help the people with ASD to become increasingly more independent in their daily functioning.

When established in 1998 Autism Center Nord-Bo included individually organized and structured educational concept and social activities for five adolescents and adults with complex developmental disabilities – Asperger Syndrome – infantile autism or other similar developmental disorders.

As of January 2016 Autism Center Nord-Bo includes educational programs for 260 adolescents and adults, placed either in the department in Aabybro or in the two departments in Nørresundby, close to Aalborg. Autism Center Nord-Bo also includes approximately 180 individual accommodation projects, a Counselling Department and in addition a department offering sheltered job activities.

At Autism Center Nord-Bo each person has quite exceptional challenges and skills which have to be taken into consideration in the educational work. Autism Center Nord-Bo offers a wide range of opportunities which are adjusted to each single person. Consequently individual courses and programs are of optimum importance.

Many of the adults and adolescents have identical needs, for example the need for regularity, clarity, structure, predictability, coherency in the daily routines and the need to feel secure. These meetings of these needs are fundamental within the Autism Center Nord-Bo.

The employees at Autism Center Nord-Bo are experts within the field of autism and have extensive knowledge about the complexity and educational treatments methods in relation to adolescents diagnosed with ASD.
The Educational Program

The Educational Program at Autism Center Nord-Bo includes individually organized and structured educational concepts for adolescents and adults with Autism Spectrum Disorder including Asperger Syndrome and other contact difficulties.

The entire educational program at Autism Centre Nord-Bo has a daily schedule from:
Monday: 8 am to 2.00 pm
Tuesday: 8 am to 2.00 pm
Wednesday: 8 am to 2.00 pm
Thursday: 8 am to 2.00 pm
Friday: 8 am to 12 pm

The Educational Program runs 205 days on a yearly basis.
Once a week, during the winter, after school activities are arranged from 4 pm till 9 pm.

These are some of the activities in the Educational Program:
• Educational training individually tailored. Ranging from primary school level to vocational guidance to students attending the local universities.
• Vocational training and job training
• Music/creative activities
• Exercise and movement
• Horseback riding
• Practical outdoor team
• Workshop activities
• Production activities
• Kitchen/canteen activities
• Cleaning crew
• Educational guidance
• Dialogue groups
• Social skills training
• Fieldtrip
Accommodation Facilities

The accommodation facilities are targeted at adults and adolescents already enrolled in a program at Autisme Center Nord-Bo, but also at people with no relation to Autismcenter Nord-Bo.

Autism Center Nord-Bo supports adults and adolescents in establishing themselves in individually adjusted ways of living. Supported living service allows our service users to enjoy living the way they wish and as independently as possible renting their own home, whilst providing them with the level of support each individual needs to reach their own optimum level of independence.

The department works out individual plans of conduct for each person. Support and assistance is given as special educational support in own homes according to the Danish Social System. The local authorities must be involved and support a sign up for any of the accommodation facilities.

Accommodation

The apartments can be rented either through the Autism Center Nord-Bo Foundation, cooperative housing societies or private landlords.

Autism Center Nord-Bo Foundation has several buildings with more than 80 apartments for rent.
The Counselling Department

Target Group
Children, adolescents and adults, who are presumed to have complex developmental disabilities – Asperger Syndrome – infantile autism or other similar developmental disorders.

VISO
The consultants at Autism Center Nord-Bo operate nationwide as VISO specialists for the Danish National Board of Social Services. The consultants enter cases, when specific knowledge and guidance for autism professionalism is needed. Whether it is cases from the local authorities, institutions or private homes throughout Denmark.

Psychologist
The psychologist at The Counselling Department offers therapy, clinical assessment as well as psychological examinations and evaluations.

An extensive knowledge of the autistic mind and possible comorbide difficulties are taken into consideration when the individually interventions are planned. Some therapeutic clients are enrolled in a program at Autisme Center Nord-Bo, and still more clients attend via private payment or are assigned consultations and evaluations through external partners such as municipalities. Some psychological examinations are also conducted as a part of a VISO-case.

Counselling/Supervision/Dialogs
Individual dialogs, group dialogs and supervision is offered to parents, professionals, relatives and other networks with the purpose of finding relevant treatment and educational methods.

Courses
Autism Center Nord-Bo offers various types of courses, conferences and group courses addressed to parents, siblings and relatives, persons with thorough developmental disorders – Asperger Syndrome – infantile autism – other similar developmental disorders and professionals within the field.

Massage Therapy
Our massage therapist offers various types of massage therapy to children, adolescents and adults with ASD. The therapy can often help decrease stress, sensory overload and motor restlesness.
Sheltered Job Activities

To enroll in the sheltered job activities you must have turned 18 and have a permanent income, ex. public pension. The structure and type of work is based on individual needs and qualifications.

Due to the colour of the building, the department is called "The Yellow Workshop", and offers different kinds of workshops such as woodwork, fitting, gardening, caretaker tasks and a creative workshop which focuses on creative work processes, which can result in products of high quality and consequently come up for sale. The workshop specialises in painting, wickerwork, knitting and other kind of needlework etc.

The products are sold in our shop placed in the same building as our bicycle repair shop.

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“Give me what I need, and I’ll be fine”