

AVAILABLE ONLINE

Sleep with Disability website

<https://www.sleepwithdisability.com/>

Cost :\$220

Annie O'Connell is an occupational therapist with over 30 years of experience and has worked in a variety of paediatric settings in Australia and overseas.

From 2003 to 2015 Annie was the Lead Practitioner for the 'Sleepwise project' addressing sleep disturbance in young people with developmental disabilities developed by Child and Youth Services, Disability Services in SA. Two research grants from the Apex Foundation For Research Into Intellectual Disability Limited allowed the evaluation of the Sleepwise approach for children 2-6 years of age and 8-18 years of age.



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Sleep with disability webinars

Promoting Positive Practices in
Children & Adolescents with
Developmental Disabilities



By Annie O'Connell

M.App. Sc (OT)

ABOUT THE WEBINARS

Sleep disturbance is highly prevalent amongst children and adolescent with DD and can impact on their health, growth, learning and increase challenging behaviours. Research has clearly linked sleep disturbance in children to increased stress levels in families.

This series of 6 webinars provides the information as presented in the two day training for allied health and educational professionals also facilitated by Annie O'Connell . The training has evolved from clinical experience, training participants' feedback, an overseas Churchill Fellowship and research.

Parent training as a sleep intervention is receiving increasing attention where parents take on the role of co-clinician in planning and implementing the child's intervention. The Sleep with Disabilities Webinar Series provides detailed information on how to develop an unique sleep plan with families with individualized goals, things to do during the day, night routine, combination of communication, sensory and behavioural strategies and reinforcement.

OBJECTIVES

- ✦ Understand the stages and cycles of sleep and need for sleep.
- ✦ Interpret sleep diaries.
- ✦ Appraise a sleep history.
- ✦ Identify possible sleep disturbance.
- ✦ Recognise indicators for referral to specialised services.
- ✦ Consider a child and family's readiness to commence intervention to reduce sleep disturbance.
- ✦ Review strategies to reduce sleep disturbance.
- ✦ Develop a sleep plan based on communication, sensory and behavioural strategies.
- ✦ Set sleep goals.
- ✦ Monitor and adapt a sleep plan

OUTLINE

The modules in this series include:

1. Sleep Education
2. Prevalence & Types of Sleep Disturbances; Use of Screening tools, Sleep Diary & Sleep Interview
3. Preparation for a Sleep Plan; Establish a routine; Behavioural strategies Part A and Case Studies
4. Behavioural strategies Part B; Communication Strategies Resources and Case Studies
5. Sensory strategies – light therapy ; Positive Reinforcement; Goal setting:
6. Selecting a Sleep Strategy; Monitoring Sleep Plans; Sleepwise Research; N=50 Case Studies

While each webinar is 45 minutes in duration please allow extra time to pause the webinar to complete activities.

