



Angels Bridging Gaps

Palm Bay Autism Support Group
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Newsletter

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Autism and Airport Travel Safety Tips

By Dennis Debbaudt



Traveling through airport security will never be the same. Every traveler passing through a security checkpoint will now encounter waiting in long lines, having to produce two forms of picture identification at multiple locations, mandatory questioning and inspections of personal belongings by strangers and the increasing likelihood of a light touch from a stranger holding a Geiger counter-like sound

producing wand. When you add to the mix the possibility of a complete physical frisk or pat down - and the presence and scrutiny of armed, uniformed paramilitary personnel and contraband-sniffing dogs - the accompanying sensory-enhancing gauntlet of sounds lights and touch can tax the system of any traveler let alone one who has autism. This experience has quickly become standard operating procedure at U.S. airports.

People with autism, parents and caregivers may want to consider taking some extra measures to make passing through a security checkpoint easier. As daunting as a security checkpoint is for some children and adults with autism, we must consider the point-of-view of the security professional. The behavior or characteristics of the child or adult with autism may make the security professional extremely anxious. Consider the reliance on visual cues and innocent echolalia a person with autism may display, such as repeating a phrase observed on a close-by poster. At a security checkpoint that phrase might include words that cite the laws or warn against the use of the words "bomb threat" or "hijacking." Someone who repeats this phrase would quickly come under suspicion at a security checkpoint. Those that repeat a question, run from or blanch at passing through a metal detector, or become over-anxious at attempts to touch them would also merit extra scrutiny. Left unexplained, the behaviors and characteristics of some person's with autism may delay their trip and cause unnecessary anxiety. These encounters are the types of situations that can easily escalate into misinterpretations, verbal and physical confrontations, physical containment and restraint.

As reported in my latest book, Autism, Advocates and Law Enforcement Professionals (www.jkp.com): "Those with autism, parents and caregivers may want to consider carrying autism handout information which would at least include a basic autism brochure, and a person-specific handout that at least includes their picture, description, information about behaviors that security may find suspicious and the best way a security professional can communicate with or interact with that person. Many parents find business card handouts that might contain a message such as 'Perhaps my son/daughter's behavior is surprising to you. This is because he/she has autism', a brief definition of autism, and the phone number/website address of a local or national advocacy organization."

These are grass roots, one-on-one autism awareness campaigns. Make sure to carry enough generic **Continued page 3**

Events

11/18 - After School Craft *Brevard Library, Palm Bay.* Create a special Thanksgiving placemat. Ages 5 and up. Call 952-6318

11/19 - IEP Workshop Review *Family Liaison.* 9am-1pm. 2nd Fl SCCU - 20 S. Wickham Rd West Melbourne, FL 3290. Call 723-2677 ext 14507

11/20 - Cocoa's Holiday on Ice *Riverfront Park, Cocoa.* Open daily for skating, with visits from Santa and a fire pit to make s'mores. Call 639-3500

11/20 - A Conservation Evening with Jack Hanna *Brevard Zoo, Melbourne.* 7-8pm.. Meet Jack Hanna of Jack Hanna Animal Adventures as he discusses conservation. Call 254-9453

11/21 - Holiday Craft Fair *Palm Bay Community Center, Palm Bay.* 9am-3pm. Annual holiday craft fair with a large variety of craft vendors and refreshments. Call 952-3443

11/21-22 - Festival Of Trees *King Center, Melbourne.* 10am-4pm. Holiday extravaganza with trees, wreaths, gingerbread houses, pictures with Santa, shopping and kids area benefiting Junior League of South Brevard. Call 676-5798

11/23 - Space Coast Light Fest - Eau Gallie Rotary Club, Melbourne. Holiday themed drive-through event with thousands of lights and animated displays. Call 728-0512

11/25 - Community Center Activity Day - Palm Bay Community Center, Palm Bay 8:30-5:00pm. Fun activity filled day for your child on school vacation. Call 952-3443

Our upcoming Events

12/08 & 12/22 - Parent Support Meeting - Malabar Baptist Church, Malabar 6pm-7pm. Call 723-1602

12/07 & 12/21 - Bowling - Shore Lanes, Palm Bay 4pm-5pm Come out and join us. \$2.99 including shoes.

12/12 - Horseback Riding - Rescued Horses Saves Kids, Malabar. 10-12noon. R.S.V.P. By 12/10. Contact jbyearby@angelsbridginggaps.org

Treatments & Therapies

The Gluten-Casein Free Diet for Autistic Children

By Anne-Marie Ronsen

Once you find out your child is Autistic you will then want to begin some type of treatment plan. The Gluten-Casein Free Diet consists of removing any foods from your Autistic child's diet that contain Gluten and Casein. This can seem hard at first because so many foods do have Gluten in them. Gluten is found in most prepared foods. Foods containing wheat, barley, oats, or rye need to be eliminated from the diet. Gluten can also be found in some vinegars and sauces. Artificial flavorings often contain Gluten. Casein is a protein found in dairy products such as milk, cheese, yogurt, butter, and some hotdogs.

When using The Gluten-Casein Free Diet you have to be careful and read all labels on foods. Gluten can be in foods you would not think of, like spices. The theory behind removing Gluten and Casein from an Autistic child's diet is that when the child eats a food with Gluten and Casein it causes their body to react differently than a child without Autism.

The Gluten-Casein Free Diet can be expensive to follow. Most Gluten-Casein free products are sold in specialty, or health stores. These stores usually charge a much higher price. Some major grocery stores are now carrying Gluten-Casein free products. You can find Gluten free flour, pancake mix, waffles, cookies, snacks, and many other foods. Most parents find out it is cheaper to make their own Gluten free food. Recipes can be found on the internet, or in Gluten free cookbooks. Some parents go together with another family following The Gluten-Casein Free Diet and buy in bulk. Then they share the foods. This can help lower the costs of the Gluten-Casein free items.

Autistic children following a Gluten-Casein free diet can eat meat, fish, fruits, vegetables, nut, eggs, and products made with gluten free ingredients. It can be hard to keep a child from eating their favorite snacks, and treats. Some of these can be made by using Gluten-Casein free products. Muffins and cookies can be made from Gluten free flour. It just takes some getting used to the new way of eating.

Often people following a Gluten-Casein free diet will remove all dairy (Casein) products from their diet as well. You can find out if your Autistic child has an allergy to a certain food by having allergy testing done. The doctor can arrange for this testing.

If you are going to try The Gluten-Casein Free Diet with your child you have to be prepared to follow it for several months to tell if it is going to make any difference. Gluten remains in the body for a long time. Most people do not give the diet a long enough chance to work. Trying it for a week or two will not give the body enough time to remove any remaining Gluten from its system. Some people do however see improvements right away in their Autistic child.

If you choose to try a Casein (dairy) free diet with your Autistic child remember to allow enough time to see if the diet is helping. It can be helpful to keep a journal while trying the diet. Keep a record of behaviors your Autistic child has. Then you can see if the number of behaviors is dropping.

If you want to find more information about Gluten free dieting there are several books available. Visit your local library, or book store to find one.

To find Gluten free recipes try searching online using your favorite search engine. The Gluten-Casein Free Diet will not work with every autistic child. The majority of the children that show improvement had a sensitivity to the gluten to begin with.

A Gluten-Casein Free Diet might be helpful in treating your child's Autism. It is not a cure for Autism though. It will only help treat some of the symptoms.

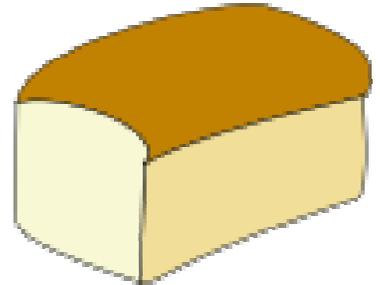
Use the Best-Kept and Best-Selling Collection of Natural Cures, Treatments and Remedies eBOOKS to Build a Healthy and Fit Body, Reduce Your Stress, and Bring . . . Lost Opportunities Back to Life...

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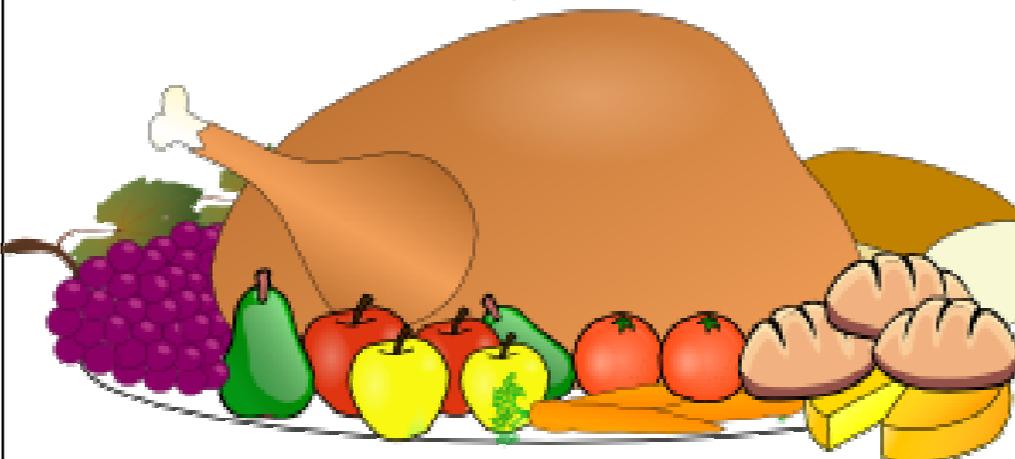
**Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read.*

About the Author

Anne-Marie Ronsen is the author of many wealth and self development books. Download FREE e-books from <http://www.e-bestsellers.com>, <http://www.plrbestsellers.com> or <http://www.universalpublishingltd.com> ... You will learn about the best tips and recommendations to improve your health, weight and wealth. You'll also discover FREE Premium content at <http://www.ibestof.com/> and Manual Submission Directory at: <http://www.webdirectorybank.com>



Happy Thanksgiving



Paradise Health & Nutrition

One of our local community partners recently announced that they have a whole aisle dedicated to gluten free products as well as a three door freezer dedicated to only gluten free items.

For more information go to: www.paradisehealthdirect.com

Autism and Airport Travel Safety Tips *continued*

information to leave behind with the security professionals you may encounter.

Anyone reading this message can download the informational handout "Educating the Community and Law Enforcement" at www.policeandautism.cjb.net/ make copies and hand them out.

If possible, make travel plans well in advance. Call the airlines and security companies (soon to be mainly federalized) and ask what you can do to help the security experience go more smoothly for the person with autism and the security professionals they will interact with. If the trip has to be made suddenly, arrive extra early, bring plenty of handouts and explain to the gate agent what your needs are. Those that have the time may want to inquire with their air carrier about assistance plans they may offer inexperienced travelers. Northwest Airlines, for example, offers the Adult Assistance Program for a fee ranging from \$40.00 to \$75.00. This may prove to be money well spent. The program offers personal assistance from check-in, through security and boarding and through the destination airport.

While the program does not assist with eating, personal hygiene or medication issues, it does provide assistance through the crucial security checkpoints. Parents and caregivers of a passenger using travel assist can also pass through security with their loved even if they are not traveling with them. Special security passes would be issued in lieu of tickets. A program like Northwest

Airlines' Adult Assistance could be utilized by caregivers even if they are traveling with a loved one.

Anticipating the worst is never a pleasant proposition. But it's something we do all the time in our everyday lives when we put on seat belts, lock our back doors, pay the life insurance. The downside for not doing these things is extremely negative in each example. But do we shudder in fear every time we do these things? Of course not. They are common sense options associated with everyday life. Taking extra precautions is also an everyday consideration that those with autism that can, parents and caregivers also become accustomed to taking. When traveling through our communities, and airports, taking the precautions - alerting security, carrying ID and informational handouts, considering the needs of others, anticipating the possibilities - can help make our trips and travel a lot safer and a lot more relaxing. Give yourself at least two weeks to seek the best that our airlines and airport security can offer. But it's never too late to alert the airlines and security professionals to a special request for assistance.

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Special thanks to Mike Flotteron of Northwest Airlines for his assistance in preparing this report. Most major airlines offer programs similar to the Adult Assistance Program. Check with your air carrier about special travelers services they offer.

Reader: Please note this is an older article, but we have reprinted it as it offers some great tips to use during holiday travel.

Fun Stuff

At a glance, (*without counting first*) can you guess how many turkeys are on this page?

