

MEANINGFUL RELATIONSHIPS

LANA GRANT

***SPECIALIST ADVISOR AND AUTISM
ADVOCATE***

WHAT IS A MEANINGFUL RELATIONSHIP?

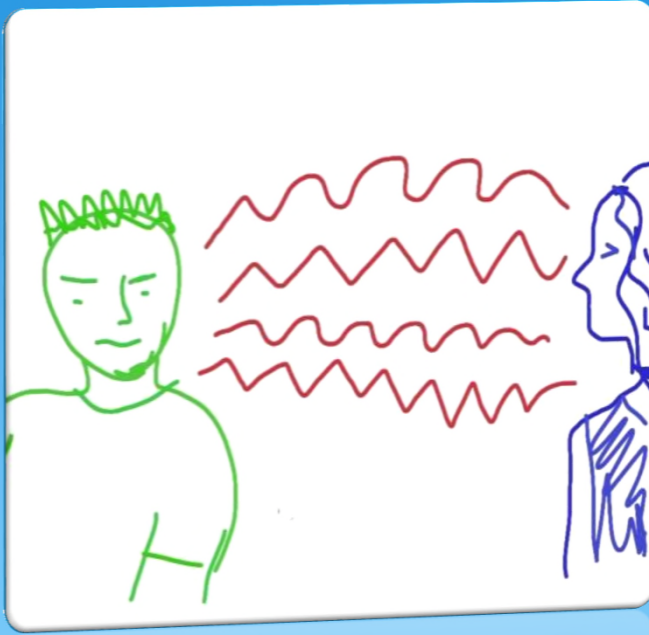
A meaningful relationship is characterised as being of personal significance to the individuals involved.

It is healthy and caring.

It is with a person who supports and encourages and is there for us when we need them.

QUALITIES OF MEANINGFUL RELATIONSHIPS

- **COMMUNICATION**
 - **RESPECT**
 - **HONESTY**
- **DEPENDABILITY**
 - **EMPATHY**
 - **PURPOSE**



COMMUNICATION

Challenges

It's all about the social

Look into my eyes



**Always
Love
and
Respect**

RESPECT

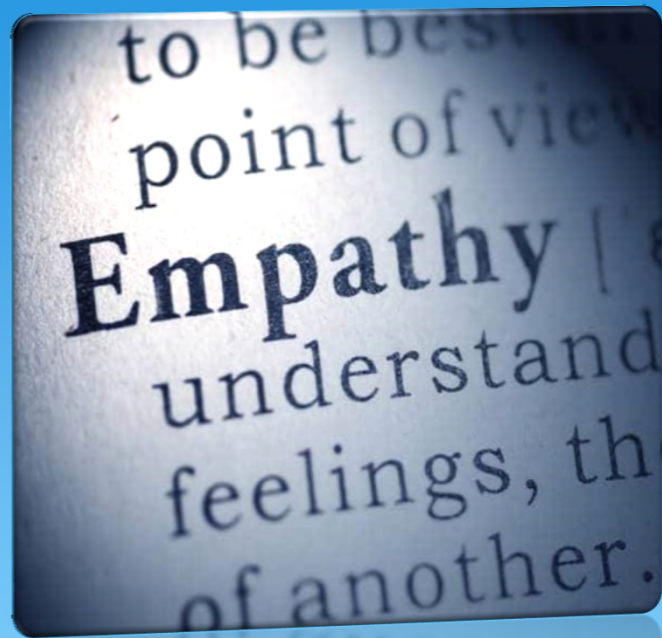
**HOW DOES THAT LOOK
THROUGH AN AUTISTIC
LENS**



HONESTY & DEPENDABILITY

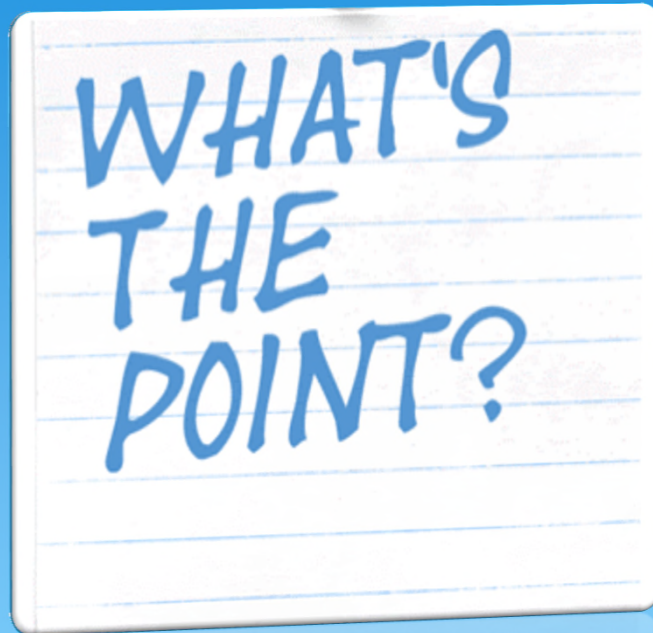
HOW HONEST IS TOO
HONEST?

THESE CAN BE QUALITIES
OF AUTISTIC PEOPLE



THE TRUTH ABOUT THE “E” WORD

**LET'S TALK ABOUT
AUTISM AND
EMPATHY...IT MIGHT
NOT BE WHAT YOU
THINK**



PURPOSE

ALL RELATIONSHIPS MUST HAVE
A PURPOSE

WHAT DO WE GET OUT OF THEM

SOCIAL EXHAUSTION

SHARED INTERESTS

PARENTING

IN SUMMARY

- **ALL RELATIONSHIPS WILL BE DIFFICULT AT SOME POINT**
- **WHEN YOU ARE AUTISTIC THERE CAN BE EXTRA DIFFICULTIES**
- **USE A TRUSTED SOUNDBOARD**
- **YOUR RELATIONSHIP WITH YOURSELF IS THE ONE TO WORK ON FIRST**

THANK YOU FOR LISTENING



Lana Grant Autism
Consultancy



@LanaGrantAutism
@AuxiliumL

enquiries@lana-grant.co.uk
www.lana-grant.co.uk

