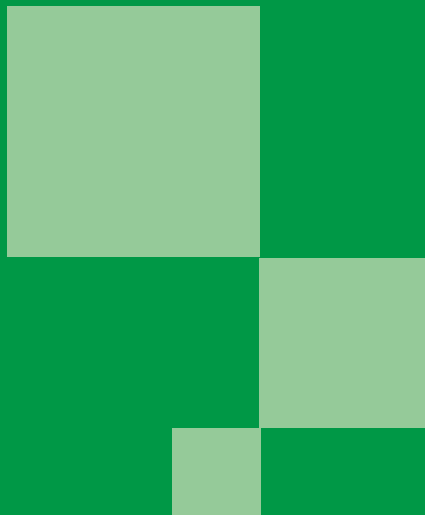


autisme la garriga

since 1976

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we project future



Innovation and creativity since 1976

Autisme la Garriga is a project created to enable someone severely affected by Autism Spectrum Disorder (ASD) to develop his or her own life, just like everyone else.

At the centre of all activities is the person with ASD and everything revolves around his or her needs. It is a world designed for him or her, it is home, where work is and where free time is enjoyed. Everything is designed for him or her to feel understood, valued, that his or her individuality is respected, and that demands are made taking his or her possibilities into consideration.

Autisme la Garriga is the result of the initiative of a group of mothers and fathers in the mid-seventies, who refused to resign themselves to the care and treatment available for their children at that time. They united their energies to create a future with the highest quality of life possible for their children and for others severely affected by autism.

Today, the **Autisme la Garriga** services are available **365 days a year, 24 hours a day**, to fully attend to the needs of each person cared for, as well as their families.

Right from the start, the project was designed for boys and girls to have as normal a life as possible. This required spaces and buildings which were near to each other so it would be easy to get from one place to another, but independent of each other in order to do what most of us do: we live in one place, work in another, practise sport in another and enjoy free time in our home, but also in our outings.

In La Garriga, two Catalan modernist summer residences, built in the early twentieth century, became the **Llar Cau Blanc** and the **Llar Cottet**, 21st century homes for people severely affected by autism. These houses are surrounded by extensive gardens, which allows the boys and girls freedom to enjoy themselves, and the gardens have become an excellent therapeutic resource.

In the same street, a third modernist building surrounded by gardens, is used for psychosocial rehabilitation and sports activities. It's called the **Cerac** centre and it provides diagnosis and consultation services for all those affected by ASD.

The facilities include two swimming pools, one indoor and the other outdoor, for aquatic activities, which are very beneficial for physical and psychological wellbeing. Their place of work is near but in a different location. Every day they go to work at Terlab, the workshops and the agricultural area.

Why is this project unique and different?

Because internationally, it is one of the few which cater for boys and girls who are so severely affected by ASD, with the associated intellectual disabilities and behavioural disorders so difficult to treat, offering them a high quality of life. The services are highly specialized for those most severely affected by autism.

The very concept of the project makes it special, with extensive facilities (35,000 m2) and with different areas specialized in therapeutic resources. The girls and boys live in one place, practise sport in another and work in a different place. Surrounded by nature, they go for a walk in the village every day and every attempt is made to make life as normal as possible.

Family members and professionals share the project, each playing their corresponding role, with one common objective: to improve the quality of life of people affected by ASD.

With this name, **Autisme la Garriga**, we wish to express the importance of our relationship to the town of La Garriga, located 40 km. from Barcelona, where our project, in which links with the community is a key factor, becomes a reality, day to day. Our services, which are highly specialized, serve the entire population of Catalonia and exceptionally, elsewhere in Spain or abroad.

Our project has always been connected to international associations, and in particular to European ones, in favour of those affected by ASD. **Autisme la Garriga**, through its organizations, has been a founding member of the associations which have been created at different levels.

In 1983, **Apafac** became a founding member of **Autism Europe**, an International Association, which joined the **Congost Autism Foundation** in 1984. In 1994, **Apafac** was also one of the 4 founding organisations of the Federation, currently Confederation, **Autism Spain**, and its president was the founding president until 2001. In 1997, the organisations within our project created the **Catalan Autism Federation** and in 1998, they participated in the founding of the **World Autism Organisation**.

It is this philosophy of connecting with the world while remaining rooted within the community that inspires our project. Working on a global level, we make our project a reality on a local level.

I've found a way

Families with a son or daughter suspected of having ASD need an explicit and thorough diagnosis, prognosis and adequate support and professional advice. At **Autisme la Garriga** we respond to these needs in both an expert and understanding way.

Our diagnosis and consultation service caters for the needs of families, professionals, educational and mental health institutions and the civil services.

We have a multidisciplinary team composed of professionals who are experts in autism and in the fields of psychiatry, neurology, psychology, pedagogy and social work.



We perform clinical diagnosis, therapeutic counselling and monitoring of cases.

We give meaning
to the lives of people
with autism.



I am important for others

At **Autisme la Garriga** people affected by ASD live with professional specialists who understand their peculiarities and difficulties, and who work constantly to give a sense of meaning to their lives.

At **Autisme la Garriga** everyone is important in his or her own right, regardless of his or her capabilities or problems.

I like to participate

People with ASD are citizens with the same rights as others. For this reason, for the services that care for them, inclusion in the community is a prime objective.

People at **Autisme la Garriga** actively participate in community life, including festivals and demonstrations.



People at
Autisme la Garriga
actively participate in
community life.



People with ASD perform jobs suited to their abilities and preferences.

I feel useful

For adults, work is an essential element in order to feel adequately socially valuable. For this reason, people with ASD who work in the **Autisme la Garriga** workshops, have a steady job, which is varied and suited to their abilities and preferences.

Agricultural, poultry, recycled paper, paper handling, fabrics and gardening workshops allow them to develop their skills in a friendly and stimulating environment which ensures their social and workplace integration.



I feel understood

People with ASD find it very difficult to communicate with others. Many of them do not develop language at all and so it is essential to teach alternative systems of communication.

At **Autisme la Garriga** we design individualised programs, which provide ASD sufferers with the most suitable communication tools for each particular case.

Better communication skills means reduced anxiety and behavioural problems and increases their quality of life.



We provide people with ASD with the most appropriate communication tools to improve their quality of life.

I can do it

Personal autonomy is one of the fundamental objectives of education. Independence, when performing the activities of one's daily personal and community life, is one of the elements that ensure individual freedom.

People affected by ASD find it very difficult to increase their autonomy. For this reason, at **Autisme la Garriga**, this aspect is one of the priorities in individual therapeutic programs in which scientifically proven techniques are adapted to each individual.



Our programs are scientifically proven and are adapted to each individual.

We make sure people affected by ASD and their families are tremendously happy and enthusiastic.



I am happy

The happiness of people with ASD is **Autisme la Garriga**'s main objective, and the professionals from the different services, work very hard to achieve this goal.

People affected by ASD can enjoy, like everyone else, the other people around them, as well as their surroundings, but to achieve this, they need to be taught skills and abilities that those who do not suffer from this type of learning disability learn spontaneously. They need a structured world, which is both flexible and predictable. They need to carry out meaningful activities and they need to feel understood and respected. If these requirements are met, as is the case in **Autisme la Garriga**, people affected by ASD and their families can be tremendously happy and enthusiastic.

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autisme la garriga
projecte

Dimensions
Total surface: 35.000 m²

Build surface

Cerac	859 m ²
Heated pool	440 m ²
Llar Cau Blanc	941 m ²
Llar Cottet	1.600 m ²
Workshops	2.354 m ²

Workshops

Organic farming

Cerac

Heated swimming pool

swimming pool

Llar Cau Blanc

Llar Cottet



autisme la garriga

The Autisme la Garriga project aims to meet all the needs of people affected by autism, throughout their lifespan, as well as giving their families the support they need.

It stems from the initiative of a group of parents who, together with a team of professionals, designed a project based on the development of the diagnosis and treatment of autism, and the creation of services for the entire lifespan of people with autism and the participation of their families.

In 1976, the first centre was founded and after that, the other centres were developed with the aim of providing comprehensive care, tailored for individual needs and according to the following scheme:

	Childhood	Adolescence	Adulthood
Diagnosis			
Psychological, psychiatric and neurological control			
Early treatment			
School age treatments			
Psychosocial rehabilitation			
Therapeutic residential care			
Free time			
Family Support			
Employment support			

Our project is conceptualised as a network of services with a flexible organization. Although the services are highly specialized, they share the same goals and method of functioning, which requires a high level of coordination.

All the centres are run by teams of multidisciplinary professionals from the fields of psychiatry, neurology, psychology, education and family counselling. Our organization unites 40 years' worth of expertise dedicated to autism, with the energy of new professionals who join the organization. This professional team, together with superb facilities, adapted in every detail to the needs of people affected by ASD, enables us to work towards achieving a high level of innovation and excellence.

Three associations, formed by relatives of people affected by autism, **Cerac**, **Asepac** and **Apafac**, run these centres and together with the **Congost Autisme** Foundation, constitute the **Autisme la Garriga** project.





Apafac

Apafac is a non-profit organization, founded in 1976, and declared a public utility in 1978, which aims to help people with ASD and their families, in the broadest sense of the word.

It is a member of the **Autism-Catalonia Federation** and the **Autism-Spain Confederation**.

Comprehensive health care as a holistic concept of psychophysical balance, which affects all areas of life during one's entire lifespan, is at the heart of everything **Apafac** does. In this sense, individualised programs are developed which reduce behavioural problems, therefore offering those cared for, a better quality of life. It provides the following services:

The Llar Cau Blanc (1983) and the Llar Cottet (1990) residential care homes, which aim to provide specific, long-term treatments, carrying out diagnostic assessments and offering temporary as well as permanent residential care, according to the needs of the people cared for and their families.

Sports activities: The aim here, is to offer people with ASD, activities which will develop and improve their physical fitness and have positive effects on their psychological wellbeing.

Accompanying specialist: A specialist accompanies people with ASD and their families in tests and treatments, as required.





Asepac

Asepac is a non-profit organization founded in 1983, and declared a public utility in 1996, which promotes the care, treatment, and the workplace and social integration of people with ASD.

It is a member of the Catalan Federation and the Autism-Spain Confederation.

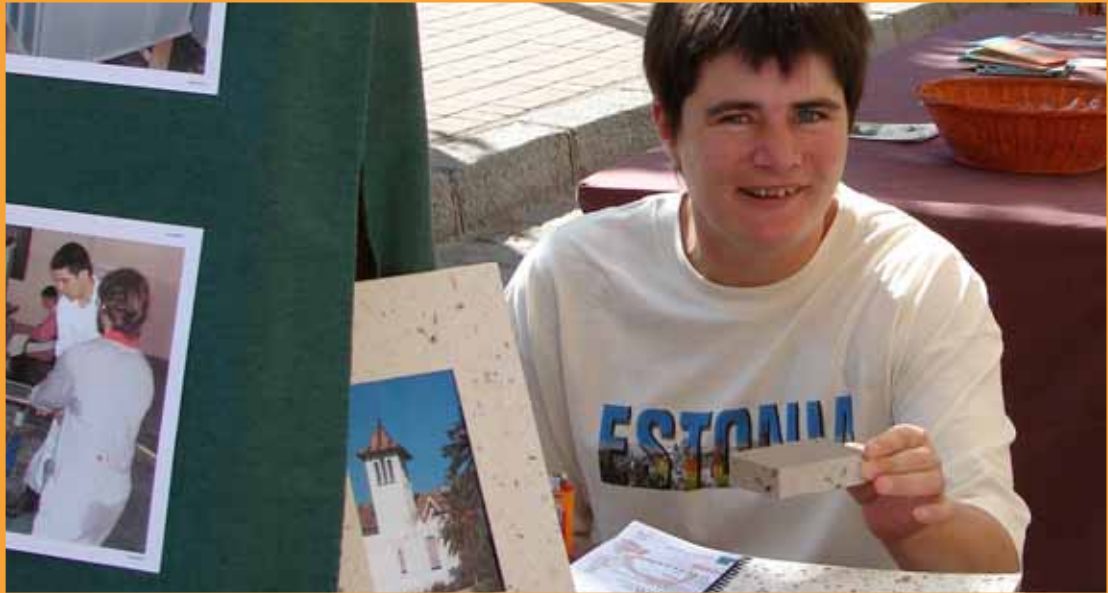
Through Terlab (1987) it manages the following services:

Workplace and social integration: The aim here is to train and prepare people with ASD to enable them to become integrated, within their possibilities, in the workplace.

Occupational therapy and employment with support: Its purpose is to provide people with ASD as normal a job as possible as well as one which suits their needs and capabilities, in order to improve their quality of life.

Vacation and family respite therapeutic services: The aim here is to offer services which allow families to reconcile their social and professional lives with the needs of people with ASD.





Cerac

Cerac is a non-profit organization founded in 1983, and declared a public utility in 1996, for the care and treatment of people with ASD.

Its day centre, cerac, started its activities in 1976, under apafac.

It is a member of the of the **Catalan Federation** and the **Autism-Spain Confederation**.

Cerac is responsible for providing the following services:

Diagnosis: Led by an experienced multidisciplinary team with the necessary resources to carry out prolonged and continuous observations.

Consultation: This service is for institutions as well as families who look after people with ASD.

Outpatient treatment: This includes educational, psychological and medical treatments for autism as well as other childhood-onset disorders.

Psychosocial rehabilitation: This takes care of affectionate, relational, communicative, cognitive, personal autonomy and social inclusion aspects, by means of individualized programs.

Congost Autism Foundation

The **Congost Autism** Foundation, classified as a charity and registered as number 38, in the Catalan Government's Foundations Register, was constituted in 1984.

The Foundation aims to improve the quality of life of people with autism and is internationally recognized as a pioneer in the development of specific services for their care and treatment.

It aims to promote, monitor and assist non-profit-making organizations dedicated to the treatment and care of people with ASD, to promote and develop scientific research, education and disclosure, as well as the study of techniques and methods of working in order to apply them in the education, care and social integration of these people.

The work of the Foundation has been, and is particularly active in, the development of the **Autisme la Garriga** centres and consultation services for other national and international organizations.

The Foundation promotes the exchange of experiences with other organizations and especially with those dedicated to autism. In this sense, it works closely with the Autism Catalonia Federation and is a member of the following organizations:

- The **World Autism Organisation**
- The **International Autism-Europe Association**
- The **Autism-Spain Confederation**

The **Autism la Garriga** project, through its organizations, was a founding member of the 4 organizations.

The Foundation is also a member of the **Spanish Foundations Association** and is coordinator of the **Catalan Foundations**.

Our commitment

The term **Autisme la Garriga** englobes the willingness and commitment of four organizations, **cerac**, **asepac**, **apafac** and **Congost Autism Foundation**, all of which share the same goals and are complementary in their activities.

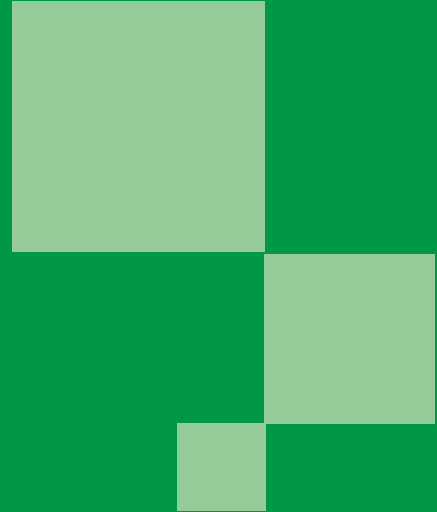
The people who work at **Autisme la Garriga** are the most valuable asset of our organization. Their human qualities, professional skills and their personal attitudes are vitally important for the achievement of our institutional goals.

Ethical principles guide our activities. Innovation, efficiency, effectiveness and excellence inspire the management of **Autisme la Garriga**, which is especially concerned with the promotion of ecological values and sustainability in the broadest sense of the word, with the aim of making our project viable in the long-term.



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