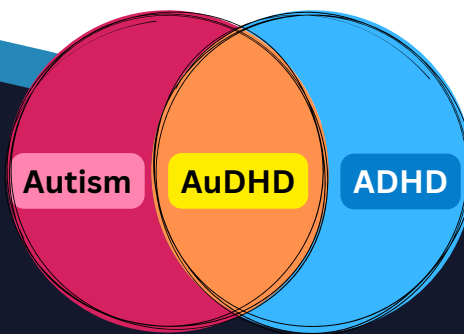


# Laura Kerbey's

## TOP 10 TIPS FOR TEACHING AND SUPPORTING

# AuDHD

- 1 Provide structured routines with small, predictable variations.
- 2 Recognise delayed processing during overwhelm.
- 3 The student may have intense focus on details whilst missing bigger picture.
- 4 Casual comments can cause devastating emotional reactions.
- 5 They can hyperfocus intensely on interests but struggle to attend to non-preferred tasks.
- 6 ADHD impulsivity interrupts conversations while Autism makes reading social cues difficult.
- 7 Hiding both ADHD hyperactivity AND autistic traits creates double the mental load and faster burnout.
- 8 Sensory needs fluctuate daily.
- 9 The same student may need routine one day and novelty the next
- 10 Break everything into micro-steps.



Listen to Podcast Episode 342:  
**What is AuDHD & RSD?**  
With Expert Laura Kerbey.

**2 Hour On-Demand Course - Understanding AuDHD: Supporting and Teaching Students with Autism and ADHD Co-occurrence**

**What to Teach, How to Teach, When to Teach:**

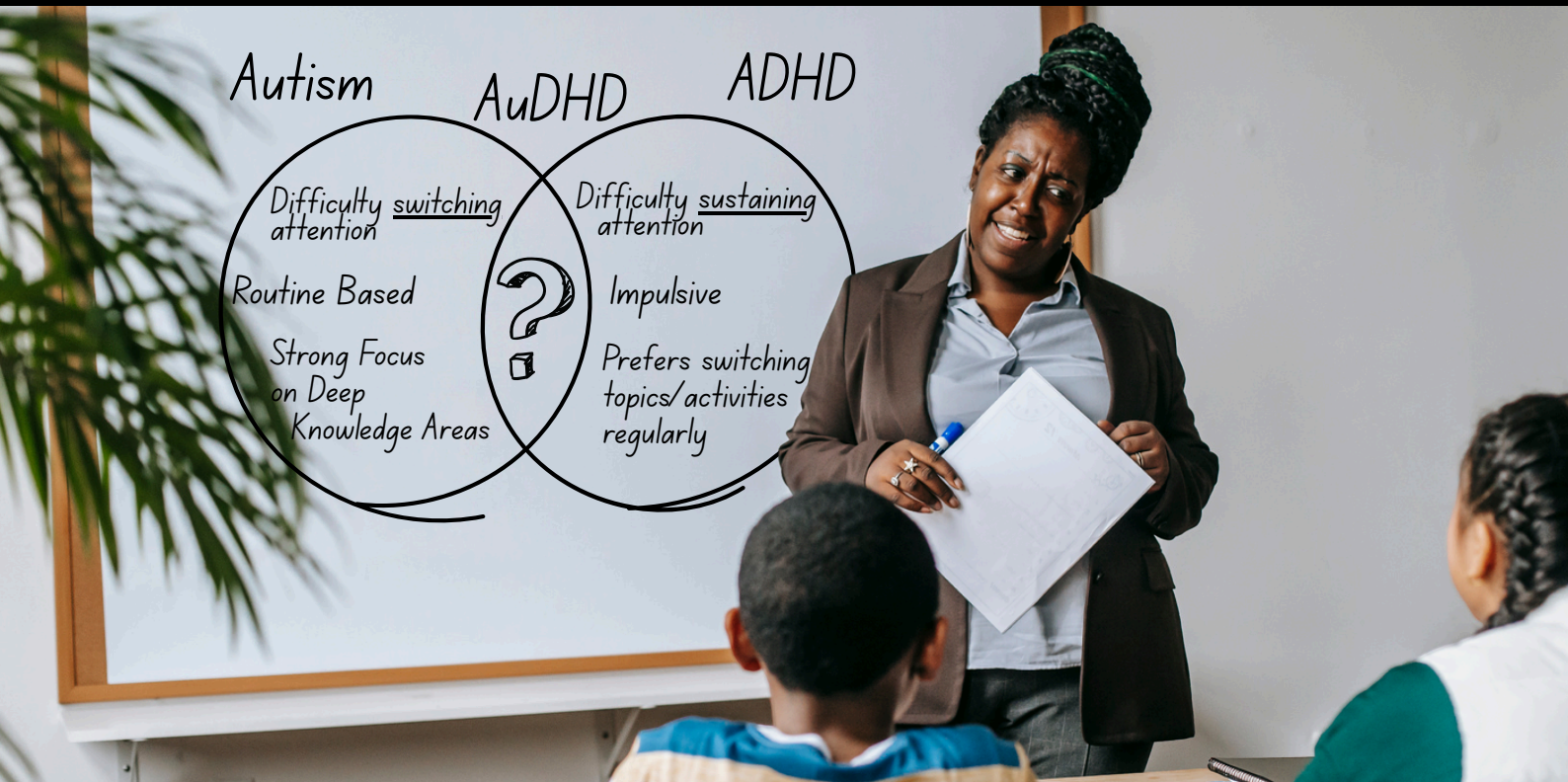
- ✓ Online On-Demand
- ✓ 2 Hours
- ✓ 6 weeks to complete
- ✓ Certificate
- ✓ Handout includes Additional Templates
- ✓ Tips
- ✓ IT Support

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# UNDERSTANDING AuDHD

## Teaching and Supporting Students with Autism and ADHD Co-occurrence



### 2 HOUR: ONLINE ON-DEMAND COURSE

38% of students with Autism Spectrum also have a co-occurrence of ADHD (2021, Ying & Co., Meta-analysis\*). This course explores different teaching strategies and adjustments, including the impact of monotropism, rejection sensitivity dysphoria, and completing sensory needs.

Through evidence-based strategies, this course offers actionable techniques for supporting everything from executive functioning challenges and anxiety management to sensory accommodations and crisis response.

#### You will learn:

- The unique challenges that AuDHD students experience and how to accommodate them.
- 9 Key strategies to support AuDHD students to increase engagement and participation
- Effective Positive Behaviour Support strategies for AuDHD students

#### Who should do the course?

This course is for educators, parents and professionals supporting neurodiverse people in all ages and stages. It will help you gain greater insights, strategies and understanding for AuDHD (the co-occurrence of Autism and ADHD).

#### What's included?

- ✓ Online On-Demand ✓ 2 Hours ✓ 6 weeks to complete ✓ Certificate
- ✓ Handout includes Additional Templates ✓ Tips
- ✓ IT Support



**Laura Kerbey**

Autism & Education Consultant  
& Author



**Sue Larkey**

Teacher

### HOW TO REGISTER

[elearning.suelarkey.com.au](http://elearning.suelarkey.com.au)

# AuDHD TEACHING AND SUPPORTING STUDENTS

## 2 HOUR COURSE: LESSON OUTLINE

### LESSON 1 Introduction and Understanding AuDHD (Autism/ADHD)

- Understand that Autism and ADHD frequently co-occur and create unique dual challenges.
- Discover why individual needs vary daily.
- Learn important adjustments to the environment to support the student.
- Understand the multidimensional Autism Spectrum beyond linear functioning labels.

### LESSON 2 Monotropism: What is & How it Impacts on Behaviour, Communication & Social Interactions

- Understand monotropic work flows.
- Discover how literal interpretation requires specific, detailed instructions.
- Learn the difference between receptive and expressive communication abilities.
- Explore how central coherence challenges can impact on learning.

### LESSON 3 Understanding Sensory Differences in AuDHD and What to do

- Learn how sensory needs fluctuate daily between seeking stimulation and avoiding overload.
- Discover how school environments can contain overwhelming challenges often unnoticed by others
- Learn to recognise competing sensory requirements within the same student.
- Explore simple environmental modifications that can dramatically improve learning capacity

### LESSON 4 ADHD Myths & Facts

- Develop an understanding of the subtypes of ADHD.
- Understand the common myths and misunderstandings in ADHD
- Learn the facts and statistics related to ADHD.
- Understand dopamine-seeking behaviour.
- Discover why ADHD students have 20,000 more negative messages by the age of 12 than those without the condition.

AUTISM SPECTRUM LEARNING

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## LESSON 5 Rejection Sensitivity Dysphoria (RSD): What it is and How it Impacts AuDHD Students

- Learn what Rejection Sensitivity Disorder (RSD) is and its impact on learning and behaviour.
- Learn about the developed protection mechanisms of perfectionism and people-pleasing tendencies.
- Identify “masking” in students and how to support

## LESSON 6 Key Features of AuDHD - What it Looks Like & What to do

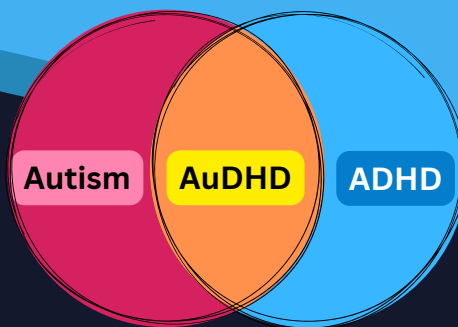
- Identify the intersection between Autism and ADHD
- Learn about the ‘anxiety bucket’ model.
- Discover the complex contradictions of AuDHD.

## LESSON 7 Supporting AuDHD Students - Key Strategies

- Learn the 9 key strategies to support AuDHD students.
- Understand how and why to incorporate visual supports for the student.
- Discover effective positive behaviour support strategies
- Explore the difference between high and low demands.

## LESSON 8 Supporting & Understanding Behaviour

- Understand the role of behaviour for AuDHD students.
- Explore solutions for Shutdowns, Meltdowns, Crisis and Panic Attacks.
- Discover what to do when AuDHD students are overwhelmed.
- Explore positive language frameworks that provide solutions without triggering rejection sensitivity.



**Listen to Podcast Episode 317:  
What is AuDHD & RSD?  
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