



# ***Planning a vacation with an autistic child ...***

"PASSAGES" IS A PUBLICATION OF  
PIKE AUTISM SUPPORT SERVICES

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#### **OUR MISSION**

PIKE AUTISM SUPPORT SERVICES (PASS) IS A 501(C)(3) NONPROFIT WITH A MISSION TO PROVIDE INDIVIDUALS WITH AUTISM AND RELATED INTELLECTUAL AND DEVELOPMENTAL DISABILITIES (IDD) WITH SOCIAL, RECREATIONAL, EDUCATIONAL, HOUSING AND EMPLOYMENT OPPORTUNITIES.

#### **OUR VISION**

WE ENVISION A DAY WHEN INDIVIDUALS WITH AUTISM AND IDD ENJOY FULFILLING AND INDEPENDENT LIVES, EMBRACING EMOTIONAL WELL-BEING, INTERPERSONAL RELATIONSHIPS, SOCIAL INCLUSION, PERSONAL GROWTH, SELF-DETERMINATION, AND INDIVIDUAL RIGHTS.

### ***Opening Doors***



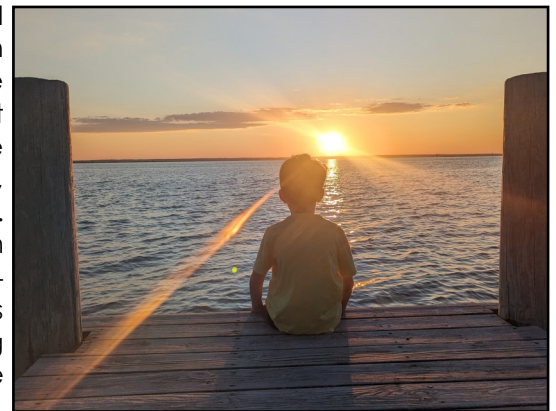
***to Independence***



As the sun rises higher in the sky and the days grow longer, we are reminded that summer is upon us. This season brings with it the promise of warm weather, outdoor activities, and time spent with loved ones. It is a time for a chance to escape the hustle and bustle of everyday life and create lasting memories.

Planning a vacation with an autistic child requires thoughtful consideration to ensure a comfortable and enjoyable experience for both the child and their family. Understanding the child's sensory sensitivities and potential challenges in unfamiliar environments is essential. Advance planning, such as researching suitable destinations and accommodations, can help minimize stress.

Social stories can be a helpful tool for children with autism when preparing for a vacation. These stories provide a narrative that explains what to expect during the trip, including the sights, sounds, and smells they may encounter. Social stories can also help children understand the rules and expectations of the vacation, such as staying with the group, following directions, and using appropriate behavior.



By reading social stories to your child before and during the vacation, you can help them to feel more prepared and less anxious, allowing them to enjoy the experience more fully.

Packing comfort items for children with autism can be a crucial aspect of easing their transition into a new environment. These items can provide a sense of familiarity and security, helping to reduce anxiety and meltdowns. Comfort items can include favorite toys, stuffed animals, books, blankets, and snacks. Choosing items that are small and easy to carry is important so that they can be easily transported and kept close at hand. In addition to packing comfort items, preparing meals and snacks can also be beneficial for children with autism. Providing familiar foods can help to reduce stress and ensure that the child is receiving proper nutrition. It's a good idea to include a variety of snacks and meals, including both favorite foods and new options to encourage the child to try different things. When preparing meals and snacks, it's important to consider the child's sensory sensitivities. TSA Cares is a program that provides assistance to children with autism and other disabilities during the airport screening process. The program is designed to make the screening process as stress-free as possible for children and their families.

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TSA Cares provides a variety of services, including a dedicated screening lane, private screening rooms, and assistance from specially trained TSA officers. Priority boarding is a service that allows children with autism and other disabilities to board the plane before other passengers. This service can help to reduce the stress of boarding the plane and make the overall travel experience more enjoyable for children and their families. Check with your airline to see if they offer this service.

In conclusion, vacationing with autistic children can be a fulfilling and enriching experience for both children and their families. By prioritizing preparation, patience, and flexibility, you can create a supportive environment that allows everyone to enjoy their time away. Whether it's exploring new places, enjoying relaxing activities, or simply spending quality time together, these moments can strengthen bonds and create lasting memories. Embrace the journey, celebrate small victories, and cherish the special moments that make every vacation unique and meaningful. Safe travels and may your adventures always be filled with understanding and positivity.

**Mary Beth Marra**  
Director, Pike Autism Support Services

## Programs, Events and News

### DV-ACE- SUMMER 2024 - COURSE: #200 FAMILY MUSIC CLASS FOR THE SPECIAL NEEDS COMMUNITY

COURSE: #200 Family Music Class for the Special Needs Community

ROOM: A4, DAY: F, BLDG: SES - TIME: 10:00–11:00 am

# OF SESSIONS: 5 - COST: \$30.00, AGE REQUIREMENTS: Students K - 6

SCHEDULED CLASSES: July 19, 26; Aug 2, 9, 16

COURSE DESCRIPTION: This is a music and movement class for children with special needs and their families. Children must be accompanied by a caregiver for support (parent, guardian, older sibling, etc.). We will play instruments dance, share and take turns. All activities encourage discover and exploration and foster social skills. Limited to 10 students and their support member.

- Summer Art Class "How to Create A Comic Strip" – with Artist Joe Ryan - June 10<sup>th</sup> – July 17<sup>th</sup>
- Hiking Group - Meeting 4:30 Wednesdays starting June 26<sup>th</sup> 4 weeks only Local hikes and walks around Milford – check FB/email for details
- Costa's Family Fun Park – PASS Families enjoy a day of summer fun with lunch! Tuesday June 25<sup>th</sup>. <https://www.zeffy.com/ticketing/a2e93076-0464-401e-ad1a-085cb50560b2>
- Coming Up Next Month – Thursday July 26<sup>th</sup> Support Group for Adults on the Spectrum 7pm here at the Milford Community House.
- Stay Cool on Hot Summer Friday afternoons – Bowling club meets at Memory Lanes Port Jervis at 5pm
- We are still looking for land for our Enrichment Center and Housing for Independence Village in the Milford/Westfall Area – please reach out if you know of anyone who would like to be part of making this dream a reality!

Until next Month..... Stay Safe & Enjoy your summer!

*Jeannemarie Passaro*  
Executive Director