



AUTISM in CONTEXT

from neurodiversity to neuroharmony

H.A.P.P.Y.

Happiness in Autism Personal Project for Young people

Wat is H.A.P.P.Y. ?

Every person wants to be happy. Autistic people too. And you as a parent of an autistic child wants your son or daughter to be happy.

Having autism does not necessarily mean that a person cannot lead a happy and fulfilling life. However, it is not always easy to find the path towards an “autistically happy” life for your child. On the autistic path towards a happy life, there are many obstacles. And sometimes there are intersections where it can be difficult to choose which way to go with your child. And sometimes it seems like there is no path.

And here’s where I can help you.

I can help you making a road map towards a happier and more fulfilling life for your child.

I have no magic formula, of course, nor can I sell luck and well-being.

But what I can do, is helping you with ideas that could increase the well-being of your child. No, not the 10 tips that will guarantee the ultimate happiness in 30 days. But strategies for well-being that are **evidence based**.

Happiness is a very personal thing: what makes you happy does not necessarily make your child happy. And what works for one child will not work for another child. So, therefore no general or universal tips. I will help you with tips that are unique and adapted to your child and what you want for him or her.

That’s H.A.P.P.Y.: I support you in making a happiness project for your child.



How does H.A.P.P.Y. work?

To start with, I will send you a **questionnaire** to inform me about the current well-being of your child, his/her unique living situation and your wishes for a happy life for your son or daughter.

Based on the information you give me, I develop a unique and personalized **workbook** with ideas to increase the well-being of your child.

In a **video-chat** I will discuss with you the workbook and how to use it. You can ask me questions too.

You then start to work with the workbook.

There is the possibility of **follow-up chat sessions**, where we look at the happiness project together. In these sessions you can ask me questions or ask advice.



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