



Fondation  
Autisme  
Luxembourg

Sous le Haut Patronage de  
Son Altesse Royale la Grande-Duchesse



**Annual report**

**2019**



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**Together we build better lives**

**“ One challenge amongst others remains the employment of the people we defend ”**



## A word from the President

The mission of the Foundation, since its inception, is to ensure the well-being of people with autism. In order to do this, we continue to maintain a high level of quality in the care of people with autism. Whether they are adults, adolescents or children, every family must be reassured that we are doing everything in our power to achieve this goal.

In order to offer the best service, we regularly exchange with our colleagues in the country, and in September 2019 we participated with a delegation from the Foundation in the International Congress of Autism Europe.

These two days allowed us to confront ourselves with new methodological approaches and other life stories. We also exchanged with the other participants on the challenges we still have to face in the coming years.

One challenge amongst others remains the employment of the people we defend. We have created an employment commission which has made it possible to take the first steps towards raising awareness. The first contacts with government services have also been made and we hope that with the latest legislative developments, access to the labour market will be facilitated.

But we cannot carry these important messages alone! That is why we are particularly pleased that people from outside the foundation continue to want to support us in any way.

We were pleased to see the VH X-PLOR sports challenge linking Di erdange to Mondim de Basto in Portugal and at the same time able to have a media coverage that allows us to raise awareness about this handicap amongst a wider public without forgetting as well their financial support.

As a benefactor of the Charity Cross in Grevenmacher has also shown us that young people are concerned by this subject. I thank them once again for having chosen us as a benefactor in 2019.

On behalf of the Foundation, I would like to thank all the people who have regularly helped us this year. You are “Èmmer do”.

Claude Schmit

**“ To be seen is to exist.  
To be recognized is to  
have a chance  
to make their voices  
heard better.”**



## **A word from the director**

World Autism Day, sporting challenges, a concert... our year 2019 was marked by many actions that allowed a larger public to support us. This support, whether financial or not, allows us to fulfil our mission. And this year I would like to thank our entire team (professionals, apprentices, trainees) for their dedication and commitment to giving the people, both children and adults, for whom we are responsible, a dignified and fulfilling life.

To be seen is to exist. To be recognized is to have a chance to be heard. It is also for this reason that we are very active on the social networks to show to everyone what the Foundation does on a daily basis and what issues affect us. The words of encouragement we regularly receive when we are out and about always give me great pleasure.

Our teams regularly organize inclusive outings that are primarily intended to ensure the well-being of the people we supervise. But these outings also allow us to participate actively in the social and cultural life of the country and the region.

These moments of contact with other people are concrete moments of inclusion and show everyone we come into contact with that this is possible with a minimum of preparation and care.

Some outings are only possible with the help of volunteers who support us in the care of people with Autism Spectrum Disorder. I felt everything throughout the year a growing interest that shows us that we are on the right track. The expected development of the Foundation i will lead us to continue needing volunteers n the years to come.

Once again, thank you to all our donors and to all those who in one way or another contributed to the success of the year 2019. I am still convinced that “Together, we are building better lives”.

Nathalie Lehoucq





## A multifaceted commitment

This picture serves as an illustration of a diagnostic assessment session.

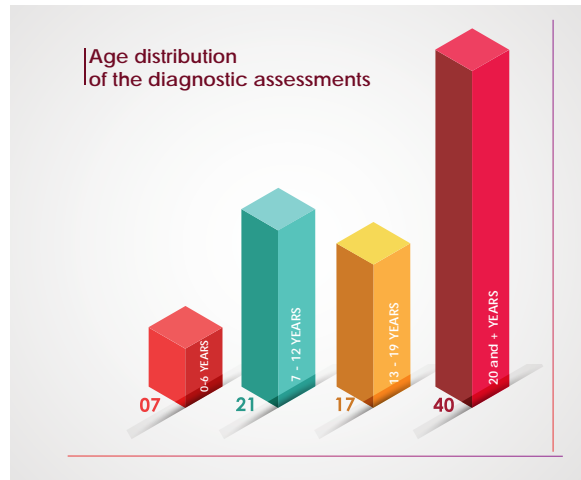
### Diagnostic assessments

Our daily concern to deliver a service of quality, as set out in our charter of values, has led us to restructure our diagnostic evaluation service.

The team in place has been strengthened so that the waiting time for families wishing to obtain a diagnostic evaluation has been reduced by 6 months. We continue to find quality solutions to further reduce the current wait time, which is now just over a year.

The 184 new families who contacted us in 2019 remind us every day that must not let up in our efforts to help and respond to people who want to know if they or a family member has an Autism Spectrum Disorder (ASD).

As in previous years, our team of specialists worked closely with an external psychiatrist and offered assessments in Luxembourgish, French, German and English.



**85**  
DIAGNOSTICS  
in 2019

**122**  
FAMILIES  
WAITING FOR  
a diagnostic  
assessment





## Homes

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Our 5 care homes, located in Munshausen and Rambrouch, took care of our 32 beneficiaries throughout the year. In these centres, they carry out various domestic tasks such as meal preparation and table setting. Not a day went by without us thinking about their well-being.

We have looked after them with the required professionalism and goodwill.

Each resident is unique by his or her personality, history and also by his or her handicap. The youngest of our residents is 19 years old and the oldest has celebrated his 68 years. Our teams must therefore adapt to each person and offer them the support best suited to their abilities. This is all the more important because of the greatly reduced autonomy of our beneficiaries.

Regular work has been done, and continues to be done, by our teams to best manage behavioural disorders with positive results for some beneficiaries.

The days continue to be structured according to the TEACCH educational model. Every weekday, residents leave the care home, at 9am exactly to get to their daily activity which takes place in the day centres. They return to the home at 4:30 p.m.

We also made 309 inclusive outings with our residents from both sites. These took the form of walks, outings to the pool, to the restaurant, to the cinema or to the disco. But we also took part in events such as the Citrus Rock or went for an Airtamp or a walk in the Ösling.

**309** INCLUSIVE  
OUTINGS  
to take part  
in the social life

**32** RESIDENTS  
distributed in  
Munshausen  
and Rambrouch



## Adult Day Centres

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The people in our care are highly dependent and the day centres are in our view one of the best ways to show that with time and commitment we can help them to have an interesting, socially dignified and more independent daily life.

The activities we have proposed are various and varied within the workshops: gardening, laundry, cooking and DIY. They all have something in common, they always take into account everyone's abilities. This year again, we continued to organise our inclusive outings: Charity Cross de Grevenmacher, Ferme des Alpagas, Parc de Bettembourg.

The Rambrouch workshops have contributed greatly to the success of the Foundation and this year they also produced the wonderful greeting cards and jams. All of this was sold on the Foundation stands shedding light on the achievements to an engaging public. Even the latest product, earrings, has found buyers!

The weekly walks are still on the agenda. Every Monday morning, regardless of the weather, 11 people with an autism spectrum disorder accompanied by 3 educators walk either 8 or 11 km.

In the summer we even include lunch in the form of a picnic in our walks, which allows us to extend the walking activity into the afternoon.

Visible progress may be slight, but it is real and contributes to the autonomy of the people. In 12 months, we have managed to get one resident to agree to go out to restaurants and another to close his shoes by himself. One of our beneficiaries interacts with us spontaneously using the PECS method.

**450** / KM WALK  
done all long our  
51 weekly walks

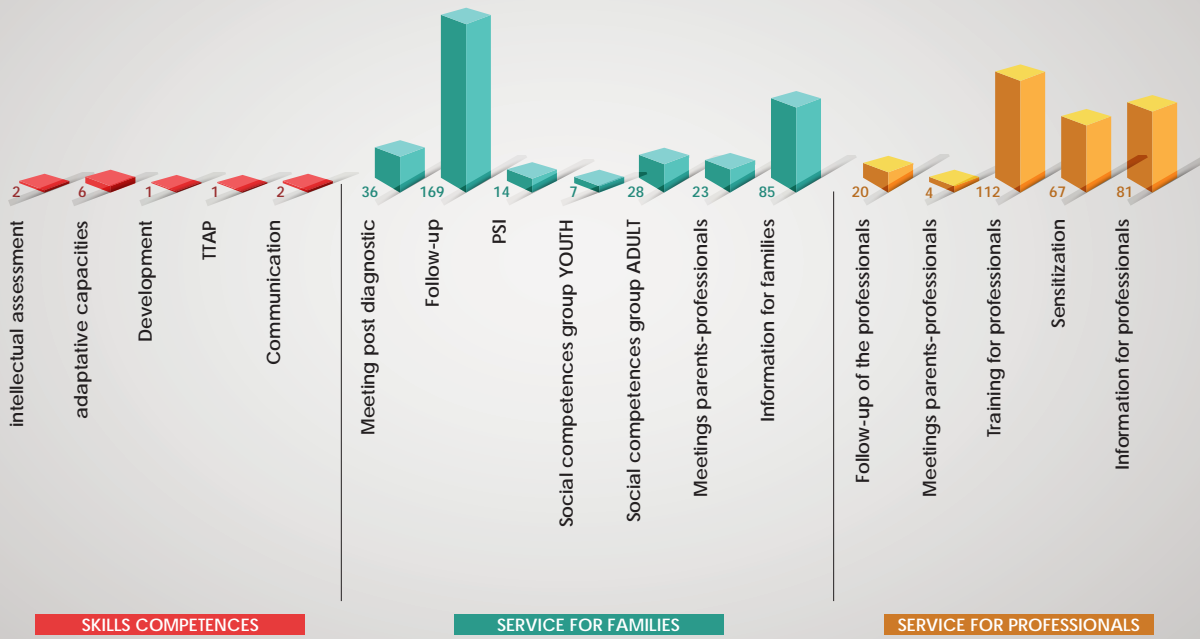
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**35** / PEOPLE  
accompanied  
all the year in our  
day care centres

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**Number of persons having benefited from each type of care within the "support" service during the year 2019**

(One single person may benefit from various types of support during the year)



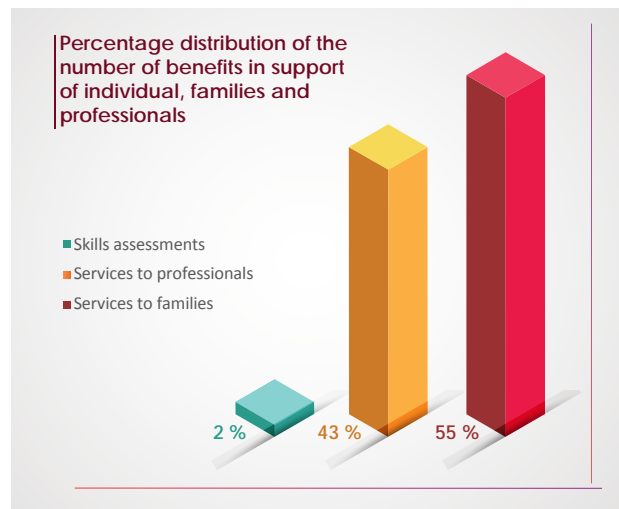
## Support for families

Support, whether direct or indirect, is one of many elements that contribute to the wellbeing of the person with an Autism Spectrum Disorder. Our team has provided in-home follow-up when necessary or has called on families to participate in groups.

There are discussions organized by the Foundation with various professionals to actively take their destiny into their own hands. These participatory initiatives have been characteristic of the Foundation's way of working for nearly 25 years.

The service has given its support and all its experience to 321 families who have contacted us. In addition to these, 282 professionals have received support in the specific field of autism.

Our team continues to train and meets regularly with specialists abroad. In 2019, an additional colleague followed the Early Bird training (for parents of pre-school children) already offered by our support service in England, within the NAS (National Autistic Society).



**675** SERVICE DELIVERIES regarding support for people, families and professionals

**60** NEW FAMILIES supported in 2019



## Punctual services that relieve parents

### The Day Centre - children and extra school support

Outside of school hours, it is important for parents to have a place where their children can receive care.

This service has been in existence since 2012 and we continue to be very successful because it allows families to continue working and have time for themselves and other family members.

Throughout the year, the type of care evolves. During the school period, the children benefited from this care on Tuesday and Thursday afternoons as well as all day long on Saturday. We favoured outings and walks during the week and on Saturday a cooking workshops often took place, which gave them the opportunity to actively prepare their meals.

During the school holidays, the reception was from Monday to Friday, from 9.30 am to 4.30 pm. This was an opportunity to offer them various themes and to work with them specifically on sports, water, animals, painting and music, amongst others.

As for the adults, inclusive outings were organized which allowed these children to participate actively in the social life of the country.

This took the form of visits to the Airtramp, swimming pool or cinema. The Parc Merveilleux de Bettembourg was also visited by us.

**12** CHILDREN  
benefited of  
this service



## Leisure

56 families have used this service, which provides unforgettable moments for both the people with autism spectrum disorder and their caregivers.

We are fortunate to have had 9 new families who have made us con ance and for whom these periods represent a moment of respite.

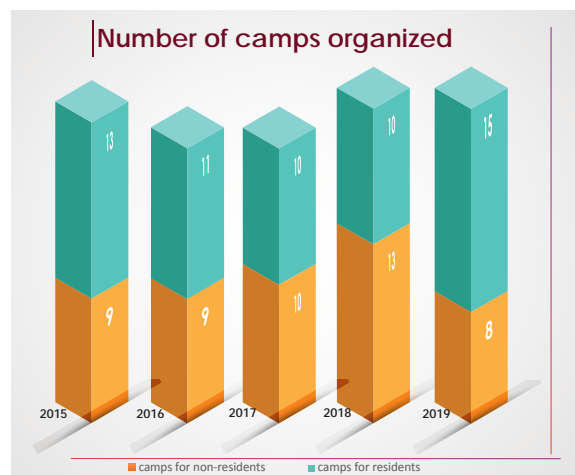
Once again this year, many volunteers have contacted us to accompany us, thus allowing for very specialized support. These days in direct contact with people with autism can be trying at times, but they're sure to be unforgettable. A bond is created between volunteers.

Knowledge for life is formed. Self-help is very much in evidence among these volunteers, many of whom are still students, who give their time for the well-being of the people their families know.

We maintained our pace and managed to organize 23 camps for internal residents, day centre participants as well as external participants.

If you are interested in participating in these camps, please do not hesitate to contact us by email at [loisirs@fal.lu](mailto:loisirs@fal.lu).

**46** VOLUNTEER COMPANIONS actively supported us during the holidays



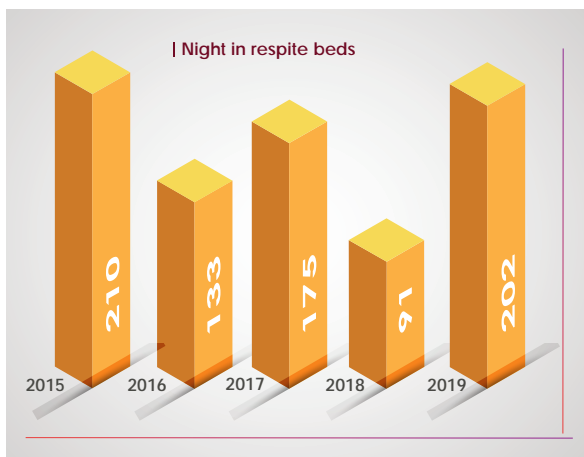


## **Respite beds and independence support activities**

Throughout the year, the Foundation has at its disposal rooms for short stays. In 2019, we recorded 202 nights of respite spread over our two sites of Munshausen and Rambrouch. The availability of these beds is an immediate response to accommodate people who have occasional major behavioural problems and who require more intensive supervision than usual.

6 people were thus taken care of over the whole of 2019.

Families wishing to take advantage of this service can contact the number 26 91 11-1.



A special team of professionals from the foundation provides services of independence support activities for people with an autism spectrum disorder (ASD) who are covered by long-term care insurance.

These “independence support activities” (ISA) consist of teaching people with an ASD to actively participate in performing essential life activities. These activities also serve to ensure that people persevere or complete these important acts.

These activities are important because they work in three distinct areas:

- they prevent the loss of motor, cognitive and mental abilities
- they maintain these same capabilities
- they enhance these already acquired capabilities.

The activities were delivered in groups or individually and each time took into account the specific needs of the person with an ASD.

**31** PEOPLE  
benefited  
from the ISA



**Your support is throughout the year important**

## **Be visible to be supported**

The communication department has used throughout of the year the means at its disposal, including social networks, to make the activities carried out by the Fondation Autisme Luxembourg known to as many people as possible.

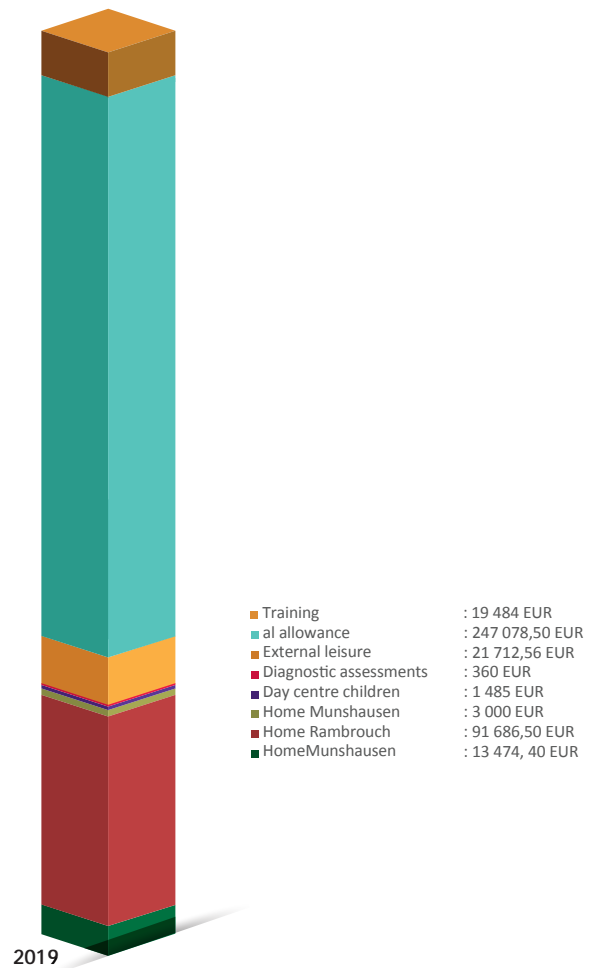
Projects such as those from VH-XPLOR or IKO'L gave us the opportunity to get the word out about us on various media channels. We also marked the coup by being present on 2 April on the Place d'Armes in Luxembourg City on the occasion of World Autism Awareness Day.

Thanks to the occasional or recurrent generosity of private individuals, associations, companies or other foundations we were able to collect the sum of 398,280.96 EUR. In accordance with the wishes expressed by the donors, these funds were allocated either to the sites or to activities of our services in Munshausen or Rambrouch.

This is a natural step for us as a member association of the "Don en confiance" network, to which we adhere to the code of good conduct.



Thank you to all those who think of us by inviting us to present to their public the work of the foundation and to be able to speak in general about this invisible handicap that is autism.





## The Training

Our training services are in high demand. More than 730 participants attended a training course provided by Fondation Autisme Luxembourg. Several of them are open to people from outside the foundation. A large majority of people do not know what autism spectrum disorder really is and do not know how to react to very specific situations. It is therefore important for us to pass on the knowledge acquired through contact with the people we care for and to shed light on this disability.

Among the proposed trainings we have addressed among others: the basic notions on autism, how to communicate with people with ASD, the transition from theoretical concepts to practice for Autism Spectrum Disorders or the subject of Asperger's Syndrome.

The international congress was also a great moment that allowed a delegation from the Foundation to go to Nice to exchange with the professionals on site and to learn about various presentations and advances in autism-related research.

**8** TRAININGS  
given at the Institut  
de Formation de  
l'Education Nationale

**730** PARTICIPANTS  
in the trainings  
of the Foundation







## Apprenticeship

The Foundation continued its educational mission and welcomed students who wanted to get into the social field. We have mentored 12 apprentices in various fields necessary for the smooth running of a public utility establishment such as ours. The apprentice auxiliaries are in direct contact with our beneficiaries.

These apprentices are trained by tutors who of the Foundation and alternate between training at the Foundation and theoretical courses at the school. Regular supervision of tutors allows most apprentices to successfully complete their "integrated project" at the end of their apprenticeship.

Many of them have already had the opportunity to be hired at FAL later on.

The Foundation also welcomed 28 trainees who were able to discover the world of work in our administrative or socio-educational departments.

**28** TRAINEES  
supervised throughout  
the year





## The Fondation Autisme Luxembourg in figures

### The 2 for 6 project

Our long experience has shown us that a ratio of one educator for every four people, which is the standard supervision ratio for the “disability” sector, is not suitable for our beneficiaries. The specificity of autism requires a more specific care ratio.

We place the well-being of our beneficiaries at the centre of our interests and we also ensure a fulfilling working environment for each of our employees. This is why we have continued, in response to the needs of our users, to give priority to the care of 6 people with autism by 2 educators. The educators must work in pairs.

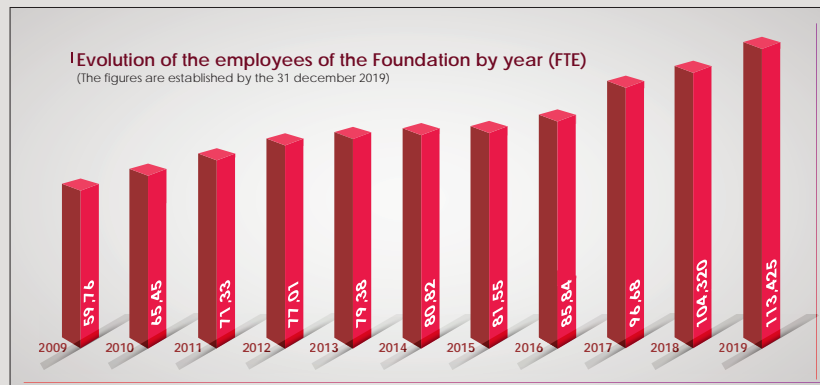
This is how we guarantee :

- The availability of educators to respond to the needs of people with autism
- Quality of life for people with autism and their empowerment
- The safety of educators as well as beneficial.

The availability of supervisory staff throughout the year made it possible to constantly analyse behaviours and continuously adapt the responses provided by the educators. This helps people with autism to progress better and also makes it easier for the educators to manage the few moments of tension.

*The graph on the right includes all the staff active in all the psycho-pedagogical services of the Fondation Autisme Luxembourg. It also includes the staff who support people in the following areas their various administrative procedures.*

*The 2019 audit report mentions an average of 117 employees.*



Since

**1996** the  
Foundation has  
been recognised  
as being of  
public utility

**122**  
FAMILIES  
WAITING FOR  
a diagnostic  
assessment

**1 in  
100  
have  
autism**

**5**  
HOMES  
distributed over two  
sites in Munshausen  
and Rambrouch

**321**  
FAMILIES  
benefited from the  
support service in 2019

**11 000**  
GREETING CARDS  
produced in  
the workshops



**Volunteering : a  
great experience**

## **Everyone has a role to play**

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In 2019, many volunteers helped us. Young and old alike showed good humour and a great willingness to give their time for those who need it most.

Thanks to their skills and availability, they actively participated in the success of the activities proposed by the Foundation and allowed the beneficiaries to enjoy an environment and support adapted to their needs.

Among the help provided we can mention the following:

- the accompaniment by volunteers during the summer camps
- accompaniment during our inclusive outings
- administrative assistance for various Foundation services
- maintenance of the surrounding area and small repair works
- attendance at stands or events where the Foundation is present
- presence for a user and caring for the person

**We are regularly looking for  
volunteers.**

**Do not hesitate to contact  
us by email if you are  
interested in giving us your  
time and skills.**

**autisme@fal.lu**



# THANK YOU

Our work is direct person-to-person assistance. All of our teams have appreciated the year-round support of our volunteers.

Our users also appreciated these moments.

That is why Nicolas, Nathalie, Chris Ane, Corinne, Robin, Serge, Ben, Natacha, Marcelle, Jeannot, Tiago, Zoé, Madeleine and the rest of our beneficiaries would like to sincerely thank the volunteer help of :

Catarina, Sarah, Liz, Natacha, Svenja, Zoé, Lynn, Marie, Tania, Liz, Johnny, Laurent, Tamara, Paula, Stacy, Dainely, Cindy, Andi, Cara, Jana, Jérôme, Nora, Esther, Monique, Sally, Jessica, Annick, Jean-Claude, Inês, Priscilla, Domenica, Estelle, Cathérine, Alexandra, Julia, Céline, Tariq, Jessie, Sylvie, Marie-Christine, Miwa, Raquel, Fernand, Jill, Caroline, Petrisa, Beata, Helena, Joey, Sophie, Laure, Inkeri, Valérie, Joyce, Joice, Cintia, Paula, Sara, Ulla.

We apologize to those we forgot to include in this list. Their help was really appreciated.

We hope to count on you again in the year 2020.

Thanks also to all those who have contributed to the realization of our projects and who have somehow supported the well-being of our beneficiaries.

A big thank you:

- to His Royal Highness Grand Duchess Maria Teresa
- to Mrs Corinne Cahen, Minister for Family, Integration and the Greater Region
- to our donors and sponsors
- to parents
- to partner companies
- to our suppliers
- to scientific experts
- to Autism Europe
- to our various partners
- to all our contacts

You can support us throughout the year in a variety of ways:

- by organizing fundraising events to benefit the Foundation or
- by offering your free time or skills at the Fondation
- by subscribing to a standing order on behalf of the Fondation or in
- making a donation to the **BCEELULL account - LU82 0019 1300 0445 5000**
- **By following us on social networks and sharing with your contacts the information we tell you about us.**



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Current data as of 31 December 2019

RCS G 167

Company's headquarters : Munshausen

**TOGETHER,**  
we build better lives

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