



مركز الملك سلمان لأبحاث الإعاقة
King Salman Center For Disability Research

علم ينفع الناس Science Benefiting People



my TRIP

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Illustrator

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my TRiP

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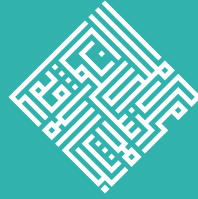
Zena Abo-Khatwa



"Our gratitude and thanks to His Majesty
King Salman Bin Abdul Aziz Al Saud,

the founder of the Center for his support and sound
guidance for the cause of disability in the interest
of his nation and citizens.

May Allah protect his Highness."

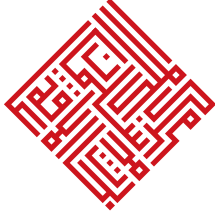


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“To His Royal Highness Prince Sultan bin Salman bin Abdulaziz, Chairman of the Board of Trustees of the King Salman Center for Disability Research, who initiated the idea, and placed his effort, follow-up and care to help the cause, and to the founding members,

We present the second educational awareness story called (My Trip) in the collection of stories at King Salman Center for Disability Research on education and awareness of various disabilities.”



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My Trip

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Hello, my name is Faris and I'm
going to tell you about my trip
to Umluj with my family,

my parents told
me that Umluj is
beautiful place and...



I am a big brother and I have a little sister, Nora,
I love her very much.



She can be overprotective of me at times,
I like how much she cares about me,



but I love to experience life by myself!

Nora likes math so much, and her favorite animal is a penguin.



I prefer dolphins,
The prospect of seeing real dolphins is
why I was excited to go to Umluj.







Here is another fact about me,

I have Autism. Autism is a disorder that affects my social skills, communication, and language.

Let's just say I look at the world in a unique way

On our first day in Umluj,
I enjoyed spending time watching colorful fish.

When mom and dad told me, we had to sit for lunch,

I STARTED SHOUTING! Everyone was looking at me,
but I really didn't mean to shout..

Sometimes, my head is filled with thoughts, and it
feels like I am in my own little world.





I was imagining that I was swimming with dolphins, when my mom and dad told me to get out of the water.

I tried to make friends with other kids during dinner, but
it was difficult I have always struggled to make friends,
I just don't know how, so it is easier to play alone.

I would like to have friends.





A whimsical illustration of a child with dark, curly hair and rosy cheeks lying in bed, looking up at three dolphins swimming in a dark blue night sky. The child is wearing a red nightgown with yellow polka dots. The dolphins are light blue with darker blue spots and are swimming towards the right. The background is a deep blue with some lighter blue brushstrokes and small white bubbles. In the bottom left corner, there is a small green plant. In the bottom right corner, there is a small green leaf.

I was excited about possibly seeing
dolphins the next day,
So I couldn't sleep the whole night!

I could only think about dolphins during breakfast.

I took a piece of bread, wore my life jacket, and
rushed towards the waves!



I prefer being in the ocean because loud noises bother me.

The waves kept pushing me back to the shore,
but I didn't give up!

Nora kept screaming 'come back!' because she
was worried the waves would sweep me away,

but I want to go through the experience myself!





The waves weren't high anymore.
As I stared into the distance, I couldn't believe my eyes.



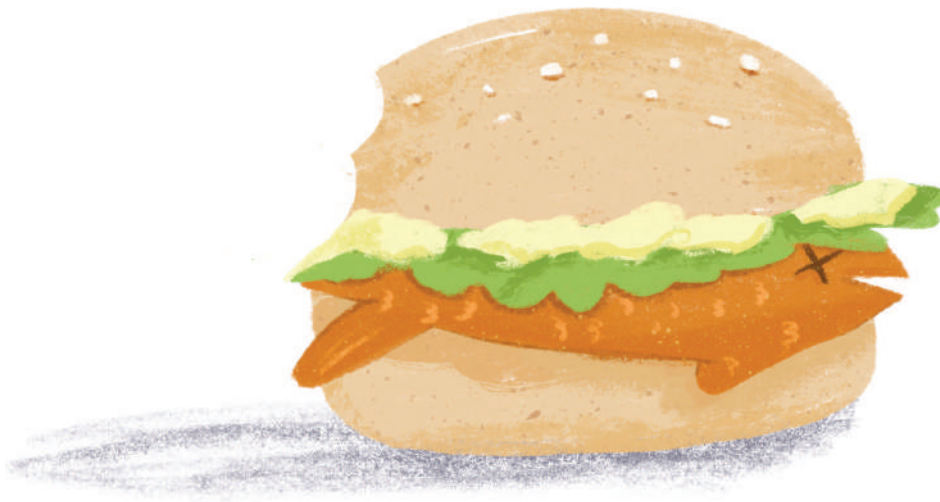
FINALLY! There were dolphins swimming our way!

My father took a nice picture of me with the dolphins.
That way everyone will believe that I saw them, especially
my classmates, it was the best day of my life.

It was the best day of my life!



On the last night of our trip, we had fish sandwiches for dinner.
I didn't find them appetizing at all.



It isn't about autism... We all have different tastes and interests.



We packed our things and headed back to Jeddah on Saturday. I couldn't sit still in the car, I kept kicking the back of my dad's seat.

I tried to stop, but I couldn't. because I was looking forward to telling my classmates about my trip to Umluj.



Sometimes I just need space, even though asking for help is difficult at times.

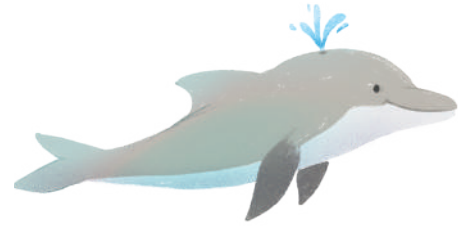


I was happy that we arrived home safely.
I will always have the memories of my time in Umluj with the dolphins.



I will never forget this trip;
I hope we can go back.





WHAT IS AUTISM?

Autism spectrum disorder (ASD) is a Developmental Disorder that characterised by impairments in social, communication, and behaviour challenges and a restricted and repetitive repertoire of interests and activities.

CHARACTERISTICS OF AUTISM SPECTRUM DISORDERS

- Individuals with ASD have social communication challenges including verbal and nonverbal communication.
- Individuals with ASD may have deficit in social interaction.
- Individuals with ASD might have restricted, repetitive behaviours and unusual interest in objects.



FACT ABOUT INDIVIDUALS WITH AUTISM:

- Even though Autism is a lifelong disorder, but individuals with ASD can be get effective intervention that help them overcome their challenges.
- Changes in familiar activities, places or people can be stressful for individuals with ASD.
- Individuals with ASD may have great ability in one area and great difficulty in another. **For example:** they may have an extremely good memory and being detailed orientated.
- Individuals with ASD may have unusually strong reactions to one or more of their five senses.
- They do not look different than anyone else but they think, performance and talk differently.
- Autism can occur in any cultural and ethnic group, as well as across all socioeconomic levels.
- There are no two individuals with ASD are the same, and each individual with ASD has a combination of strengths, difficulties, and interests that make them unique.

AUTISTIC PEOPLE OFTEN HAVE OTHER CONDITIONS, LIKE:

- Attention deficit hyperactivity disorder (ADHD).
- Anxiety or depression.
- Epilepsy.

REFERENCES:

Centers for Disease Control and Prevention (CDC) 2020
American Psychiatric Association (2020)
World Health Organization (2021)



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VISION, MESSAGE, AND VALUES

The Center's vision is to become a leader in the field of disability research with a global impact.

The Center also seeks to implement its message of "science benefiting people" through preventing disability and improving quality of life for the disabled through scientific research.

The Center seeks to perform its duties by committing to the following values:

- Belief in seeking knowledge that benefits humankind.
- Belief in team-building and sharing of knowledge and capabilities.
- Belief in a culture of credibility, professionalism, and humaneness.

GOALS

One: *King Salman Center for Disability Research specializes in:*

- Executing scientific research in the fields of disability and providing all requirements for such.
- Supporting scientific research in the fields of disability and providing researchers in these fields with all forms of needed support.
- Fostering interest in disability research and programs aimed at the disabled.
- Encouraging scientific research and effective practices in the fields of disability and encouraging the exchange of knowledge and experiences between practitioners through organizing conferences, seminars, and workshops.
- Cooperation and coordination with governmental and private entities to develop research activities and prevention programs that aim to prevent disability and improve the quality of life for the disabled.

- Encouraging scientific research through public relations and media.
- Sponsoring the registration of patents related to disability and helping inventors register their patents.

Two: Conducting and facilitating training events related to the scientific aspects of disability.

Three: Releasing periodicals publishing research papers and studies related to disability.

Four: Establishing a data centre that houses databases and statistic on disability and disability research in the Kingdom of Saudi Arabia, and providing researchers and professionals with access to this information to facilitate and encourage research endeavours.

Five: Spreading social awareness around disability and its prevention and the ideal methods of caring for the disabled on the family and societal levels.

Six: Seeking to put into practice the results of scientific research through programs and coordination with concerned entities.

Match This!

Help the family find their things.

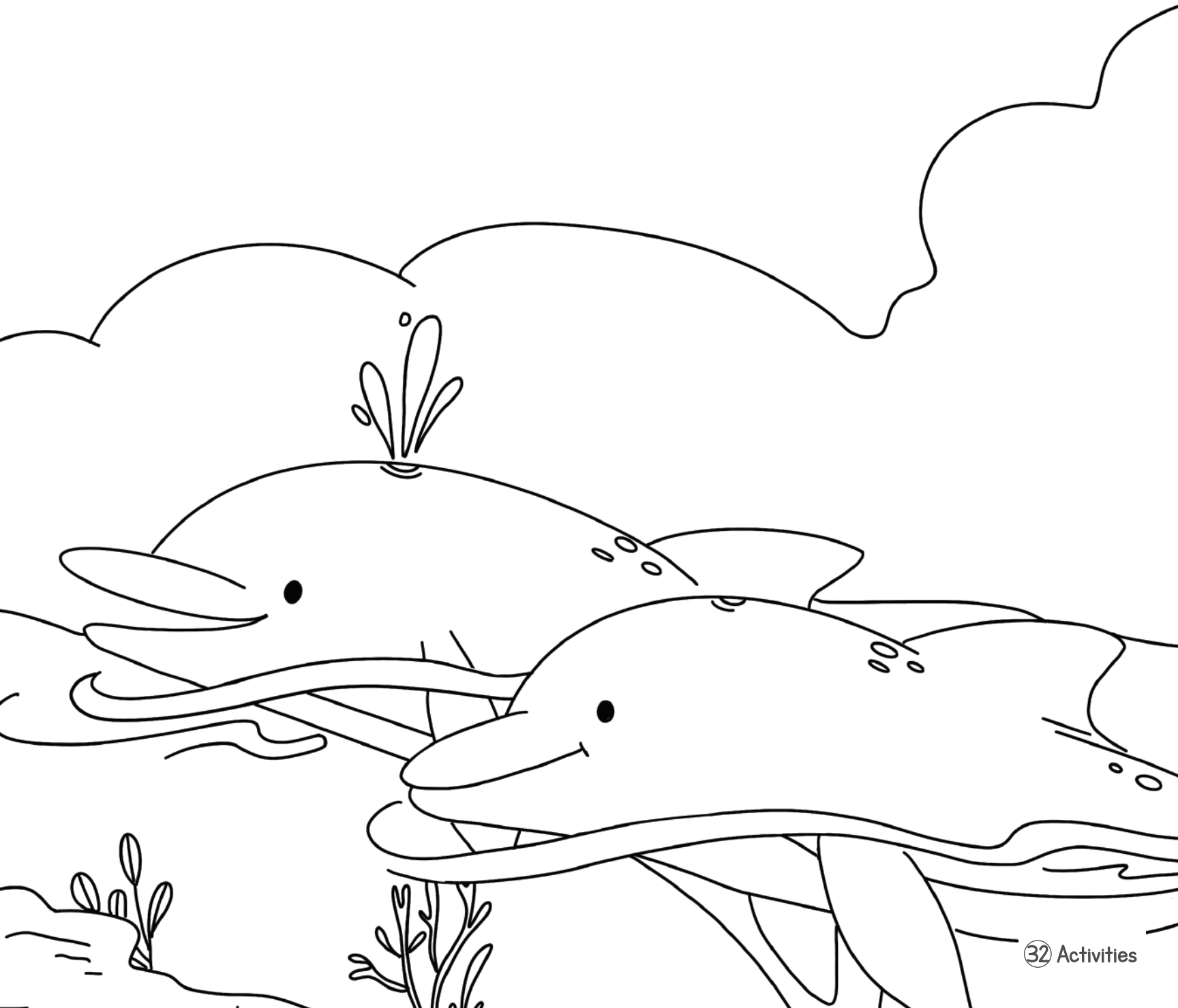


Spot the Difference!

Find 6 differences between these two pictures.







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