

## ***Pivot Point Newsletter***



### **Advancing Autism Acceptance and Understanding FND**

April marks a pivotal time in both the neurodevelopmental and neurological fields. As we observe World Autism Acceptance Day on April 2nd, the societal conversation has rightfully evolved from mere awareness to genuine inclusion and neuro-affirming support. For families and individuals, this shift means prioritizing environments and therapeutic approaches that validate autistic identity, support unique sensory profiles, and champion autonomy over masking.

Concurrently, April is [Functional Neurological Disorder](#) (FND) Awareness Month. FND is a condition where the brain and body struggle to send and receive signals correctly. It is often described to patients as a "software" glitch in the nervous system rather than a structural "hardware" issue. Standard medical imaging doesn't always capture the problem, FND is frequently misunderstood. If you are navigating its unpredictable physical symptoms, please know this: your condition is real, involuntary, and valid. Effective care requires a supportive, collaborative healthcare team that treats the nervous system as a whole, rather than dismissing your experience.

Our experience alongside neurodivergent individuals and those with complex diagnoses reinforces a fundamental truth: navigating these paths requires deeply informed, compassionate communities. We want you to know that you are seen, you are heard, and your lived experience is the most critical component of your support journey.

For those charting this course, we encourage focusing on evidence-based resources by prioritizing professionals who utilize strength-based, trauma-informed practices over compliance-based models. Beyond clinical care, engaging with established self-advocacy networks and peer groups provides an essential layer of community support. These [connections empower individuals and families](#) with the shared knowledge needed to effectively secure individualized educational and workplace accommodations.

Navigating neurodiversity and complex neurology is a profound journey. We remain committed to providing the evidence-based support our community needs to thrive.

For more than 22 years, Pivot Point's team of dedicated professionals and staff have shared their extensive experience in supporting individuals with Autism and Diverse Abilities. [Our services](#) are client-centred, family-oriented, and evidence-based, drawing from Applied Behavior Analysis, Mental Health, Education, Speech Therapy, Occupational Therapy, Psychiatry, Neurofeedback, and other interventions as needed. All creating Positive Change!

#### **Newsletter Content Submissions**

If you would like to participate in writing content, sending in photographs and/or sharing ideas for the staff newsletter, please contact Rochelle at: [marketing@pivotpoint.ca](mailto:marketing@pivotpoint.ca)

#### **Newsletter Feedback**

Rochelle would like to hear from you! Please provide her with your feedback or let her know of specific topics that you would like to see in upcoming newsletters by completing our [Feedback & Suggestion Form](#). Thank you for your input!

## Our Sister Agency Is Expanding, and Families in Ontario Will Benefit

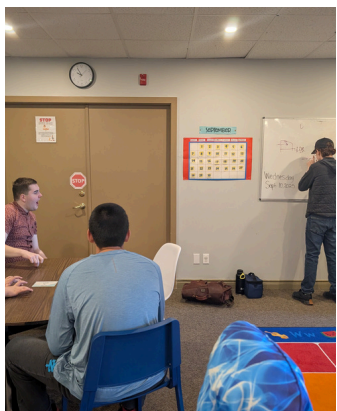
We are incredibly proud to celebrate the exciting expansion of our sister agency in Milton, [Pivot Point Family Services!](#) Building on our 22+ years of experience here in BC, they are officially expanding to provide Behaviour Intervention Services for children and youth (18 months to 18 years) throughout Southwestern Ontario.



We are thrilled to see them bring this vital, evidence-based support to even more families, offering individualized support plans with no waitlists to begin. If you have friends or family in the region looking for support with [no waitlists to begin the process](#), please share this wonderful news with them!

### Authentically Us - Celebrating Every Mind!

At [Pivot Point Learning](#), our neurodiverse students show us every day that community is built on authenticity. From the bowling lanes to Science World, from group projects to sweet sixteen celebrations. These moments capture the joy of belonging exactly as you are.



## Honouring Caregivers in Complex Care

April 7th marks National Caregiver Day, a vital opportunity to recognize the profound dedication of those supporting neurodivergent individuals with the most complex health, behavioural, and social needs. In the [realm of complex care](#), caregiving is rarely just daily assistance; it is often a 24/7 reality for families striving to provide safety and stability for loved ones navigating profound, compounding, and continuous support needs.

From a clinical perspective, we recognize that families navigating complex care frequently cycle through multiple healthcare, emergency, and social service systems without experiencing lasting improvements to their overall well-being. The emotional and cognitive endurance required to manage this is staggering. Because your own nervous system is constantly adapting to help co-regulate and stabilize your loved one, experiencing profound exhaustion or compassion fatigue is a natural, biological response to chronic stress, not a personal failing.

Reaching a level of wellness and stability requires moving beyond fragmented services. [Evidence-based complex care](#) must start with professionals truly listening to a family's experiences to unravel the complexities of the home environment. Best practices dictate assembling a highly responsive, unified clinical team, integrating social workers, mental health professionals, behaviour consultants, and medical personnel, to pull together toward common goals and share the immense load.

Sustaining 24/7 care demands that the caregiver is fundamentally supported. We strongly encourage families to seek out intensive, clinically relevant wrap-around services that prioritize not just the individual, but the mental health and resilience of the whole family unit.

On this National Caregiver Day, we honour your unwavering resilience. You are the vital anchor in your family's journey, and your wellness is the essential foundation of their stability.

Navigating support for a loved one? You don't have to navigate this journey alone. Book your [complimentary consultation](#) with our team today.