



My Son Fred - Living with Autism: How Could You Manage? I Couldn't. I Did It Anyway

Maud Deckmar

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Maud Deckmar tells a touching and honest story of living with Fred, her eldest child, who has autism and an intellectual disability. She recounts here the great struggles and sorrows as well as the love and happiness she has experienced from his early childhood to adulthood.

She vividly describes the feelings of grief after Fred's diagnosis, the sense of loss when old friends distance themselves and the pervasive feelings of guilt about putting her son into care and admitting that she can no longer cope. She stresses the importance of communication and cooperation between parents and carers, and encourages them to find ways to provide the best possible support, based on specific needs and means available. Her unflinching account will resonate with and give support, comfort and courage to parents in a similar situation. It will also provide useful insights for carers and professionals in schools, care homes and institutions to better understand the feelings and experiences of families affected by disability.

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