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Tourette
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TIPS FOR GETTING INFORMATION ABOUT TOURETTE SYNDROME

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making projects

AMPASTTA
Asociación Madrileña de Afectados
con el Síndrome de Tourette
y Trastornos Asociados

smallcodes

APST
Associação Portuguesa
de Síndrome de Tourette

TOURETTE
Gesellschaft Deutschland e.V.

1.

Collect interviews, reports, presentations or reports based on experience

It's about having a collection of general information about TS (also explained by medical specialists) and stories about experiences, feelings, difficulties, or things that can help those affected by TS in their daily lives.

Watching these videos can help unaffected people gain information about TS, better understand those affected, and become accustomed to seeing tics. The more they watch them, the more normal and natural tics will seem to them, so when they see someone with tics on the street, they won't be so surprised or stare so hard.

2. Contact medical specialists and those affected by Tourette syndrome

You can contact medical specialists and those affected directly that you already know, but you can also find other people (online, through the association's website, Facebook, etc.) willing to contribute. You can record or film the interviews, or have people make videos and share their experiences.

If someone wants to participate, but does not want to show their face in front of the camera, the person can remain anonymous (for example sitting with their back to the camera or with their face in the dark, etc., as is sometimes seen in documentation).

3. Use already created movies

Films can help people understand Tourette syndrome and gain insight. For example, in Germany, there are two films about TS in which the protagonist is a person with TS (they are very well-acted actors who portray the tics very authentically). The films are very entertaining and have received awards in Germany. They are called:

-“A little different” (2010), Wüste Film (Watch a trailer on YouTube: https://www.youtube.com/watch?v=VuHgbsasgkQ,

-“Vincent will Meer” (2010), Constantin Film (There is a trailer on YouTube: https://youtu.be/_5V9DPySaIA?si=HZKwM3ifUAggTm-C)

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