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<p>যদি আপনার ট্রান্সলেশন সার্ভিসের বা এই দলিলের কপি অন্য ভাষায়, অডিও টেইপে, ব্রেইল বা বড় ছাপায় দরকার হয় তবে অনুগ্রহ করে সিউব্লিউপি এর স্টাফদের সাথে কথা বলুন, ইমেইল করার ঠিকানা <a href="mailto:info@cwps.nhs.uk">info@cwps.nhs.uk</a> বা কমিউনিকেশন, চেশায়ার ও উইরাল পার্টনারশীপ এনএইচএস ফাউন্ডেশন ট্রাস্ট, আপটন লী, কাউন্টস অফ চেস্টার হেলথ পার্ক, লিভারপুল রোড, চেস্টার, সিএইচ২ ১ বিকিউ টিকানায়ে লিখুন।</p>
<p>如果您需要翻譯服務或想索取這份文件的其他語文、錄音帶、凸字或大字體版本，請向我們的職員查詢。您亦可以寄電郵至 <a href="mailto:info@cwps.nhs.uk">info@cwps.nhs.uk</a> 或寄信到 Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>જો તમારે ભાષાંતર સેવાઓ અથવા આ દસ્તાવેજની બીજી ભાષાઓમાં નકલ, ઓડિયો ટેપ, બ્રેઈલ અથવા વિશાળ ફંદની છપાઈની જરૂર હોય, તો કૃપા કરીને સીડબ્લ્યુપી (CWP) ના કર્મચારીઓ સાથે વાત કરો, ઈમેલ કરો: <a href="mailto:info@cwps.nhs.uk">info@cwps.nhs.uk</a> અથવા આ સરનામે લખો: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>यदि आपको अनुवाद सेवाएं या इस दस्तावेज की अन्य भाषाओं में नकल, ऑडियो टेप, ब्रेइल लीपि या विशाल आकार में छपाई की आवश्यकता हो, तब कृपया सीडब्ल्यूपी (CWP) कर्मचारियों के साथ बात कीजिये, या ईमेल कीजिये: <a href="mailto:info@cwps.nhs.uk">info@cwps.nhs.uk</a> या इस पते पर लिखिये: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>Jeśli wymagane jest tłumaczenie lub kopia niniejszego dokumentu w innych językach, na taśmie magnetofonowej, w języku Braille'a lub dużym drukiem, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: <a href="mailto:info@cwps.nhs.uk">info@cwps.nhs.uk</a> lub na adres: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>Os oes arnoch angen gwasanaeth cyfiethu neu gopi o'r ddogfen hon mewn ieithoedd eraill, tâp sain, Braille neu brint mawr, siaradwch ag aelod o staff CWP, e-bost <a href="mailto:info@cwps.nhs.uk">info@cwps.nhs.uk</a> neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>

## Autism Spectrum Disorder Adult Service

### Post Diagnosis Information

#### Feedback

We welcome any suggestions you have, please send your **comments, concerns, and compliments** to: **PALS**, Trust Board Offices, Redesmere, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

For more information see [www.cwps.nhs.uk](http://www.cwps.nhs.uk)

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The information in the leaflet was valid at the date of production **Oct 2017** and is due for review in **Oct 2019**.

Leaflet code: A-ASDPDI-17-752



The information below is for information purposes only and inclusion of it does not mean that CWP NHS FT has published or endorsed the material but we hope it will be useful.

**For Information –** [Autism and Me](#) and [Autism and Me \(Easy Read\)](#)

### **About autism:**

NHS Website - <http://www.nhs.uk/conditions/Autistic-spectrum-disorder/Pages/Introduction.aspx>

National Autistic Society - [www.autism.org.uk](http://www.autism.org.uk) They also have a helpline 0808 800 4104. The helpline also offers telephone interpretation [www.autism.org.uk/interpretation](http://www.autism.org.uk/interpretation)

Autistica - promotes and publishes Autism research <https://www.autistica.org.uk/>

Autism support hub: They have a selection of books, DVDs and resources. Membership is £10 for the year then hire of books and resources is free. Rosebank Bungalow, Townfield Lane, Barnton, Northwich, Cheshire, CW84QP. 01606 783295 or email: [autismlibrary@rosebank.cheshire.sch.uk](mailto:autismlibrary@rosebank.cheshire.sch.uk)

Autism Together Wirral sometimes offer 1:1 sessions. [www.autismtogether.co.uk](http://www.autismtogether.co.uk)

Shropshire Autism hub - <http://shropshireautismhub.moonfruit.com>

Space 4 Autism (Macclesfield and East Cheshire) - <http://space4autism.com/>

Ambitious about Autism - information including “Know Your Normal” <https://www.ambitiousaboutautism.org.uk/>

Research Autism - reviews latest research evidence on Autism <http://www.researchautism.net/>

### **Autism specific information:**

Sensory overload - <http://www.autism.org.uk/get-involved/tmi.aspx>

Meltdowns – <http://www.autism.org.uk/about/behaviour/meltdowns.aspx>

Communication - <http://www.autism.org.uk/about/communication.aspx>

Friend or fake booklet - <http://arcuk.org.uk/safetynet/friend-or-fake-easy-read-booklet/>

After diagnosis - <http://www.autism.org.uk/about/diagnosis/adults/after.aspx> -

<http://www.autism.org.uk/about/adult-life.aspx> -

managing money - <http://www.autism.org.uk/about/adult-life/managing-money.aspx> -

Debt management – [www.stepchange.org](http://www.stepchange.org) (National)  
[www.nationaldebtline.org](http://www.nationaldebtline.org) (National)  
[www.pennysmart.org.uk](http://www.pennysmart.org.uk) (Chester)

Online money management course - <http://www.autism.org.uk/professionals/training-consultancy/online/managing-money.aspx>

Examples of budgeting using apps - <https://www.thebalance.com/best-budgeting-apps-4159414> - there are lots of free apps available.

Relationships - <https://www.ambitiousaboutautism.org.uk/understanding-autism/are-you-age-16-25-and-on-the-spectrum/myvoice/relationships>

<http://www.autism.org.uk/about/family-life/partners.aspx>

## Advice for Autistic people accessing Health Services:

Royal College of General Practice Autism Toolkit -

<http://www.rcgp.org.uk/clinical-and-research/toolkits/asd-toolkit.aspx>

Hospital passport - <http://www.autism.org.uk/about/health/hospital-passport.aspx>

Making the most of a visit to a psychiatrist -

<https://www.ambitiousaboutautism.org.uk/understanding-autism/health-understanding-autism/making-the-most-of-a-visit-to-a-psychiatrist>

Cheshire wide attention card:

<http://www.cheshireautism.org.uk/news/attention-card/>

## Mental Health support Services:

Wirral: Inclusion matters: [www.inclusion-matters-wirral.org.uk](http://www.inclusion-matters-wirral.org.uk)

For other areas, contact your GP for a referral.

## How to access a Care Act Assessment

Cheshire West and Chester - Chester Gateway team: 0300 123 7034

Cheshire East Gateway team – 0300 123 5500

Wirral - Central Advice and Duty Team on 0151 606 2006

Shropshire – First point of contact team – 0345 678 9044

## Sensory products –

[www.multi-sensoryworld.co.uk](http://www.multi-sensoryworld.co.uk) (online retailer of sensory items)

Visual artwork - <http://patricksamuel.net/>

[www.cheshirecandlecompanyltd.com](http://www.cheshirecandlecompanyltd.com)

## NAS (National autistic society) local branches:

[www.nas-cheshire.org.uk](http://www.nas-cheshire.org.uk)

<http://naswarringtonbranch.webeden.co.uk>

[www.nas-shropshire.org.uk](http://www.nas-shropshire.org.uk)

[www.autism.org.uk/inyourarea](http://www.autism.org.uk/inyourarea)

## Autism Support Groups / Hubs:

Shropshire Autism hub - <http://shropshireautismhub.moonfruit.com/>

Space 4 Autism (Macclesfield and East Cheshire)<http://space4autism.com/>

Autism inclusive (Crewe) <http://www.autisminclusive.org.uk/groups/>

CHAPS: (Cheshire autism) [www.cheshireautism.org.uk](http://www.cheshireautism.org.uk) run a variety of activities for adults and young people across Cheshire.

About Autism (Wirral) [www.aboutautism.co.uk](http://www.aboutautism.co.uk) (or email: [louise@aboutautism.co.uk](mailto:louise@aboutautism.co.uk)) Louise is happy to support people 1:1. Their activities and events are on their [Facebook page](#).

Aspire - A group for adults with autism for advice or post-diagnosis support and socialisation. 11.30 – 1pm in the meeting room of the story house, the first Wednesday of every month. Sandra & Jenny: [aspirechester@gmail.com](mailto:aspirechester@gmail.com) or visit their Facebook page.

Autism together 0151 334 7510 [www.autismtogether.co.uk](http://www.autismtogether.co.uk) Offer 1:1 autism and me sessions, and a monthly adult social group.

The Belvidere Centre, Wallasey CH45 4RY - 0151 639 6154 (Jim Wilkinson) a youth club for ages 12- 25 for young people with disabilities and their friends. Operates 3 days a week. 60p per session

Geeks united (Flintshire) - a technology based club for young people [www.alexlowery.co.uk/autism-social-group](http://www.alexlowery.co.uk/autism-social-group)



## **Social skills development programmes:**

CHAPS: [www.cheshireautism.org.uk](http://www.cheshireautism.org.uk)

National autistic society: [www.autism.org.uk/socialskills](http://www.autism.org.uk/socialskills)

NAS social eyes: [www.autism.org.uk/about/strategies/socialeyes.aspx](http://www.autism.org.uk/about/strategies/socialeyes.aspx)

## **Developing social skills:**

Befriending services: [www.autism.org.uk/befriending](http://www.autism.org.uk/befriending)

e-befriending scheme: <http://www.autism.org.uk/directory/search-results/pg=1~sid=1045538~s=1/resources/1835.aspx>

A good way of developing social skills is to meet with others with similar interests, though attending a group in your area. Groups can be found by searching online, or through [www.meetup.com](http://www.meetup.com)

## **Developing Living skills:**

CHAPS: [www.cheshireautism.org.uk](http://www.cheshireautism.org.uk)

## **Benefit support:**

National autistic society: [www.autism.org.uk/benefits](http://www.autism.org.uk/benefits) or email: [welfarerights@nas.org.uk](mailto:welfarerights@nas.org.uk)

## **Advocate support:**

[www.autism.org.uk/advocacyandautism](http://www.autism.org.uk/advocacyandautism)

[www.autism.org.uk/directory](http://www.autism.org.uk/directory)

## **Employment support:**

Bren Project – supported work placements (8 weeks)  
[www.brenproject.org.uk](http://www.brenproject.org.uk)

Remploy – offer help with CVs, applying for jobs, attending interviews, and supported placements <http://www.remploy.co.uk>

Shaw Trust– [www.shaw-trust.org.uk](http://www.shaw-trust.org.uk)

The Work Zone - individualised employment support programme, including support to develop CV, job search and interview.

Cheshire wide) email:  
[skillsandemployment@cheshirewestandchester.gov.uk](mailto:skillsandemployment@cheshirewestandchester.gov.uk)

Total People – supported internships <http://www.totalpeople.co.uk>

National autistic Society training partners  
[www.autism.org.uk/trainingpartners](http://www.autism.org.uk/trainingpartners)

## **Supported accommodation:**

Autism together, 0151 334 7510 [www.autismtogether.co.uk](http://www.autismtogether.co.uk)

National Autistic Society - [www.autism.org.uk/communitysupport](http://www.autism.org.uk/communitysupport)

The Together Trust <https://www.togethertrust.org.uk/residential-care>

## Other useful information:

### Specialist driving instructor Cheshire –

<http://www.purplewheels.co.uk>

(Covers areas of Macclesfield, Crewe, Stoke and Northwich test centres)

**Quiet Shopping events** – <http://www.autismtogether.co.uk/cheshire-oaks-autism-friendly-shopping-evenings/>

**Autism friendly cinemas** – A lot of cinemas now hold autism friendly viewings, where the lights tend to be kept on at a low level, sound levels are lower than usual, there are no trailers or advertisements - just the film, and there is allowance for increased levels of movement and noise.

**Airports** – Some airports have an autism friendly lanyard / wristband / voucher. You need to apply in advance for one, or show your autism alert card, and you will be taken to a quiet area of the security area and the officers will use a minimal touch procedure. Also, some airport websites have a guide of what to expect at their airport on their website.

<https://www.liverpoolairport.com/help-advice/autism-awareness/>

<http://www.manchesterairport.co.uk/at-the-airport/special-assistance/hidden-disabilities/>

<https://www.birminghamairport.co.uk/at-the-airport/terminal-facilities/special-assistance/>

**General Holiday advice** - <http://www.autism.org.uk/about/family-life/holidays-trips/preparation>

**Park runs** (including ASD specific events)- [www.parkrun.org.uk](http://www.parkrun.org.uk)

## Useful videos:

About autism - <http://www.autism.org.uk/about/what-is/asd.aspx>

What is autism - <https://www.youtube.com/watch?v=1qPFAT4p8Lc>

<https://www.youtube.com/watch?v=7JdCY-cdgkl>

What sensory overload feels like -

<http://www.autism.org.uk/about/behaviour/sensory-world.aspx>

[http://www.autism.org.uk/get-](http://www.autism.org.uk/get-involved/tmi/about.aspx)

[involved/tmi/about.aspxhttps://www.youtube.com/watch?time\\_continue=3&v=ycCN3qTYVyo](https://www.youtube.com/watch?time_continue=3&v=ycCN3qTYVyo)

Understanding sensory processing:

<https://www.youtube.com/watch?v=hWP5YNXRCTY>

(not ideal as related to children, but its explained well.)

Developing ability to recognise non-verbal communication:

[https://www.youtube.com/watch?v=T4lq\\_qaJirs](https://www.youtube.com/watch?v=T4lq_qaJirs)

<https://www.youtube.com/watch?v=B0ouAnmsO1Y>

How to start conversations:[www.youtube.com/watch?v=jpo4pzHy338](https://www.youtube.com/watch?v=jpo4pzHy338)

Aspergers and relationships:

<https://www.youtube.com/watch?v=9tjEZbfLuok>

Autism and employment

[https://www.youtube.com/watch?v=Y\\_uN2LFv4WA](https://www.youtube.com/watch?v=Y_uN2LFv4WA)

Traits that come in handy on the job:

<https://www.youtube.com/watch?v=GQFQ5Kqvckc>

