

This free service offers 1:1 support to parents and carers of individuals up to the age of 25 who are either on the ASD diagnostic pathway awaiting assessment or who already have a diagnosis (new or a while ago).

We aim to build parental knowledge, skills and confidence to support a family member.

An initial phone call (or email if preferred) is followed by two visits from a qualified autism professional who is also a parent of someone on the autism spectrum. Each session lasts up to 2 hours.

**1st**

To listen and respond to specific areas of difficulty by suggesting tried and tested strategies aimed at improving communication, behaviour or well-being for those on the spectrum. Our team members are friendly, professional and easy to talk to.

**2nd**

A follow up visit 6 – 8 weeks later to provide an opportunity to discuss, reflect and assess the effectiveness of suggested approaches. This also gives us an opportunity to share local information and useful sources of support.

To access this free service or ask any questions, please contact:

The Autism Group on **07423 636339**

Or email Tricia Kempton at [tricia@theautismgroup.org.uk](mailto:tricia@theautismgroup.org.uk)

Check out our other services at [www.theautismgroup.org.uk](http://www.theautismgroup.org.uk)

or Facebook [www.facebook.com/theautismgroup](https://www.facebook.com/theautismgroup)