

Where to go for support:

Enfield Local Offer: *The Local Offer outlines services which will help and support children and young people with Special Educational Needs and Disabilities (SEND) and their families. Enfield offers a wide range of services for parents and carers, as well as for young people.*

Enfield Advisory Service for Autism (EASA): *This service aims to provide comprehensive advice, guidance and training for all those working with or caring for children and young people with autism*

Enfield National Autistic Society: *The National Autistic Society (NAS) is the UK's leading charity for people affected by autism. The Enfield Branch was set up by parents in 2005 to support and represent local people living with Autism/Asperger's, their families and carers.*

ENFIELD ADVISORY SERVICE FOR AUTISM



Barnet, Enfield and Haringey **NHS**
Mental Health NHS Trust
A University Teaching Trust



'I want to find out more about information, skills and resources for Autism in Enfield'

www.enfield.gov.uk/SEND

'I want to find out about local advice, guidance and training for those working with or caring for children or young people with Autism'

www.enfieldasa.org.uk

'I want to find more about what's offered by my local National Autistic Society'

www.enfieldnas.org.uk

'I want to know more about what support is available nationally'

www.autism.org.uk

NAS Helpline:
0808 800 4104

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Information for Parents and Carers about Autism Support in Enfield



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Information about Autism

Autism is a lifelong and developmental condition that affects how a person communicates and relates to other people and the world around them.

Autism is a Spectrum Condition which means that people with autism share certain common features, but are also affected in individual ways.

For a diagnosis to be made, a person will usually have persistent difficulties with their social communication and interaction and restricted and repetitive patterns of behaviours, activities or interests. Autistic people are also likely to experience sensory sensitivity, where they may be over or under sensitive to particular sensory stimuli.

With the right support and understanding, all children and young people with autism can make progress.

Autism Support in Enfield...

If your child is under 6 they will usually be assessed for autism by the Child Development Team (CDT).

If your child is over 6 they will usually be assessed for autism at the Child and Adolescent Mental Health Service (CAMHS).

Support for Parents

Making a Positive Start for Autism (MAPS) is a series of four information sessions about autism for parents and carers of children under 6 who have received a diagnosis of autism. You will be invited to this after your child receives a diagnosis at CDT.

Cygnets Parent Information Sessions about autism offer five core weekly information sessions to parents and carers who have a child aged 6-18 with a diagnosis of autism, and still in education. Parents and carers can self refer on the Enfield Advisory Service for Autism (EASA) website. There are additional sessions on siblings and on puberty, sexual wellbeing and relationships.

EASA also have **Parent Support Advisors (PSAs)** who can provide home support and parent training and workshops. Special Educational Needs Coordinators (SENCOs) and professionals that know the child can make a referral to a PSA on the EASA website.

Support for Educational Settings

If you think your child or young person needs more support, SENCOs can make referrals for individual pupils with a diagnosis of autism. The EASA offers support for staff and interventions for group or individual children and young people. They also work with schools to develop staff, pupil and peer understanding of autism.

Support for Staff

The EASA provide training for early years, primary, secondary and further education settings, including **Autism Education Trust (AET) training** which most schools and settings can request.

Understanding Autism

Autism affects the way a child or young person views and experiences the world. It is important to remember that each person with autism has an individual profile of strengths and difficulties

Behaviour

- ◆ Look at the behaviour through an 'Autism Lens'. All behaviour in autism is usually a way of 'Coping' or 'Communicating'. Try to understand the function of the behaviour rather than considering the behaviour as deliberately 'naughty'
- ◆ Seek to reduce anxiety
- ◆ Allow for special interests/obsessions and use these positively

Communication

- ◆ Keep It Short and Simple (KISS). It is important to simplify your language and be clear and specific
- ◆ Give the child or young person time to respond
- ◆ Support communication with visual cues (photographs, timetables, written words, pictures etc.)

Social Interaction

- ◆ Use strategies to support the child or young person's understanding of emotions and appropriate social skills (e.g. role play, modelling, joining & extending play)

Flexibility of Thought

- ◆ Be clear and consistent and provide predictable routines
- ◆ Introduce change gradually and with as much preparation as possible

Sensory Differences

- ◆ People on the autistic spectrum may have difficulties with processing sensory information
- ◆ Remember that sensory needs impact on all of the above!