



FLOURISH

Developing Differently

Support for Parents and Carers in Fife

at any point on a family's journey

Scottish autism

WHERE AUTISTIC PEOPLE
ARE VALUED

Delivered by Scottish Autism



Flourish

Flourish provides support to parents and carers of young people, up to the age of 26, who have neurodevelopmental differences such as autism, ADHD, Dyslexia, Dyspraxia.

For parents and carers to access this support, their child does not require a formal diagnosis and can be either on the assessment pathway, or simply self-identify.

Flourish aims to promote a greater understanding of neurodevelopmental differences, improve communication between parents and professionals and ultimately equip parents with the information and practical skills they need to enable them to effectively support their child.

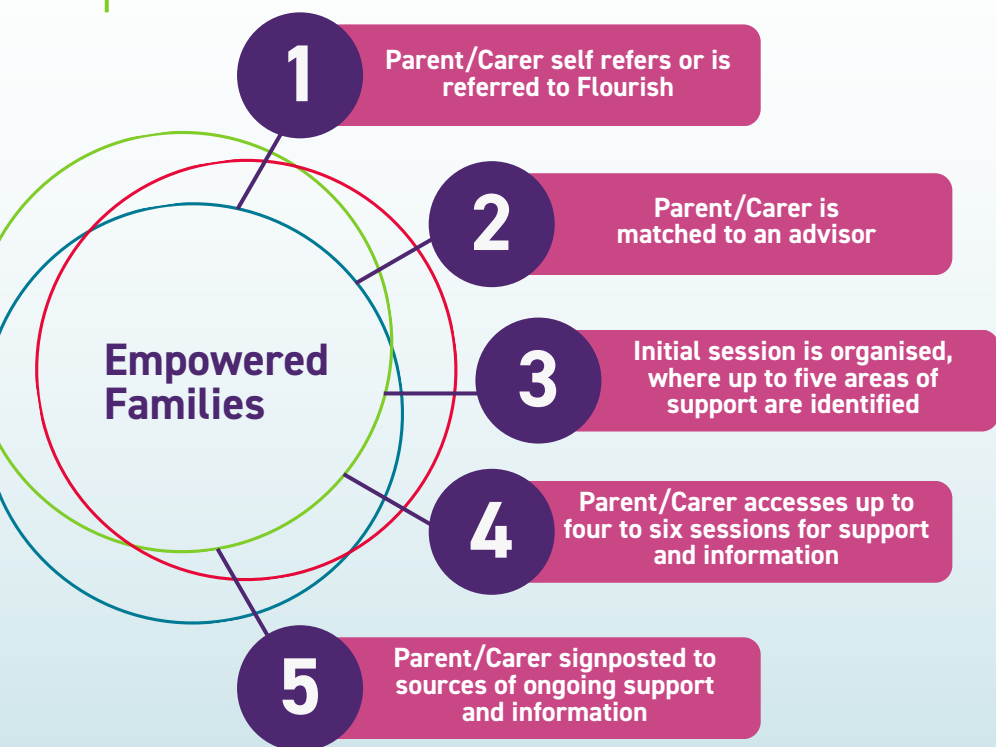
What to expect

The Flourish programme provides personalised support to each family. This is led by the parent or carer to identify how their family would benefit from the support most.

Through the programme we will select up to five areas of support. These can vary from family to family. Some example areas to focus support are; understanding neurodevelopmental differences, education, sleep, stress and anxiety.

Support is provided over four to six sessions, lasting approximately 1-1.5 hours on days and times that suit the family. The sessions can be delivered in person at our One Stop Shop, or alternatively virtually via Zoom or MS Teams, or if preferred over the phone. We are open to exploring preferred methods for accessing sessions.

How it works



What people have said

"The advisor we worked with was incredibly helpful and understanding. They were able to recommend tools and techniques for helping our son as well as research and references to read, watch and refer to. It felt like a really helpful way for us to discover speedily how to help and support our son and family."

- Parent/ Carer supported by Flourish programme

"Flourish is an invaluable source of support. My advisor was able to provide insights and guidance that I have not come across from any other source. The structure of the Flourish course, one-to-one support, really helped to hone in on the issues that matter to me and my family, rather than a more generalised discussion, as found in most forums."

- Parent/ Carer supported by Flourish programme

How to access

There are two main ways that families can access the Flourish programme:

- Parents or carers can refer themselves.
- We accept referrals from professionals involved in a family's support on behalf of parents and carers. For example, paediatrician, social workers, and teachers. Please note that consent must be obtained from the parent or carer before making a referral.

"The advisor helped me understand my daughter's autism and I appreciated the personal approach. With so much information around it, it was very special to be able to focus on her autistic journey."

- Parent/ Carer supported by Flourish programme

If you would like more information about Flourish, or you would like to explore making a referral then please contact us by;



01592 645350



fifeoss@scottishautism.org



www.scottishautism.org/services-support/support-individuals/one-stop-shops/fife

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Alloa, FK10 3SA.

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