

Information and advice for parents



**Fife One Stop Shop
Volunteer House
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Introduction

Fife One Stop Shop offers people with autism, their families and professionals information and advice about autism, the kinds of support services that are available in the area, and how to access them. As well as acting as an information hub, the One Stop Shops work closely with other groups and agencies, collaborating to understand and respond to the needs of the autism community. Our approach is based on an understanding that autism is multidimensional and that each individual and family may face unique challenges. As varying levels of support are required, we will provide information and advice that is meaningful to them. Our experienced and friendly one stop shop teams provide:

- Support to access the services you need, whether they are in the community or autism specific.
- Guidance to overcome barriers such as an unaddressed diagnosis and delayed intervention of support.
- A safe and friendly place to speak confidentially to someone who understands autism.
- One-to-one sessions, workshops and group activities for individuals, parents/carers, children, families and professionals.

We welcome feedback and will include any suggested improvements and new information in future revisions of this information pack.

To add or amend any information in this pack please contact:-

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Information

Scottish Autism (<http://www.scottishautism.org/>) is one of the largest providers of autism-specific services in Scotland and a leading authority and advocate for good autism practice. We exist to help those diagnosed with autism to lead full and enriched lives and become valuable members of the community they live in. We also seek to share our knowledge and expertise with parents, carers and other professionals in order to support the development of skills and strategies needed to provide the best care and support for people with autism.

About Autism <http://www.scottishautism.org/about-autism/>

What is Autism <http://www.understandautism.org>

Right Click <http://www.scottishautism.org/family-and-professional-support/right-click-programme/> is an online programme aimed at helping parents better understand and manage some of the challenges which can arise for their children and the wider family. The programmes are focused on providing support to parents of both **young children** and **teenagers** as this can be an especially challenging time for families.

Autism Advice Line <http://www.scottishautism.org/family-and-professional-support/advice-line/> supports parents, family members, individuals and professionals looking for information, advice and support.

The National Autistic Society (NAS) www.autism.org.uk provides a wealth of information which is well worth exploring.

Autism Services Directory is the UK's most comprehensive directory of services and support for people with an autism spectrum disorder, their families, and people who work with them. Click on the link below to search for **Autism Services** in the **Fife** area:-

<http://www.autism.org.uk/directory/browse/cid=292~aid=427.aspx>

Autism Network Scotland www.autismnetworkscotland.org.uk acts as an information sharing hub to connect and communicate with those interested in the field of autism. They are a signpost for autism professionals and practitioners, people with autism, their families and carers toward examples of good practice, resources and useful information. If you register with them, they send you regular email updates on news and events around autism, including training and knowledge sharing sessions.

Books, DVD's and Games

There are a large number of books available about Autism Spectrum Disorder (ASD) and related subjects and also a number of DVD's for those who prefer to watch rather than read. There are also an increasing number of fun games to encourage emotional and social development and communication skills.

Jessica Kingsley Publishing (JKP) <http://www.jkp.com/uk/> is a specialist publisher who has an Autism and Asperger Syndrome Catalogue.

Education and Learning

The majority of children and young people on the Autism Spectrum are educated at their local nursery, primary or secondary school. Schools are increasingly developing awareness and skills in supporting pupils. Each school has a Learning Support Teacher (LSS) who will have knowledge of autism.

In addition schools and parents have access to guidance and advice from the school's link educational psychologist. All schools in Fife have a link educational psychologist who works closely with school staff. The educational psychologist can become involved where there are concerns about a child's educational progress. The aim is to overcome barriers in the learning environment so that young people can be successfully included in their class, school and community. Educational psychologists can work directly with pupils, parents/carers, school staff and other professionals as well as providing consultation and training for teachers and support staff.

The school leadership team can also request further advice, support and training from other teams, for example the **Autism Spectrum Information and Support Team (ASIST)** in consultation with the schools Educational Psychologist and parents/carers.

ASIST can also work with the school staff in an advisory and consultancy capacity to help support pupils, particularly those present challenging behaviour. Pupils on the autism spectrum can be supported in a variety of ways. For example:-

- using symbolised communication ie. PECS, boardmaker
- help provide structure and organisation ie visual timetables
- changes to the physical or social environment i.e. work areas, social stories
- awareness of sensory processing differences
- individualised learning approaches
- use of Information and Communications Technology (ICT)
- support from a Pupil Support Assistant

Some pupils will require a more adapted and specialised learning environment. This can be done by access to the Pupil Support Service, within a Department of Additional Support Needs and specialised schools. If the parent is concerned about their child, or the support they are receiving, they should contact the head teacher of the child's school.

Enquire www.enquire.org.uk is the Scottish advice service for additional support for learning. They provide information to help parents make the right choices about their children's education by offering impartial advice. They have lots of practical advice, information and fact sheets about the education and additional support needs system in Scotland.

Education Scotland www.educationscotland.gov.uk is a Scottish Government website with a wealth of information on supporting learning within the Education System including those with additional support needs. Search for **autism toolbox** on this site to be guided to information on this valuable resource which has been developed to provide up-to-date information, from research and practical experience which is easy to understand and apply in the classroom, playground and home. It is essential reading for teachers who have a child with an autism spectrum disorder in their class.

Autism Toolbox website www.autismtoolbox.co.uk is brought to you by the Scottish Government in partnership with Scottish Autism with support from Autism Network Scotland. This online resource is to support the inclusion of children and young people with autism spectrum disorder in mainstream education services in Scotland. As well as introducing and describing some of the more common challenges a pupil with autism might face, it provides real life case studies from Scottish schools and practical examples of supports that you can translate and use in your own school setting. It also signposts you to other websites you may find useful.

Parentzone www.educationscotland.gov.uk/parentzone aims to develop partnerships between parents and schools and advice on how parents can support their child's education.

Schoolhouse www.schoolhouse.org.uk is a Scottish based charity and a source of independent information for parents, carers and young people who are starting out on the home education path, families who may be thinking about educating their children outside the classroom, and those who just want to know more about how home education works.

Financial Support

GOV.UK www.gov.uk is a website providing general information on current benefits and future changes to the benefits system. It includes a benefits calculator so that personal details can be entered and it will calculate what can be claimed.

Department of Work and Pensions (DWP) www.dwp.gov.uk provides further information on benefits and welfare reforms. Personal Independence Payment (PIP) and Disability Living Allowance (DLA) are the two non means tested benefits that can be awarded to those on the autistic spectrum (DLA for those under 16).

Self Directed Support Scotland www.selfdirectedsupportscotland.org.uk is a Scottish Government website which provides information about self directed support (SDS) for people who need social care services.

Citizens Advice and Rights Fife (CARF) www.carfweb.org.uk provides a free, independent and confidential service, providing information and advice on a variety of issues including benefits, maximising and managing your income, debt support, relationship problems, employment, health, and consumer rights. They have offices throughout Fife. Click on 'General Advice' on their website for information on benefits and other useful information.

Turn2us <http://www.turn2us.org.uk/> is a free service that helps people in financial need to access welfare benefits, charitable grants and other financial help – online, by phone and face to face through our partner organisations.

Family fund <http://www.familyfund.org.uk/> is the UKs largest provider of grants to low-income families raising disabled and seriously ill children and young people.

Transport

Free Public Transport www.fifedirect.org.uk

If your child receives higher rate of the mobility component or higher or middle rate of the personal care component of Disability Living Allowance (DLA) you can get a bus pass from Fife Council which enables your child and an adult to travel throughout Fife free. You will need your benefit award letter from the Department of Work and Pension, which must be dated within the last year.

Support for Parents/Carers

Fife One Stop Shop – Parent Group in partnership with Enable. For information access our monthly calendar on <http://www.scottishautism.org/family-and-professional-support/one-stop-shops/fife/fife-calendar/>

NHS Fife - Parent information groups suitable for the child's age and stage of development. Programmes aim to provide parents with a better understanding of their child's autism and help develop skills to start problem solving and facilitating some aspects of communication and behaviour.

- **Early Bird** (2- 4 years)
- **EarlyBird +** (4 - 8 yrs 11 mths)

Contact Anne Wilson tel: 01592 645232 or email: annem.wilson@nhs.net

- **PAPAS (9-14 yrs)**

Contact Dougie McHale tel: 01383 627046 or Joanne McCabe tel: 01383 565400

Fife Carers Centre www.fifecarerscentre.org.uk is dedicated to supporting the unpaid carers of Fife. They work one to one with carers to provide support and advice in their caring role. They provide a carers assessment, information on local services, workshops, quarterly newsletters and benefits advice.

Autism Rocks <http://autismrocksfife.org/> provide peer support and information through their Facebook Group Page (this is a private group)and coffee mornings. They also provide opportunities for the children/adults on the spectrum and parents/carers to socialise at their centre in Buckhaven.

Healthier Scotland

- Steps to deal with Stress <http://www.stepsforstress.org/>
- Free Steps for Stress booklet
<http://www.stepsforstress.org/templates/Inner/order-booklet.php>
- Free Relaxation CD <http://www.stepsforstress.org/templates/Inner/order-cd.php>

Advocacy

Kindred www.kindred-scotland.org provide advocacy and emotional support for carers of children and young people up to the age of 18. They also provide advocacy to support the parent in ensuring that their child gets the right support in school and can contact health and social care professionals on behalf of the carer.

Advocacy in Fife is a booklet with details of eligibility and Advocacy services across fife <http://www.fivevoluntaryaction.org.uk/downloads/Advocacy-in-Fife-A5-booklet.pdf>

Other Support

LINK Adolescent Project www.linkbefriending.org.uk helps young people (12 to 18 year olds) improve their resilience, self esteem, confidence and mental wellbeing, through the support of a consistent and reliable befriender.

Child Clinical Psychology Service /Child and Adolescent Mental Health Service (CAMHS)

This is an NHS Fife service providing a wide range of clinical psychology services for children and young people aged up to 18 years. A referral can be made by your GP, health visitor or other NHS staff. They also accept referrals from other agencies, including Social Work, Education, and the voluntary sector.

Playfield Institute www.playfieldinstitute.co.uk

This is a resource for anyone working with or caring for children and young people (e.g. school nurses, social workers, teachers, foster carers, parents). If you click on 'information' at the top of the website, then click on 'useful links (in the box on the left hand side). There is a section on Autism and Aspergers as well as many others. Details of their training programme are also available on this website.

Moodcafe www.moodcafe.co.uk is a Fife based website providing information and resources relevant to various common psychological problems for children and teenagers as well as adults.

BeatBullying www.beatbullying.org.uk is an on-line resource for children and young people across the UK to stop bullying. Their aim is to empower young people so deeply affected by bullying that they can barely face going to school every day.

Handsonscotland www.handsonscotland.co.uk website aims to help make a difference to children and young people's lives. It gives practical information, tools and activities to respond helpfully to troubling behaviour and to help children and young people to flourish.

Healthyfife <http://www.healthyfife.net/> provides useful information on what is happening to improve health and wellbeing and reduce health inequalities in Fife and beyond. Parents and carers can apply for a training place if they think this might be useful.

Fife Social Work Services www.fifedirect.org.uk/socialwork is responsible for arranging social care services for people and communities in Fife.

Fife Gingerbread <http://www.fifegingerbread.org.uk/> provides a wide variety of services to lone parent families and to local communities.

Homestart support is available for any family experiencing difficulties and who has at least one child under 5 years of age. Here are links for the areas in Fife:-

- **Dunfermline** <http://www.home-startdunfermline.org.uk/Index.asp?MainID=5453>
- **Kirkcaldy** <http://www.homestartkirkcaldy.org.uk/Index.asp?MainID=10798>
- **East Fife** <http://www.home-start-eastfife.org.uk/Index.asp?MainID=693>

Transition

Your child may go through a number of transitions, such as starting a new stage of education or moving to a new school. He/she may also go through unplanned changes in their education as well as the time when they leave school and move into adulthood. Here are some useful links to help with these transitional times

National Autistic Society - Transition Scotland <http://www.autism.org.uk/living-with-autism/education-and-transition/transition-from-school-to-adult-life/transition-scotland.aspx>

Scottish Autism Supporting Transition from School to University
www.scottishautism.org/family-and-professional-support/information-resources/supporting-transition/

Growing Up and Moving On website provides a lot of useful information on Fife's Transition Charter and services and support for young people leaving Children's Services. www.fifedirect.org.uk/movingon

Emergency Contacts

NHS24– www.nhs24.com when your GP practice is closed, the GP Out Of Hours service can be accessed via NHS24 **Tel:** 111

Emergency Out of Hours Social Work Services

Tel: 03451 550099

Samaritans - www.samaritans.org

Tel: 08457 90 90 90 **Email support:** jo@samaritans.org

