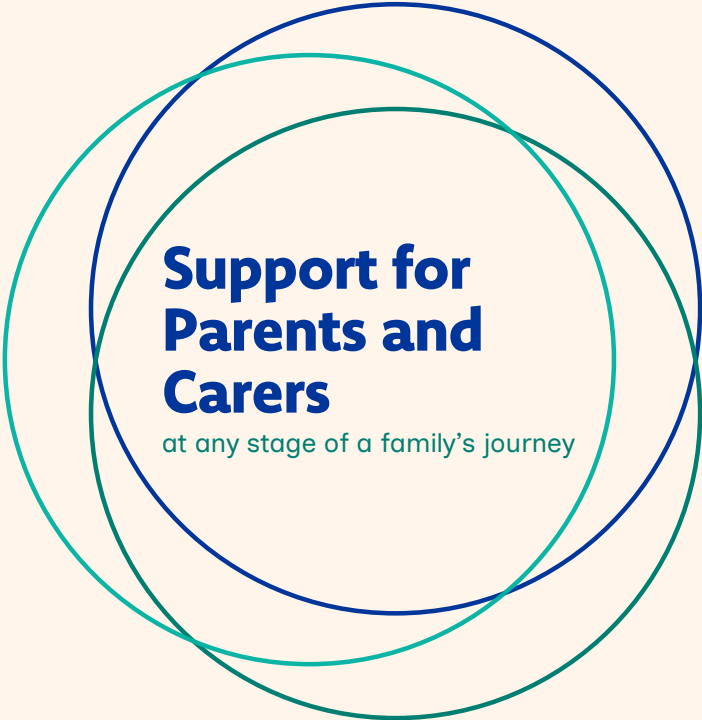


Get Set Autism

EMPOWERING FAMILIES

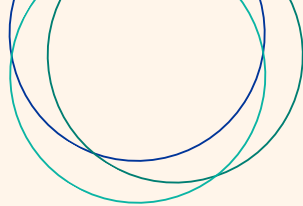


Support for Parents and Carers

at any stage of a family's journey

**SCOTTISH
AUTISM**

Embracing difference,
leading change



Get Set 4 Autism

Get Set 4 Autism provides support to parents and carers of autistic children and young people, from the age of 5-18 years, across Scotland.

This programme of support is available at any stage of a family's journey. That includes pre assessment support for families with children currently on a waiting list for an autism assessment, through to post assessment support following an autism diagnosis.

Get Set 4 Autism aims to promote a greater understanding of autism, improve communication between parents and professionals, and equip parents and carers with information and practical skills to better support their child.

What to expect

The Get Set 4 Autism programme offers a family-centred approach, guided by what matters to parents/carers. Parents and carers lead their support, and at the beginning of the programme, we will work together to identify three to five goals. These are unique to each family and may include areas such as understanding autism, education, sleep, stress, or anxiety.

Support is offered across four sessions, each lasting around one hour and held fortnightly, spanning no more than 12 weeks. Sessions can take place online via Zoom or Microsoft Teams, or by phone if that feels more comfortable. However, we are happy to explore the best way for parents and carers to access sessions.

Throughout the programme, we will gently check in on a parent and carers journey, using evaluation to track progress and ensure the support meets your needs as a family.

How it works

Before

1

Submit an enquiry

2

Triage call to assess eligibility

3

If eligible, added to waitlist

4

Top of waitlist – matched with an advisor

During

1

An initial session organised, goals identified

2

Four sessions fortnightly

3

Signposted to ongoing support and information

4

Further contact made three months after completion

What people have said

“As both a mother of an Autistic child and as a medical professional caring for and supporting Autistic people and their families, the advice, insight, support and wisdom I have had from the Get Set 4 Autism Programme has far exceeded anything I have found anywhere else. I will be recommending it widely.”

“Our family has been truly touched by the support we received from Get Set 4 Autism. Navigating the world of autism can be overwhelming, but the team here made us feel genuinely heard and supported throughout our journey.”

“The advisor was understanding, thoughtful, non judgemental and provided excellent tailored support to help me with my daughter. The tips and advice which they provided were amazing and helped my confidence in supporting my daughter.”

How to access

Parents and carers, including professionals can make an enquiry via the Advice Line.

If you would like more information about Get Set 4 Autism, please get in touch.

 **01259 222022**

 **advice@scottishautism.org**

 **scottishautism.org/get-set-4-autism**

