

Resources for Parents & Carers

Created March 2023 - Robyn Pring SLT Student

Useful websites to visit for parents / carers

Follow the QR codes at the top of the sheet to follow the websites

- 1 [Understanding Autism](#) - provides a short guide on autism, and how the National Autistic Society can help.
- 2 [Children on the Spectrum](#) - provides a guide for parents and carers of autistic children.
- 3 [Parent to Parent Service](#) - gives confidential emotional support over the telephone from a trained volunteer who is a parent or carer with an autistic child/adult.
- 4 [Education Rights Service](#) - offers confidential information and advice on topics such as your legal rights and entitlements so you can make informed decisions about your child's education.
- 5 [Child Autism UK](#) - has a confidential helpline parents / carers can call for advice or support
- 6 [Key Facts about ASD](#) - useful informative summary of ASD
- 7 [Myths and causes](#) - Autism myth busting and extra stereotypes

National services

<https://www.ambitiousaboutautism.org.uk/> - Ambitious about Autism

<https://www.autism.org.uk/> - National Autistic Society

<https://www.childautism.org.uk/> - Child Autism UK

<https://www.learningdisabilities.org.uk/> - Foundation for People with Learning Disabilities



The Local Offer

The [Local Offer](#) is a council website that has information about the different services and help available to children and young people who have special educational needs and their families. It will include support regarding local support groups and other categories e.g. travel, education, health & social care etc. On their website you can find resources by the child/young person's age (0-25 years old).



Family Fund

The [Family Fund](#) (A) is a charity that aims to improve the lives of families raising disabled or seriously ill children and young people across the UK. They provide grants for essential items such as:

- Washing machines
- Cookers
- Clothes
- Tablets and computers
- Bedding
- Family breaks



If you meet the [eligibility criteria](#) (B), you can apply for the grant [here](#) (C).

Sensory Resources

Book a sensory room [here](#). Sensory rooms have proven to be extremely valuable to those with disabilities, some evidence suggests that those with challenging behaviour can improve and may be reduced over a long term period.



The charity **Cerebra** has a sensory toy library, where someone can loan sensory toys for 28 days and a library for eBooks and audiobooks.



Sensational Kids Occupational Therapy Practice is a Paediatric Occupational Therapy practice owned and managed by Aniesa Blore. The practice offers therapy and assessment for children aged 0-16 years, and young people aged 16-19. They offer specialised services to a range of neurological disorders such as: Autistic Spectrum Disorder, Asperger's Syndrome, ADD/ADHD, Sensory Processing Disorder, Dyspraxia, Developmental Delay, Learning Difficulties, Acquired Brain Injury and others.



Useful watches

1 [Helping Change People's Lenses About Behavior](#)

1



2 [Inside Our Autistic Minds](#)

2



3 [The impact of no touch on everybody and how do you get your daily tactile input?](#)

4 [Sensory reactivity](#)



5 [Information about sensory trauma](#)

3

4

5

For children & young adults

Communities

Spectrum Gaming is an online community for autistic young people which has three main intended outcomes including building friendships, increasing self-acceptance and advocacy. 35 autistic young people are part of our voluntary staff team, and they fulfil a variety of roles including Server Managers, Event Planning Managers, Server Improvement Team Members and Moderators.



Fan Boy Three Is one part Friendly Local Game Store, one part boardgame cafe and one part award winning Organised Play centre. Great for autistic children and young people who have interest in gaming and technology.



[Autistic Girls Network - Home | Facebook](#) is a charity campaigning for and raising awareness of autistic girls, autistic masking and how not recognising or diagnosing can cause mental health issues. It provides a space for autistic girls and women to come together and share experiences, thoughts and support.



The group is also available to people who are interested in learning more about ASD in girls.

Books and videos for younger children

[All Cats Have Asperger Syndrome](#) book takes a playful look at Asperger Syndrome / Autism, drawing inspiration from the feline world in a way that will strike a chord with all those who are familiar with AS/ASD. Touching, humorous and insightful, this book evokes the difficulties and joys of raising a child who is different and leaves the reader with a sense of the dignity, individuality, and potential of people with ASD. This engaging book is an ideal, gentle introduction to the world of AS.



[Dude, I'm An Aspie!](#) Matt Friedman depicts life with Asperger's syndrome with honesty and humour. Matt self-identified as an Aspie in his mid-thirties. Recognizing his obsessive doodling in elementary school had been a special interest, he returned to drawing after 20 years.



[I am an Aspie Girl: A book for young girls with autism spectrum.](#) 'I'm an Aspie girl' simply, clearly and positively explains the social differences associated with Asperger's Syndrome, or Autism Spectrum Disorder, in young girls. This book will help Aspie Girls aged 5-11 to understand their diagnosis, recognise their unique strengths and celebrate their differences, and find ways of coping with difficulties. This positive and celebratory book also contains helpful discussion points for parents and professionals to explore further with the girls in their care as well as being helpful for siblings with a sister diagnosed with autism.



[Amazing Things Happen](#) - by Alexander Amelines and The National Autistic Society provide an uplifting introduction to



autism for young autistic and non-autistic audiences, aiming to raise awareness, understanding and tolerance in future generations.

Books and videos for young adults

Can I tell you about Autism?: A guide for friends, family and professionals is ideally suited for readers aged 7 and upwards, and will be an excellent way to increase understanding about autism, in the classroom or at home. It also includes clear, useful information for parents and professionals. The 'Can I tell you about ' series offers simple introductions to a range of limiting conditions and other issues that affect our lives.



Watch My Autism and Me. In this 'Newsround' special, 13-year-old Rosie takes viewers into her world to explain what it's like to grow up with autism - a condition which affects how children see life, and the way they relate to others around them. With the help of beautifully crafted animation, Rosie introduces other children who have the condition.



Ted talks such as **'What it's really like to have autism' (1)** and **'Why everything you know about autism is wrong' (2)** are particularly helpful for understanding neurodivergent models and first person accounts as well as being deeply insightful and uplifting. There are many TedTalks on youtube discussing ASD.

1



2



The Curly Hair Project (A) (CHP) is an award-winning organisation founded by autistic author and entrepreneur Alis Rowe. CHP resources are used by individuals, families and professionals worldwide. Lots of people are quite unaware of how autism presents in women. There are lots of women out there struggling and they perhaps don't know why. Alis being open about it has already helped thousands of girls and women and their families around the world. She has also released a book: **The Girl with the Curly Hair - Asperger's and Me (B)**

A



B



