

Social support

Social programmes

We provide two types of social programmes for people with 'high-functioning' autism and Asperger syndrome over the age of 16: social groups which meet on a monthly basis and user representation groups where people on the spectrum can learn how to become more involved in boards and committees.

Contact our Autism Helpline on 0845 070 4004

to find out if there are social programmes in your area.

Email: socialprogrammes@nas.org.uk
www.autism.org.uk/socialprogrammes

Befriending

Our befrienders spend a few hours each week with a person with ASD or their family. Some spend time at home with the individual; others go out and about. If there is a scheme in your area we will do our best to match you with the right volunteer.

Contact our Autism Helpline on 0845 070 4004

to find out if there is a befriending scheme in your area.

www.autism.org.uk/befriending

Employment and learning support



Prospects employment service

Prospects is our employment and training service for adults with ASD. The service is currently based in Glasgow, Leeds, London and Manchester.

We provide:

- > work preparation programmes
- > job finding support
- > interview support
- > employment support
- > advice, support and training to employers.

We also offer a student support service for individuals in further or higher education.

Email: prospects@nas.org.uk
www.autism.org.uk/prospects

Information and online resources

Information Centre

Our Information Centre provides a specialist information service for professionals working with people with autism and their families, and students and researchers studying autism spectrum disorders.

We offer:

- > a free enquiry service, specialist literature searches, and searches for services around the UK
- > information sheets on specific subjects and information packs relevant to particular professions
- > a reference library, available by appointment, containing a wealth of information on autism and related subjects, including books, journals, DVDs and videos
- > subscription-based information update services on the latest publications, training and events in the field of autism.

Tel: 0845 070 4004

Email: info@nas.org.uk

Web page: www.autism.org.uk/infocentre
Monday – Friday, 10am – 4pm

Publications

We publish and sell a wide range of 'tried, tested and trusted' books and resources for adults on the autism spectrum, their families and professionals working with them.

Call 020 7903 3595 for a catalogue or visit our online shop at **www.autism.org.uk/pubs**

Online resources

www.autism.org.uk

Our website contains information about ASDs, The National Autistic Society and our nationwide activities and services.

www.autism.org.uk/directory

Our Autism Services Directory is an online directory of autism services, support groups and training courses throughout the UK.

www.autism.org.uk/signpost

Signpost provides personalised information for parents/carers and people with autism spectrum disorders relevant to age, diagnosis and location. It includes information on benefits, key services and training.

www.autism.org.uk/autismdata

Autism Data is a searchable database providing information on published research, articles, books and multimedia on autism.



Information, advice and support

for **adults** with autism and their parents and carers

The National Autistic Society is the UK's leading charity for people with autism (including Asperger syndrome). We were founded in 1962, by a group of parents who were passionate about ensuring a better future for their children. Today we provide a wide range of advice, information, support and specialist services to 100,000 people each year in England, Scotland, Wales and Northern Ireland.

This leaflet gives information about services and support for adults on the autism spectrum, their families and those working with them.



Telephone support

Autism Helpline

Our Autism Helpline provides impartial and confidential information and advice to people with autism spectrum disorders (ASDs) and their families.

Our Helpline advisers are able to talk about the range of ASDs and related issues in depth. We also have a dedicated welfare rights adviser.

The Helpline can also:

- > provide details of support in your local area
- > send out information packs on ASDs
- > provide information sheets on a variety of key issues related to ASDs
- > offer access to a telephone interpretation service for callers whose first language is not English.

Tel: 0845 070 4004

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Calls from the UK are charged at local rates (calls from mobile phones may cost more)

Email: autismhelpline@nas.org.uk

www.autism.org.uk/helpline

Monday – Friday, 10am – 4pm

Supported by



Housing

Residential care

We provide residential care for adults with varying needs in a number of rural and urban settings around the UK, offering specialised, person-centred support.

Our aim is to offer each individual access to as full and enjoyable a life as possible. Each residential service provides accommodation 52 weeks per year, 24 hours per day. Services are generally offered on a long-term basis to provide continuity and personal security.

Contact our Autism Helpline on 0845 070 4004

to find out more about our residential care or go to **www.autism.org.uk/adultservices**

Supported living

Our supported living service is for individuals who need extra help to live in their own homes, whether as tenants or owner occupiers, living alone or with others. Support can mean 24-hour care or simply a couple of hours a week to help with shopping and budgeting.

We also offer a flexible outreach service to help people access opportunities outside the home in their local community. NAS supported living

and outreach services are located in a number of places around the UK.

Contact our Autism Helpline on 0845 070 4004 to find out more about our supporting living services or go to **www.autism.org.uk/adultservices**

Parent support

Parent to Parent

Parent to Parent is our 24-hour confidential telephone support service, provided by trained parent volunteers. Parents of children or adults with autism can call for free at any time and leave a message and contact number. A volunteer will phone you back as soon as possible.

Tel: 0800 952 0520

www.autism.org.uk/p2p

help! and help! 2 programmes

Our *help!* programmes provide parents and carers of children and adults with autism with post-diagnostic information and advice. The programme varies depending on your individual need and other local circumstances.

Contact our Autism Helpline on 0845 070 4004 for contact details for the *help!* programme nearest to you. **www.autism.org.uk/help!**

The National Autistic Society is the UK's leading charity for people affected by autism.

Over 500,000 people in the UK have autism. Together with their families they make up over two million people whose lives are touched by autism every single day.

Despite this, autism is still relatively unknown and misunderstood. Which means that many of these two million people get nothing like the level of help, support and understanding they need.

Together, we are going to change this.

Your voice is our voice

Why not join the NAS as a member and help us campaign to create a brighter future for people with autism?

Tel: 0207 903 3563. Email: membership@nas.org.uk
www.autism.org.uk/joinus

National Offices

Head Office

Tel: 020 7833 2299. Email: nas@nas.org.uk

NAS Cymru

Tel: 02920 629 312. Email: wales@nas.org.uk

NAS Scotland

Tel: 0141 221 8090. Email: scotland@nas.org.uk

NAS Northern Ireland

Tel: 02890 236 235. Email: northern.ireland@nas.org.uk

The National Autistic Society is a company limited by guarantee registered in England (No. 1205298) and a charity registered in England and Wales (269425) and in Scotland (SC039427), registered office 393 City Road, London EC1V 1NG.