

ASC Family Worker Offer

ASC family worker project requirements:

- ♣ Have a GP in Kirklees
- ♣ Have a diagnosis of ASC (Cygnet only) or starting the Neuro pathway
- ♣ Are ready and willing to engage in support

ASC Family worker project does not offer

- Case load capability for individual families to work on long term one to one support
- Individual emotional wellbeing support
- Direct work with individual children or young people

Cygnet:

This programme is designed for parents and carers of children and young people aged 5-18 with a diagnosed autistic spectrum condition. This programme will target families who are newly diagnosed (early intervention), and families experiencing challenging behaviour. 12 places will be available on each programme. The programme will be delivered over seven three hour sessions. The programme is accessed through a support request into Thriving Kirklees.

The programme is designed to:

- Increase parent/carer understanding of autistic spectrum conditions
- Help parents develop their knowledge on how a child on the autistic spectrum experiences the world and what drives their behaviour
- Guide parents through practical strategies they can use with children
- Direct parents to relevant ASC resources
- Give parents the opportunity to meet with other parents who have had similar experiences and to gain support and learn from each other

Topics covered will include:

- Autism & diagnosis
- Communication
- Sensory Issues
- Understanding behaviour
- Managing behaviour

Parent/Carer Workshops:

Open access workshops for parent/carers in Kirklees to raise awareness and offer support. These can be booked online or via phone and are included with the wider parent/carer information session offer. No diagnosis required to access.

Current sessions on offer:

Understanding ASC: Take the opportunity to see what autism is from the perspective of autistic people through videos and information presented by the ASC family worker, meet others and share your experiences in a relaxed environment.

Supporting yourself as a carer and where to get help: Looking at self-care when you care for someone else, how does caring affect us, how can we improve our own wellbeing, what works and where can we find help.

Sensory development and sensory differences relating to autism: This session will be an Introduction to sensory development, help gain understanding of our different senses, recognise sensory preferences and to investigate/take “a closer look” at challenges and who/how can we help with challenges?

1-1 Drop In sessions:

One off sessions for parent/carers can be booked with the ASC family worker to look at individual needs within the home. This may include looking at other support services available, navigating support services or support in personalising information from workshops or the cygnet programme to help implement strategies within the home.

To access young people need to be starting the neuro pathway or have a diagnosis of ASC. Sessions can be booked directly into the diary for 1-1 ASC family worker sessions through wellbeing support workers or by other workers within the face to face team.