

# AUTISM SPECIFIC SERVICES

These services aim to meet the individual needs of autistic individuals and the people supporting them by providing targeted, practical support and solutions with the goal of improving their everyday reality, along with increasing awareness and acceptance of autism in the community at large.

## HELP FOR FINDING RESOURCES



assistance for autistic individuals and their families to research programs, laws and policies, fill out paperwork, find resources etc.

## COMPANION SERVICE



accompaniment for autistic individuals and their families before/after/during outings, shopping, appointments, or any other situation in which another person could be beneficial

## NEEDS ASSESSMENT WITH PERSONAL COACHING

targeted, practical support and solutions for autistic teens and adults around identifying, understanding and addressing their own needs with confidence, ease and effectiveness

Specific and personalized interventions can include:

- understanding individual internal autistic perspective,
- identifying personal strengths and the areas that support is required,
- breaking down needs into goals,
- deciding how to target and work on a specific area or goal,
- addressing difficult situations and behaviour patterns,
- discovering what services are available to help in each area,
- ensuring self advocacy



## AUTISM AWARENESS AND ACCEPTANCE

autism specific presentations and information sessions for students, staff or community groups looking to understand more about what autism is, the real life impact, and individual roles of accepting and including autistic individuals



## WORKSHOPS

information and discussion for parents, family members, professionals, staff or community groups looking to learn more about understanding, including and interacting with autistic individuals



## TRAINING SERIES

specific and applicable information and techniques around providing effective care, for anyone who is directly supporting someone with autism on a regular basis



## SITUATIONAL CONSULTATIONS

ideas and aid for individuals with autism and the people supporting them, around how to make changes in specific situations, including dealing with lack of progress/change, aggressive or inappropriate behaviour, changing behaviour patterns, targeting specific goals etc.

