



This leaflet sets out the plans for this new post diagnostic support service. En-Fold will be linking up with all organisations in the Autism field to enable effective signposting and system navigation for Autistic individuals and parents/carers. Providing a short-term intervention but equipping individuals and families for the rest of their autism journey.

We are a new charity, with limited funding, so are starting out with a pilot project. We are hopeful that in time we will secure the resources to expand across Northamptonshire.

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**07845905766**



***'The welcome arms for those seeking information, training and support around Autism'***

Charity number – 1180998

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## **Post Diagnostic Support Service**

Charity number – 118099

- *Recently diagnosed with ASD?*
- *Not sure what to do next?*
- *Looking for some support?*

**Then contact us about our post diagnostic support service...**

## What are our aims?

We recognise that going through the diagnostic pathway as an adult is a long and difficult process with questions as well as answers

resulting...



Parents and carers of children and young people get lost in the diagnostic system and are often confused and isolated after the process has ended.

We want to ensure that all children, via support to their parents, are able to access the best services, information and support for them. We also want to ensure all



individuals receiving a diagnosis in adulthood find the right

information and support.

We will act as system navigators to ensure

better support, better communication, and most importantly connect individuals and families to the right support for them. All people deserve an equal chance to flourish.

## What will the pilot post diagnostic service look like?

4-6 weeks of support, in the home as adjustment to the autism diagnosis occurs. An excellent understanding of the emotional journey and empathetic listening skills to be used alongside offering practical support and signposting individually tailored to the family's needs. Afterwards, the option of taking part in our mentoring and befriending service is available with trained volunteers supporting the individual or parent/carers of a child for a further 3 months.



## Summary of support programme:

*Week 1* – What is Autism? What might this mean for me/my child and family?

Assessment of individual support and information the family may need.

*Week 2* – Information sharing on agencies, support groups, services etc, specific and tailored to the individual/family. Related disability benefits and form filling support

*Week 3* – Understanding behaviour and meltdowns including sensory needs within ASD and overview of strategies to support.

*Week 4* – Education and understanding the system. Support form filling referrals to specific organisations if some longer-term support is required.

**An individualised written summary of support and organisations signposted to, will be provided.**

