



## Patient Information

## Community Paediatrics

### Useful information following a diagnosis of Autism

Your child has received a diagnosis of autism. We understand that this can be difficult to come to terms with and as a family, you may be coping with a condition you know very little about and are trying to find new ways for everyone to live together and feel supported.

Your child is the same person they have always been. Now that you know they are on the autism spectrum, you can begin to better understand their needs, arrange the right support and help them to maximise their potential.

This is important for autistic children, who can benefit from appropriate, sometimes intensive, support from an early age. It is also important for families, who may benefit from services such as short breaks.

A diagnosis can help your child to get autism-specific support, but this does not happen automatically.

Help at school is based on need, in addition to the diagnosis. You can speak to the school about how your child might be able to get extra help before or after a diagnosis.



## Useful information following a diagnosis of Autism

There are lots of resources about autism available online. The following websites have been recommended by Swindon parents:

### National Support Services

National Autistic Society [www.autism.org.uk](http://www.autism.org.uk) Helpline - 0845 070 4004

Autism Research [www.researchautism.net](http://www.researchautism.net)

'All about Autistic Spectrum Disorders Introductory Booklet' – free to download from the Foundation for People with Learning Disabilities

<https://www.mentalhealth.org.uk/learning-disabilities/publications/all-about-autistic-spectrum-disorders>

Patient UK: Information on Autism

<https://patient.info/childrens-health/autistic-spectrum-disorders-leaflet>

Young Minds – a National organisation to support the mental health and wellbeing of young people.

<https://youngminds.org.uk/find-help/conditions/autism-and-mental-health/>

### Local Support Services

Details of local support services can be accessed via the Local Offer website.

<https://localoffer.swindon.gov.uk/home/>

### Other useful services as recommended by Swindon parents

Disability Living Allowance for children aged under 16

<https://www.gov.uk/disability-living-allowance-children>

Personal Independence Payment (PIP) for children aged over 16

<https://www.gov.uk/pip>

Personal budgets and direct payments

<https://www.autism.org.uk/about/benefits-care/community-care/personal-budgets.aspx>

Visual Supports and Beyond

<http://www.visualsupportsandbeyond.co.uk/index.html>



## Useful information following a diagnosis of Autism

The CEA Cinema Card

<https://www.ceacard.co.uk/>

The Carers Trust – Days Out

<https://carers.org/article/days-out>

Bournstream - A play and picnic site for children with special needs

<https://www.bournstream.org/>

Hard Days Out Made Easy

<https://harddaysout.com/>

My Family Our Needs

<https://www.myfamilyourneeds.co.uk/activities-for-disabled-children/>

Special Needs Jungle

<https://www.specialneedsjungle.com/>

Merlin's Magic Wand

<https://www.merlinsmagicwand.org/>

Family Fund – Helping Disabled Children

<https://www.familyfund.org.uk/>

Disability Sport Swindon

<http://disabilitysportswindon.co.uk/>

### **Websites for managing your child's anxiety**

KOOTH - Free, safe and anonymous online support for young people

<https://www.kooth.com/>

Young Minds

<https://youngminds.org.uk/find-help/conditions/anxiety/>

Anxiety UK

<https://www.anxietyuk.org.uk/>

Overcoming

<https://overcoming.co.uk/single.htm?ipg=5079>

Youth Anxiety

<https://youth.anxietycanada.com/anxiety-10>

Mood Juice

<https://www.moodjuice.scot.nhs.uk/>

### Recommended books

Books recommended by National Autistic Society

<https://www.autism.org.uk/shop/books.aspx>

#### For parents:

- 'Ten Things Every Child with Autism Wishes You Knew' by *Ellen Notbohm*
- 'From Anxiety to Meltdown' by *Deborah Lipsky*
- 'The Complete Guide to Asperger's Syndrome' by *Tony Attwood*
- '101 Tips for Parents of Children with Autism: Effective Solutions for Everyday Challenges' by *Arnold Miller and Theresa Smith*
- 'The Autistic Spectrum: a guide for parents and professionals' by *Lorna Wing*
- 'Can I tell you about Asperger Syndrome? A guide for family and friends' by *Jude Welton*
- 'Girls Growing up on the Autism Spectrum: What parents and professionals should know about the pre-teen and teenage years' by *Shana Nichols*
- 'Teaching Children with Autism to Mind Read' by *Patricia Howlin*
- 'The Way I See It: A Personal Look at Autism and Asperger's' by *Temple Grandin*
- 'Can't eat, won't eat: Dietary Difficulties and Autistic Spectrum Disorders' by *Brenda Legge*
- 'Autism: A very short introduction' by *Uta Frith*
- 'The Incredible 5-point scale' by *Kari Dunn Buron and Mitzi Curtis*
- 'Louder than Words: A mother's journey to healing autism' by *Jenny McCarthy*
- 'Motivate to Communicate: 300 Games and Activities for your Child with Autism' by *Simone Griffin*
- 'Thinking in Pictures' by *Temple Grandin*

#### For children:

- 'Different Like Me: My Book of Autism Heroes' by *Jennifer Elder*
- 'My Brother is Different: A Book for Young Children Who Have a Brother or Sister with Autism' by *Louise Gorrod*
- 'I have Autism ..... What's that?' by *Kate Doherty, Paddy McNally and Eileen Sherrard*
- 'Freaks, Geeks and Asperger Syndrome' by *Luke Jackson*
- 'It can get better' by *Paul Dickinson and Liz Hannah*
- 'All Cats Have Asperger's Syndrome' by *Kathy Hoopman*
- 'Lisa and the Lacemaker' by *Kathy Hoopman*
- 'A Blue Bottle Mystery' by *Kathy Hoopman*
- 'I am Utterly Unique' by *Elaine Marie Larson*
- 'The Red Beast: Controlling Anger in Children with Asperger's Syndrome' by *K.I. Al-Ghani*



## Useful information following a diagnosis of Autism

### Books for managing anxiety:

- 'Overcoming Your Child's Shyness and Social Anxiety: A Self-help Guide Using Cognitive Behavioural Techniques' by *Lucy Willetts and Cathy Creswell*
- 'Overcoming Your Child's Fears and Worries: A Self-help Guide Using Cognitive Behavioural Techniques' by *Cathy Creswell and Lucy Willetts*
- 'Overcoming Anxiety' by *Helen Kennerley*

**This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email [gwh.pals@nhs.net](mailto:gwh.pals@nhs.net)**

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