

# Post diagnostic support for autistic adults living in Trafford

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Autism Peer Mentor

# Post Diagnostic Support

## Direct support

- Adult diagnosis – GMMH /CWP
- 1 to 2 individual sessions
- Post diagnosis group – 8 sessions
- Signposting and referral:
  - Care Act assessment
  - Specialist employment support (UR/THT)
  - Welfare rights
  - Concessionary travel advice
  - PIP advice
- Drop in – social support
- Women's group
- Autism Trafford website and FB group

## Indirect Support

- Support and advice for other professionals working in Trafford
- Joint working
- Carers – Trafford Carers Centre
- Training and awareness:
  - Mandatory training for all council staff
  - Training for mental health staff
  - Autism train the trainer (GMAC)
  - Social workers
  - Housing officers
  - Libraries and customer facing staff
  - Elected members
  - Trafford domestic abuse service
  - Substance misuse service

# AT Autism Trafford

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## **Welcome to Autism Trafford**

Whether you or someone you care for has Autism or you work with Autism you will find information and links to support, services and forthcoming events in Trafford.

If you have any questions, comments or feedback about anything on the website please feel free to [get in touch using the contact form](#).



Autism Trafford



Jane

Home

Find Friends



## Autism Trafford

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Autism Trafford



# Autism Trafford

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Chat (Off)



# AT Autism Trafford

**Do you have an autism  
spectrum condition,  
or care for someone  
who does?**

**Come and make new  
friends with others in  
a similar situation,  
have a cuppa and a  
chat or simply get  
some quiet time for  
yourself.**

**Join us at one of our friendly,  
monthly drop-in sessions**

**6 - 8 pm  
1st Thursday of the month  
ASGMA  
1114 Chester Rd, Stretford,  
Manchester, M32 0HL**

**2 - 4 pm  
3rd Thursday of the month  
Community Room, Tesco Extra  
Manor Rd, Altrincham,  
Cheshire, WA15 9QT**

**2 - 4 pm  
3rd Saturday of the month  
Stretford Library  
Bennett Street  
M32 8AP**

**Stay for 5 minutes or the whole session  
- it's up to you**

[www.autismtrafford.co.uk](http://www.autismtrafford.co.uk)

tel:07795 301 031



@AutismTrafford



Autism Trafford



# Post Diagnostic support

## What have we learned?

- Diagnosis is just the beginning ... support as a continuum
- Whilst specialist interventions are important, the majority of autistic adults need to have access to a range of “low level” support that is easy to access and where their needs are understood.
- Autistic adults often fall through the gap between services
- People need support to access services – Care act assessment, mental health support , housing queries, PIP assessment, employment, mental health/physical health , education
- Access to the autism community is important – peer support
- Making Trafford “*Autism Friendly*” is everyone’s responsibility the importance of working together

# Post Diagnosis group

## The Challenge!

- A group for people who don't do groups
- An opportunity to meet other people
- To “normalise” experiences
- To challenge and offer understanding of some of the negative experiences
- It wasn't my fault – I'm not stupid, difficult, weird
- To support each other
- To feel more accepting of myself



***Has someone close to you  
recently had an autism  
diagnosis?***

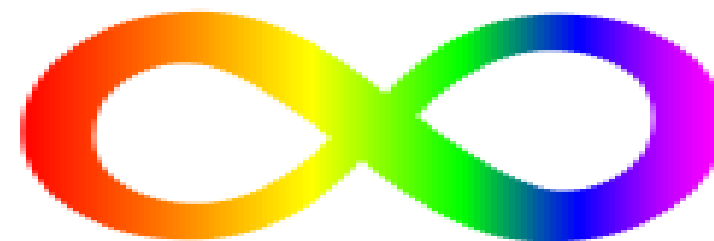
***Would you like to:***

- Meet others in a similar situation
- Ask questions about the diagnosis
- Find out about services and support in Trafford

***RSVP :***

Trafford Extended Services 0161 3571210

Or email: [Jane.forrest1@nhs.net](mailto:Jane.forrest1@nhs.net)



**30th June and 14th July**

**6-8pm**

**Trafford Carers Centre**

**19b School Road,**

**Sale M33 7XX**





## Peer Mentors Needed

**We want to recruit peer mentors to help us to run post diagnosis groups for autistic adults in Trafford.**



If you:

- Have an ASC diagnosis from Trafford Extended Service
- Have attended one of the post diagnosis support groups running in Trafford
- Are able to travel independently to sessions
- Are able to support other people who have had a diagnosis of ASC
- Are willing to undertake induction training and work under supervision
- Are happy to undergo a DBS criminal record check
- Are keen to help us to develop post diagnosis support in Trafford

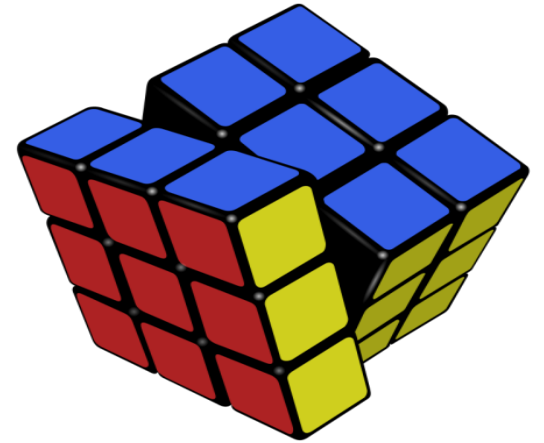
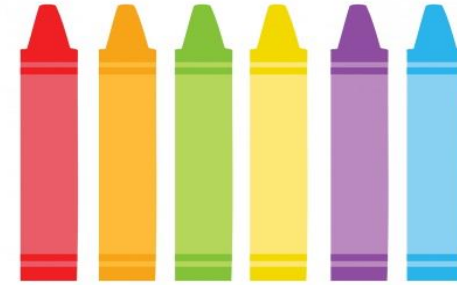
**We would be interested in hearing from you ...**

# The experience of being a peer mentor

- Why did I apply?
- Expectations of the role
- What has it been like?
- What have I got from working as a peer mentor?
- What have we contributed to the experience of other people in the group?

# Practical issues

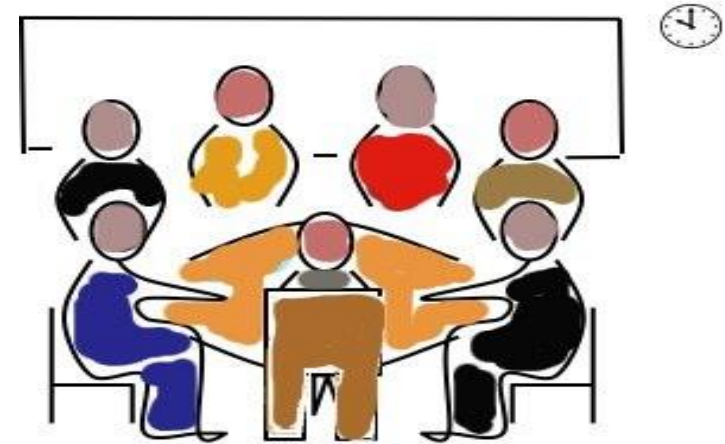
- Venue
- Group rules
- Including people
- Follow up – what next?



# Post Diagnostic Group

An 8 week structured group – topics include

- The diagnostic process
- Feelings about the diagnosis
- Disclosure
- Services and support
- Living with Autism – includes relationships, anxiety, masking, building resilience
- Sensory differences



# Post Diagnostic group – some feedback

A non – judgemental space

Informative, interesting, good socialising

I would like to thank you again for your support... it really does make a difference

Time to get away from the daily grind

*They actually got it. They got it because they had felt that same feeling themselves. They didn't just **know what I was saying** – They understood it.*

Able to get points across without contradiction

Gained insight into myself

*Having 2 mentors very good. They've tried to help and offered a lot of useful output.*

Nice to meet others with similar challenges

Liked the bizarre digressions

## Why is post diagnostic support so important?


*“ It was also educational, and at times humbling, to listen to others’ experiences and seeing where there was and wasn’t overlap with my own. The one thing we all had in common, though, were the struggles that come with interacting with other people, and we all had bad experiences to share, some worse than others. They taught me, ultimately, that having an ASC, thanks to those bad memories, is not something you come to terms with immediately. It’s a process which each of us works through at our own pace, supporting each other as we move forward”. Ryan 2018*



# ***BOLTON AUTISM SPECTRUM CONDITIONS SUPPORT TEAM***

HELEN BUCKE

TEAM MANAGER/SPECIALIST OCCUPATIONAL THERAPIST

- 
- ▶ This is a service for adults over 18 , without a learning disability, living in and registered with a GP surgery in Bolton.
    - ▶ It is aimed at those people who are seeking a diagnostic assessment for a suspected Autism Spectrum Condition (ASC).
  - ▶ Following diagnosis via the Trafford service, users are eligible for post-diagnostic support from the Bolton Team.
  - ▶ New service for people with existing diagnosis – “Living with Autism”



# I want .....

- ▶ A timely and thorough assessment
- ▶ My diagnosis explained to me and a written report to refer back to
- ▶ Recommendations and advice on where to get support when I need it
- ▶ Opportunities to meet other people with autism
- ▶ To understand and learn ways of coping with my condition
- ▶ Autism awareness training programmes
- ▶ To access support when I need it on a regular basis
- ▶ My family to have support
- ▶ To not be treated like a patient – I am not unwell
- ▶ People to communicate with me in ways I can understand and be on time to appointments and do the things they promise to do
- ▶ To be comfortable in being myself and be in safe places to do this

# The Team

- ▶ The team comprises of professionals who work together to provide diagnostic services for adults who have an ASC.
- ▶ Multidisciplinary team of Clinical Psychology, Occupational Therapy, Speech and Language Therapy, Social Work, Community Nursing and Support Staff

# How we work

- ▶ Staff work flexibly with individuals, families, carers and other professionals in their everyday surroundings - including people's own homes, primary health care centres, colleges, places of work and in-patient services
- ▶ The service's office base also provides clinic space and other facilities.
- ▶ A multi-disciplinary approach is taken and the process of work is a team process
- ▶ Work closely with other professionals involved – GP/CMHT/EIT – and other agencies such as Bolton University, employers, Job Centre etc.

# The Numbers

Year 1 : 15 people

Year 2 : 41 people

Year 3 : 84 people

Year 4 : 120 people

Why the demand ?

# What We can offer

- ▶ Short term post-diagnostic intervention – this includes an individual, person-centred multi-disciplinary assessment – the Autism Star, which indicates individual areas of strength and difficulty. Personalised Action Plan identified and agreed
- ▶ Working alongside the person, carers and family, partner agencies (probation/police/education) and employers, as well as other professionals involved
- ▶ Signposting for a Community Care assessment if required.
- ▶ Carer and Family support
- ▶ Consultation with and referral to other services – recommendations on treatment and consideration of medication
- ▶ Group/autism expert course
- ▶ Peer mentors

# Living with Autism

- ▶ STAR assessment
- ▶ 5 sessions
- ▶ Invite to attend the group/course
- ▶ Consultation
- ▶ Carers support/Community Care assessment

# Autism Awareness training

- ▶ E-learning for staff developed by Anna
  - ▶ One off training
  - ▶ Recovery Academy
- ▶ Peer mentors/United Response

# Thank you !



**Bolton ASC Support Team**

**Barnett House**

**Weston Street**

**Bolton**

**Lancashire**

**BL3 2RR**

**Tel : 01204 483000**

**[Helen.bucke@gmmh.nhs.uk](mailto:Helen.bucke@gmmh.nhs.uk)**