

Growing Up In Greater Manchester – A Guide for Young people with Autism and their Supporters

SECTION: EDUCATION AND EMPLOYMENT

HERE ARE SOME THINGS YOU NEED TO THINK ABOUT:

- What do I want to be or do?
- Is this realistic?
- How do I achieve this? What do I need to do first?
- Where can I learn about interview techniques? Who might help me?
- It might be a good idea to check if Careers Advisers or Job Centre advisers have had any autism training. If not, you can refer them to the NAS website www.autism.org.uk

TOP TIPS:

- Work with someone to create a one page profile that outlines your strengths and things you need help with
- Practice interviews and talking to different people in different settings
- Ask if someone is available to attend interviews or appointments with you
- Plan and do the route to college or work before you start there
- Arrange visits and tasters sessions
- Talk to other students/employees
- Visit college and workplace websites to find out more information
- See if there are any maps or 3-d tours you can use
- Use travel training apps
- Build a relationship with a Key Contact person. You might have to ask for this, but it is a reasonable request and adjustment for a setting to make
- Invite college/prospective employers to Annual Review meetings
- Consider E-learning if more appropriate for you
- Use available travel training schemes (see the Growing Up in Manchester guide for local contacts)

SKILLS CHECKLISTS:

Bronze level suggested targets –

- I know what I'm good at and what I like
- I know what I definitely don't want to do
- I can use a timetable
- I know what kind of clothes to wear for a job interview
- I can introduce myself to a receptionist, teacher or employer I haven't met before

Silver level suggested targets -

- I know what makes me happy and safe
- I have spoken to a Careers Adviser
- I have discussed my education/work plans with my family
- I can complete an application form
- I can get to a meeting on time
- I have visited colleges and workplaces
- I know where the Job Centre is
- I have made choices about the courses or training I want to do
- I know my way around my new situation – I can use a map

Gold level suggested targets –

- I can make independent decisions about my future
- I can identify a safe place or contact person
- I know my rights and responsibilities to access and maintain further and higher education and work
- I can talk about my achievements and support needs at interview
- I know the different options when I leave school e.g. college, supported apprenticeship, supported internship
- I know the different pathways to employment
- I know how to get help

RESOURCES AND USEFUL WEBSITES:

- www.autism.org.uk/communitycaretransition
- www.autism.org.uk/about/adult-life/work.aspx
- Teachers, parents, Connexions, Careers Advisers, Labour Market/Job Centre websites Colleges websites
- www.autismeducationtrust.org.uk Transition Toolkit can be downloaded.
- www.careerpilot.org.uk Advice for 14+, 16+ and 18+ students. Plan your study and work.
- www.gmcg.ac.uk/contact-us/
- www.gov.uk/browse/education
- www.university.which.co.uk What A Levels are needed for which degree and what degree is needed for which job
- www.careerconnect.org.uk
- www.nationalcareersservice.direct.gov.uk
- <https://www.gov.uk/contact-jobcentre-plus>
- www.smartworks.org.uk
- Rudi Simone's book 'Asperger's On the Job' has within it a Personal Job Map which *is a tool designed specifically for people with AS to help them figure out what field they should be working in, by cross-referencing special interests with triggers and personal needs. It is very interesting to work with clients, when the lights come on and they say "oh, I really should be doing that!" or "I don't think I want to do that after all" This should be done in high school, before college, and before career (as needed) to help guide the person on the path to personal expression and fulfillment. That is always what it comes down to."*

On-line free courses for interests

- www.FutureLearn.com
- <http://www.open.edu/openlearn/free-courses>
- <http://www.bbc.co.uk/learning/onlinecourses/>
- www.alison.com

Use of appropriate assisted technology

www.keytools.co.uk/assistive-resources/assistive-technology
www.braininhand.co.uk/
<http://www.autism-alliance.org.uk/information-resources/assistive-technology>

Travel Training

ASGMA's Travel Training Guide document <http://data.asgma.org.uk/node/321>

Supported Employment organisations in Greater Manchester

- www.pureinnovations.co.uk/
- www.unitedresponse.org.uk/trafford-employment-services
- www.breakthrough-uk.co.uk/#!employment--skills/cxpn
- base-uk.org/about/members/bury-mbc
- base-uk.org/about/members/tameside-borough-council
- base-uk.org/about/members/wigan-council
- www.shaw-trust.org.uk/shaw-trust-in-your-area