

Support for autistic adults living in Trafford

Jane Forrest - Autism Support Coordinator
(CWP NHS Trust)

Mark Simpson and James Muirhead
Autism Peer Mentors

Adult autism diagnostic service in Trafford

Trafford Extended Service provide an **adult autism diagnostic assessment** pathway lead by GMMH

Single point of access for all referrals for ASC diagnosis – **both LD (CWP) and Non LD (GMMH)**.

A 3 year **care co-ordination pathway** for a small group (8-10) of people who present with complex, severe, enduring and risk related difficulties.

Consultation to other services (both statutory and non-statutory)

Training for other services working with adults with an ASC.

All training is delivered by local practitioners in partnership with autistic adults and carers

- Awareness raising
- Training for social care assessors
- Social worker forum
- Autism and mental capacity
- Autism awareness for customer service staff
- Ad hoc training for teams

Autism Support Coordinator role

New role 2011 (CWP NHS Trust)

Focus: implementation of the nation and GM
Autism Strategies

- Coordination of APB and SAF
- Point of contact for autistic adults and families
- Raising awareness of autism
- Building partnerships and local knowledge
- Identifying gaps and working with commissioners
- Working across Greater Manchester
- Post diagnostic support- in partnership with GMMH

“All adults with autism are able to live fulfilling and rewarding lives within a society that accepts and understands them”

 HM Government

‘Fulfilling and
rewarding lives’



The strategy for adults with autism in England (2010)

What we currently do all partnership working

Autism Coordinator –
support for individuals
and service providers

Diagnostic team
consultancy and support
to mainstream services

Working with
commissioners in health
and social care to identify
gaps and develop services

Multi agency Autism
Partnership Board

Autism Trafford Drop ins
and women's group

Autism peer mentors

Post diagnostic groups

Autism Trafford Website

A range of autism training
delivered by local
practitioners in
partnership with autistic
adults and carers

Work across GM to
support GM autism
strategy and GMMH
autism strategy

Supported employment
Autism work coach

Autism Life Coaching

Post Diagnostic support

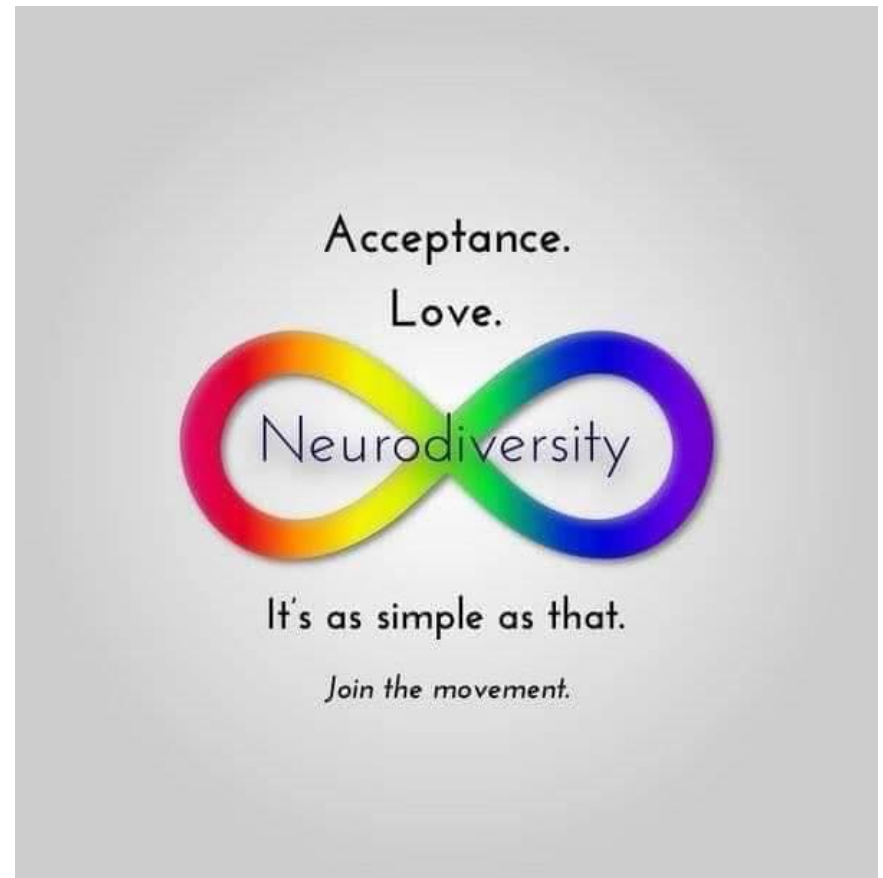
What have we learned?

- 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 with no learning disability can fall through the gap between services
- Support to access services – care act assessment, mental health support , housing queries, PIP assessment, employment , mental health/health , education
- Helping people to access the autism community
- Making Trafford “*Autism Friendly*” This 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



30th June and 14th July

6-8pm

Trafford Carers Centre

19b School Road,

Sale M33 7XX



**Greater Manchester
Mental Health
NHS Foundation Trust**

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

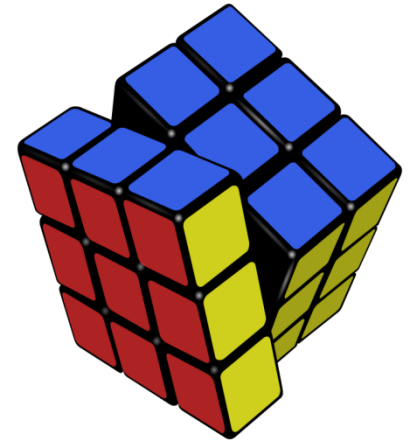
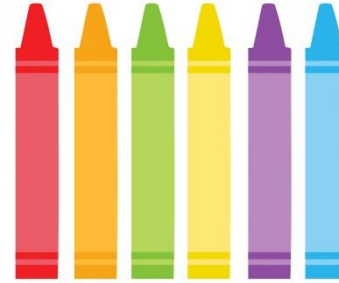
- Why did I apply?
- Expectations of the role – (the induction training)
- What has it been like?
- What have I got from working as a peer mentor?
- What do I think we have contributed to the experience of other people in the group ?

Peer Mentor Induction

- My experience of diagnosis – what I can offer
- My hopes and fears – being a peer mentor
- Role of peer mentor and role of group facilitator
- Setting boundaries
- Dealing with difficult situations
- On going support and guidance

Practical issues

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



Group rules exercise

- What rules would you want in your group ?
- How would you make your group more inclusive?



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

Being around
like minded
people

A non –
judgemental
space

Informative,
interesting,
good socialising

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.*

Gained
insight into
myself

Able to get
points across
without
contradiction

Liked the
bizarre
digressions

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

Nice to meet
others with similar
challenges

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

Affected by Autism? Or Asperger's?

Whether you have autism, 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.

It's entirely up to you

**TOTALLY
FREE**

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

Join us at one of our Friendly, Monthly Drop-in Sessions

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

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

Autism
Trafford

www.autismtrafford.co.uk

tel: 07510 291 763

 @AutismTrafford

 Autism Trafford



Are you a woman with autism living in Trafford?



Do you have a diagnosis of autism?

Are you in the process of getting a diagnosis?

Do you think you might have autism and need a little advice on what to do next?

Our new women's group may be for you

- Share experiences
- Get help and advice
- Make friends
- Enjoy some tea/coffee/cake

It's free to attend

Life Centre cafe
235 Washway Road
Sale
M3 4BP

The 3rd Tuesday of every month
1:00pm – 2:30pm

For more information contact:

Wendy Griffin - 0161 866 8483

info@asgma.org.uk

Jane Forrest - 07795301031

jane.forrest@wp.nhs.uk



Cheshire and Wirral Partnership NHS Foundation Trust

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

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Chat (Off)



Any questions or comments?

