



# Autism Identification Journey: Information and Support for Parents/Carers

## YouTube Parent Workshops



Including content on sensory differences, understanding emotions, strategies to support etc.

## NAS Sutton Branch



Workshops, monthly support group and activities for parents and young people. Plus Facebook forum.

## Sutton Parent Carer Forum



Independent advice and support, run by parents for parents - events, focus groups, workshops and surgeries.

## SIASS



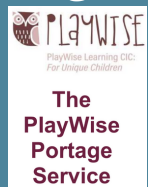
Free impartial, confidential information, advice and support about education, health and social care.

## Playwise (0-8 years)



Bespoke support & workshops plus Triple P Parent programme for parents of children with a disability aged 0-12.

## Playwise Portage (0-3)



Preschool home visiting education service for children with special needs.

## EarlyBird Parent Programme (2-5)



12 week programme for parents of an autistic child aged between 2-5. Accredited by the NAS.

## Adapt to Learn



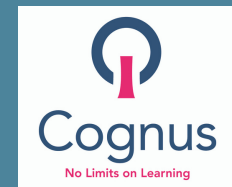
121 meetings and workshops including 'Introduction to Autism' course run through NAS Sutton.

## Parent Support Group



Parent group offering mutual peer support, information sharing and an opportunity to meet with people who may have similar experiences.

## Autism Advice Sessions



Sign up for a 30 min 121 advice session to gain new ideas or strategies for your young person.

**Click on each image/logo for more information**



# Autism Identification Journey: Financial Support for Parents/Carers

## iCount Card



Register to gain access to various activities locally and across the UK at a discounted rate. Must show evidence of diagnosis..

## DLA



You may be entitled to support such as the Disability Living Allowance (DLA). Find out more [here](#).

[Sutton Parent Carer Forum](#) are also able to support with applications. (click the underlined writing for more info.)

## Sutton Carers Centre



Anyone who provides additional care for a family member, is classed as a 'carer'. The Carers Centre provides information on breaks, local services, accessing support and financial advice.

## PIP (16+)



PIP stands for Personal Independence Payment and is the equivalent of DLA for those 16-64. This is a benefit for working age people who have a disability or long-term health problem and have difficulty or need help with daily living activities and/or getting about.

## Other welfare benefits



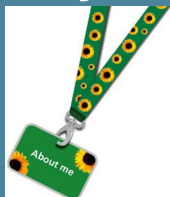
If you're an autistic adult, or the parent/carer to an autistic person, you may be able to claim welfare benefits. Click the icon to read more information on these.

**Click on each image/logo for more information**



# Autism Identification Journey: Practical Resources for Parents/Carers

## Sunflower Lanyard



The Sunflower is a globally recognised symbol for non-visible disabilities, also known as hidden disabilities. Get yours for free by clicking on the image to search for your local store.

## MET Autism Alert Card



An autism alert card is a document your child can carry to help communicate their communication needs as an autistic individual to police officers.

Order from  
**autism@met.police.uk**

## Contact



Call the freephone helpline on 0808 808 3555 to get information, support and advice. You can also browse the range of parent guides in their resource library.

## SOS!SEN



A free, friendly, independent and confidential telephone helpline for parents and others looking for information and advice on Special Educational Needs and Disability (SEND).

## IPSEA



Independent legally based advice, support and training to help get the right education for children and young people with special educational needs.

## Videos in Urdu



**Click on each image/logo for more information**