

## What do we do?

The Autism Family Support Team (AFST) has been created to increase family well being and resilience. Families will be able to make contact to seek supporting strategies, access workshops and gain information and advice.

The team provides support for parents and carers of children and young people (ages 0 to 25) following the diagnosis of an Autism Spectrum Disorder. The aim is to enable parents/carers to cope more effectively with both the diagnosis and aspects of their child/young person's autism.

The groups we work with include:

- parents and carers of children and young people with a diagnosis of an Autism Spectrum Disorder including Asperger syndrome and pathological demand avoidance syndrome type autism
- wider family groups
- young people aged 18 to 25 years

## What support do we offer?

**Advice sessions** – we offer one hour bookable advice sessions with an autism family practitioner at Kimberworth Place. These sessions offer opportunities to explore family, home and community based difficulties. Telephone and locality based appointments are also available.

**Training** – we aim to offer a selection of autism related training courses and workshops. Please contact us for more details.

**Learning Material** – we provide learning materials which aim to provide simple straightforward information to support children and young people and their families to develop self-help strategies.

**Supporting practitioners** – we are able to offer one hour bookable autism related advice sessions to practitioners who are supporting a family who have a child or young person (aged 0 to 25) with a diagnosis of autism.

## The Autism Family Support Team

The practitioners within our team have a wide range of knowledge, experience and qualifications.

## Autism Family Practitioners

**Suzanne Halfpenny and Debra West**

- deliver personalised advice sessions
- discuss strategies to address identified difficulties
- facilitate autism related training and workshops
- signpost to services
- work in partnership with other agencies including Rotherham Child and Adolescent Mental Health Service and Rotherham Parents Forum Limited

## Autism Information Officer

**Andrew Lound** – provides information on services, activities, Short Breaks and groups to meet the needs of Rotherham families.

## Business Support Assistant

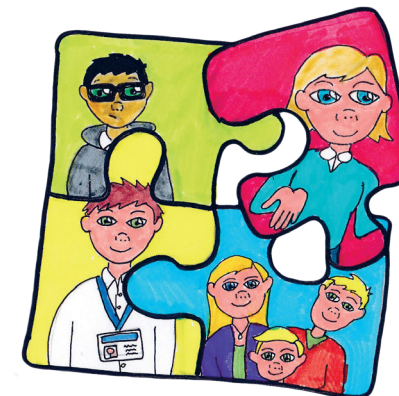
**Nighat Ashraf** – coordinates training and workshops and evaluates the effectiveness of the service.

## How to contact

Copies of forms will be sent to appropriate services. To book an advice session or find out about training or learning materials for parents and carers, please contact us on:

01709 336404

AutismFamilySupportTeam@rotherham.gov.uk

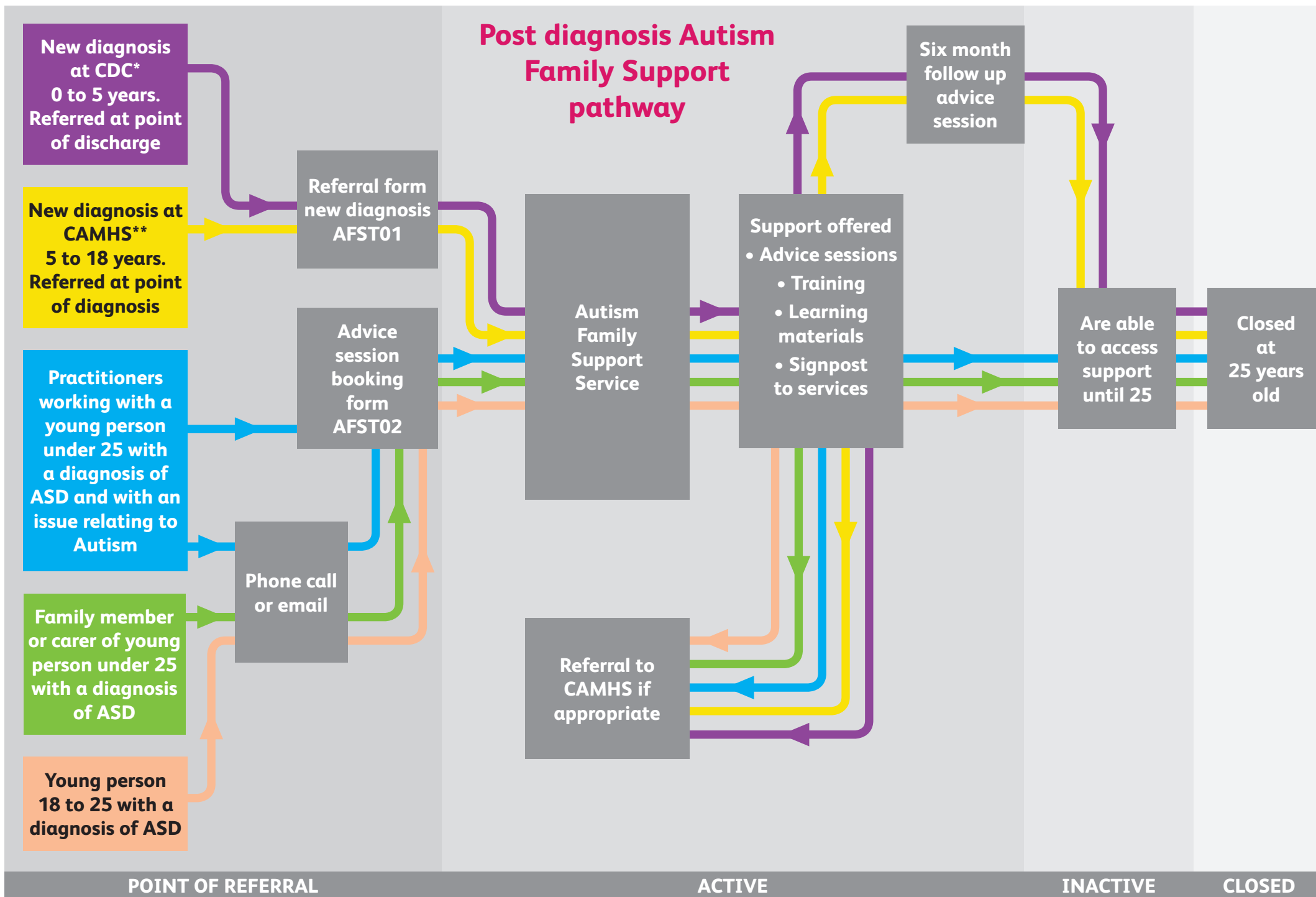


**Autism Family  
Support Team**

**ROTHERHAM**

## Post Diagnosis Autism Family Support Service





\*CDC – Child Development Centre

\*\*CAMHS – Child and Adolescent Mental Health Service