

## THE CUMBRIA AUTISM FAMILY SUPPORT PROJECT



The Project covers five district council areas within Cumbria. These are Carlisle, Eden, Allerdale, Copeland and Furness. The Family Support Workers will work with families of children under the age of 18 who have a diagnosis of autism.

### FOR HELP AND ADVICE CONTACT:

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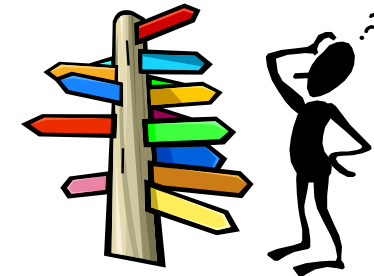


Do you have a child on the autism spectrum?

Are you looking for advice, information or support?

Are you struggling to access services?

Would you like to talk about your child's condition?



## THE CUMBRIA AUTISM FAMILY SUPPORT PROJECT

A Carlisle **MENCAP** project

Funded by Cumbria County Council

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Getting support for a child on the autism spectrum and their family is often far from straightforward. This is because not all people on the autism spectrum fit the traditional idea of disability. As many parents already know this causes frustration. The Cumbria Autism Family Support Project aims to support families to get the best out of existing services and identify gaps in provision to inform future service developments.



By providing **support, information and advice** relating to:

- Understanding autism
- Support groups and drop-ins
- Childcare and short break options
- Play and leisure services and activities
- Benefits and access to financial support
- Sibling support
- Advocacy and support in meetings

## THE CUMBRIA AUTISM FAMILY SUPPORT PROJECT



By **linking** with:

- Statutory agencies (health, education and social care services)
- Children Centres
- Voluntary agencies, eg National Autistic Society, MENCAP, Carers Associations
- Existing support groups



By **facilitating training opportunities** for parents:

- 'What Now?' parent training programme
- Parent workshops

The Family Support Workers will provide information, respond to telephone or email enquiries, and when necessary will visit parent/carers of children and young people with autism at home or in a mutually convenient location.