



# Newsletter

## Welcome to the April/May issue of Surrey News

### In this issue:

- **Ice Skating booking open – p3**
- **Meeting Reports – Mark Brown** on managing teens with ASDs and siblings - p7
- **Kim Foster from Surrey Social Services Transition team** on moving to adult social services - p8
- **Consultation on rights of people with ASDs – p11**
- **News and information for adults with ASDs – pages 10 & 11**

### NAS Surrey Branch talks – p6

- **Guildford 20<sup>th</sup> May**  
**Dr Alex Carlisle** on understanding behavior in children and young people with ASDs and encouraging desired behaviour.
- **Redhill 11<sup>th</sup> June**  
**Clare Percival from Action for Carers** on support and funding for carers to develop learning and find work, plus a look at Surrey Young Carers.

### Have you booked for the NAS Surrey Branch Conference yet? The early booking discount period ends 31st May.

The conference is being held at the University of Surrey in Guildford on 3<sup>rd</sup> October. The theme for this year is *Anxiety and Anger in Autism – causes, consequences and how to reduce them*. Our keynote speaker is Wenn Lawson (formerly Wendy Lawson), an internationally-renowned psychologist and writer who has Asperger Syndrome. There will also be a choice of smaller workshops covering:

- Anxiety and anger in the classroom
- Sensory issues
- Medication
- Anxiety and anger in adults

We are asking £30 for places for parents and people with ASDs, and £60 for professionals, with a £5 discount if you book before 31st May. We are grateful to Lloyds Bank Community Fund for a grant towards the cost of places for parents and people with ASDs.

Full details and booking forms are available on the NAS Surrey Branch website [www.mugsy.org/conference](http://www.mugsy.org/conference).

I hope you enjoyed World Autism Awareness Week (27<sup>th</sup> Mar – 3<sup>rd</sup> April) and managed to get involved in one of the activities in and around Surrey.

*Emma*

Emma Whitfield  
Branch Officer (volunteer)

**NAS Surrey Branch**

**Tel: 07423 435 413**

**Email: [emma@mugsy.org](mailto:emma@mugsy.org)**

**Web site: [www.mugsy.org](http://www.mugsy.org)**

**Twitter: [@NASSurreyBranch](https://twitter.com/NASSurreyBranch)**

**Donations: [www.justgiving.com/nassurreybranch](http://www.justgiving.com/nassurreybranch)**

## NAS Surrey Branch Contacts

### **Branch officer:**

Emma Whitfield 07423 435413  
[emma@mugsy.org](mailto:emma@mugsy.org)

### **Treasurer:**

Haywood Drake 01483 457646  
[bobdrake357@btinternet.com](mailto:bobdrake357@btinternet.com)

### **Information officer/web site:**

John Muggleton 01483 872683  
[john@mugsy.org](mailto:john@mugsy.org)

### **Branch Membership:**

Nancy Rowell 01252 514708  
[membership@mugsy.org](mailto:membership@mugsy.org)

### **Events:**

Sarah Mead 01483 454245  
[sarah\\_mead@hotmail.co.uk](mailto:sarah_mead@hotmail.co.uk)  
Emma Searle 07816 127630.  
[ephillpotts@gmail.com](mailto:ephillpotts@gmail.com)

### **Deputy Branch Officer / Adults:**

Sara Truman 01483 822630  
[nas@mugsy.org](mailto:nas@mugsy.org)

### **Branch libraries:**

West: Haywood Drake 01483 457646  
[bobdrake357@btinternet.com](mailto:bobdrake357@btinternet.com)  
East: Jenny Lawson 01342 314801  
[jenny.lawson73@gmail.com](mailto:jenny.lawson73@gmail.com)

### **North Surrey**

Eileen Bruce 01932 225379  
[evbruce@hotmail.co.uk](mailto:evbruce@hotmail.co.uk)

### **South East Surrey:**

Helen Trenaman 01737 360069  
[trenamans@talktalk.net](mailto:trenamans@talktalk.net)

### **Parents of Girls' Group**

Rachel Pearson 01483 727378  
[racheldpearson@gmail.com](mailto:racheldpearson@gmail.com)

### **Fathers' Group:**

Martin Trenaman 01737 360069  
[trenamans@talktalk.net](mailto:trenamans@talktalk.net)

### **Parents of Adults' Group**

Hilary Dyce 01276 66032  
[hilarydyce@yahoo.co.uk](mailto:hilarydyce@yahoo.co.uk)

### **Fundraising**

Sarah Mason 07973 379131  
[slmason78@gmail.com](mailto:slmason78@gmail.com)

## Other Useful Contacts

*Unless stated, organisations not endorsed by the NAS Surrey Branch or the NAS*

**NAS web site:** [www.autism.org.uk](http://www.autism.org.uk). For personalised information go to [www.autism.org.uk/signpost.aspx](http://www.autism.org.uk/signpost.aspx)

**NAS Helpline:** Tel: 0808 800 4104 (10am – 4pm), or email [autismhelpline@nas.org.uk](mailto:autismhelpline@nas.org.uk) (replies within 14 working days)

**NAS national membership:** 020 7903 3563. Email [membership@nas.org.uk](mailto:membership@nas.org.uk)

### **Education Support**

**NAS Education Rights:** 0808 800 4102

**Surrey Parent Partnership:** 01737 737300  
<http://www.surreyparentpartnership.org.uk/>

**SOS!SEN** charity to support statementing, tel: 020 8538 3731, Web: [www.sossen.org.uk](http://www.sossen.org.uk)

### **Family Support & Representation**

**NAS Family Support worker** - for families with at least one child in mainstream education  
[Tessa.emery@nas.org.uk](mailto:Tessa.emery@nas.org.uk), tel: 07436 261163.

**NAS Parent-to-Parent line** 0808 800 4106

**Portage** – support for children with additional needs under 3.5 years 0300 200 1004

### **Family Voice Surrey**

[www.familyvoicesurrey.org](http://www.familyvoicesurrey.org)

### **Activities for children and young people**

**NAS Resource Centre, Godalming** Tel: 01483 521743 [SEResourceCentres@nas.org.uk](mailto:SEResourceCentres@nas.org.uk)

**interAKtive**, Epsom-based charity for children with ASDs and other communication difficulties 07876 762178, [www.interaktive.org.uk](http://www.interaktive.org.uk)

**SID (Social Information on Disability)** useful information site [www.asksid.org.uk/fab](http://www.asksid.org.uk/fab)

### **Local parent support / classes**

**Redhill CAMHS** group for parents of children with ASDs, tel: 01737-287002

**Early Bird (under 5) / Early Bird plus (5-8yrs)** developed by NAS, delivered by trained staff from Surrey CC. Tel: 0300 200 1004

### **Adult Services**

**Surrey Adult social svcs:** 0300 200 1005

**NAS Surrey Service** Tel: 01483 861600, email: [surrey.service@nas.org.uk](mailto:surrey.service@nas.org.uk)

### **Employment Support**

**Employability** for people with learning disabilities/ASDs tel: 01483-519690, email:

[employability@surreychoices.com](mailto:employability@surreychoices.com)

### **Benefits advice**

**Carers Support** <http://www.carers.org/carers-services/find-your-local-service>

**NAS Tips page** – via [autism.org.uk](http://autism.org.uk)

**Cerebra DLA guide:** 0800 328 1159

## About the NAS Surrey Branch

*The Surrey Branch of the NAS is a volunteer-run parent-to-parent support group for families in Surrey affected by Autism Spectrum Disorders. It's FREE to join (although a small donation is appreciated) and we have around 1,400 members.*

*The branch holds regular meetings to which non-members are also welcome. It also organises social events, local coffee mornings and special interest groups, and represents parents in meetings with health, education and social services. We host an active Yahoo! online forum, and produce this newsletter every two months.*

*To join, email [emma@mugsy.org](mailto:emma@mugsy.org) for a membership form or go to [www.mugsy.org/membership](http://www.mugsy.org/membership).*

*If you are a member of the NAS at national level, you can nominate us as your branch by emailing [membership@nas.org.uk](mailto:membership@nas.org.uk), which means we receive a percentage of your annual subscription.*

*We're part of **The National Autistic Society**, a national charity founded by parents in 1962 which runs a wide range of services such as schools, clubs and adult centres. It has over 20,000 members, 100 branches and works in partnership with more than 50 local autism societies. The NAS exists to champion the rights and interests of all people with autistic spectrum disorders and to ensure that they and their families receive quality services appropriate to their needs.*

**National Autistic Society,**  
393 City Rd, London EC1V 1NG  
[www.autism.org.uk](http://www.autism.org.uk). **The National Autistic Society is a registered charity, number 269425. Company limited by guarantee number 1205298.**

*The views expressed in Surrey News are not necessarily those of the National Autistic Society, and reference to specific services or approaches to autism does not imply endorsement. All material is copyright Surrey NAS and cannot be reproduced without permission.*

## Ice Skating in Guildford

Our annual skating session at The Spectrum ice rink in Guildford will be from 5.00 – 6.00pm on Saturday 6<sup>th</sup> June.

Together with the language and communications group interAKtive, we take over the whole rink and The Spectrum turns off any flashing lights and loud music to make it more accessible for those with sensory issues.

We also have use of a back door directly into the rink so that families can avoid the hubbub of the main reception. It is also easier for anyone who requires level access. This is our biggest branch get-together with whole families taking to the ice. For younger ones who are less confident, The Spectrum has push-along penguins which help children gain confidence on the ice. **Please note: parents remain responsible for the children throughout and children should be accompanied on the ice by a responsible adult.**

Please complete the enclosed booking form or contact Sarah Mead at [sarah\\_mead@hotmail.co.uk](mailto:sarah_mead@hotmail.co.uk), tel 01483 454245.

## Branch socials in Guildford and Weybridge

We are holding two more informal social evenings on **Wednesday 29<sup>th</sup> April** in:

**Guildford** - we will have a private room in a pub from 7.30pm, where you can have a drink or a coffee, and order food if you want to. For details contact Sara Truman email: [nas@mugsy.org](mailto:nas@mugsy.org) tel: 01483 822630.

**Weybridge** - at the Hand & Spear pub near Weybridge. We will meet from 8.00pm onwards and you are welcome to just come for a drink or order something to eat. For details contact Emma Whitfield [emma@mugsy.org](mailto:emma@mugsy.org) tel: 07423 435 413.

*If you would like to organise a get-together in your area, please contact Emma to find out how.*

## Save the Date - AGM in Woking Thurs 9<sup>th</sup> July

*Our Annual General Meeting will be on the evening of Thursday 9<sup>th</sup> July in Woking. It is the NAS Surrey Branch's 20<sup>th</sup> anniversary this year, so we are looking at doing something a little different... look out for more details in the next newsletter.*

## Weighted blankets available for loan

A few people have told us that they would like to try and see if weighted blankets could help calm their hyposensory / hyperactive children, but have been put off by the high cost of buying them. We have therefore used one of our recent donations to buy some to loan to families who want to try them out. We have two 2.5kg blankets, which according to the College of Occupational Therapists would be suitable for children of 25kg (about 3Stone9lb) or more. We also have lap pads that rest on the lap for use at school, watching TV, whilst eating etc: the 1kg pad is suitable for a child of average build up to 8yrs and the 1.5kg pad would suit for children of around 8-13yrs.

If you are interested in borrowing either pads or blankets, please contact Emma Whitfield [emma@mugsy.org](mailto:emma@mugsy.org) to arrange collection from a suitable point.

## New group for parents of children with PDA in Walton

Positive Autism Support and Training (PAST) is starting a support group for parents of children with Pathological Demand Avoidance. The first group will run on May 1<sup>st</sup> from 9.30 - 11.00am at The Sensory Smart clinic in Walton-on-Thames. This is a free event designed to give parents a chance to meet, listen and share experiences. Please contact Laura Kerbey from PAST for more details email:

[info@positiveautismsupportandtraining.co.uk](mailto:info@positiveautismsupportandtraining.co.uk) or tel: 01372 869621 / 07769 904866

## Freemantles School Conference 15th June

Freemantles School is hosting its annual conference on Monday 15th June at HG Wells Conference Centre, Woking. The event is entitled, *Making SENSE of multi-sensory learning for young people with SEN and Autism* and the speaker is Richard Hirstwood. He will explain how to make sense of multi-sensory learning in the context of young people with SEN and Autism.

This one-day event is suitable for both professionals and parents. For further details and to book your place, please go to <http://www.freemantles.surrey.sch.uk/Training/Conference-15-06-15-Making-SENSE-of-multi-sensory-/>. There is an early booking price valid until 10th April when tickets cost £36 for parents, £120 for professionals (increasing by 10@ thereafter). For enquiries, contact Karin Ferris at Freemantles School on tel: 01483 545680 or by email at [conference@freemantles.surrey.sch.uk](mailto:conference@freemantles.surrey.sch.uk)

## Research on learning and friendships

Anna Cook is studying for a Masters in Research Methods for Psychology at the University of Surrey. Her dissertation will explore the experiences of learning and friendships in young people with a high-functioning autism spectrum disorder (ASD) and that of their parents.

Anna is looking for boys in years 7 – 11 (age 11 – 16) with high functioning autism, and their parents, to be interviewed for the research. The interviews will be about 30 minutes and all information collected will be anonymised, so participants will not be identifiable. The study has been approved by the university ethics committee and Anna has a DBS certificate. If you and your son would be willing to help, or would just like to find out more with no obligation, please contact Anna Cook direct at [ac00326@surrey.ac.uk](mailto:ac00326@surrey.ac.uk)

## Surrey Carer's Strategy Conference in Leatherhead

The new The Care Act, which comes into force in April, includes a range of changes that will affect the criteria of who can be considered a carer, new rights for carers and changes in the way that some people will receive care-related benefits.

Surrey is holding a **Carers Strategy Conference on Monday 20th April** in Leatherhead to give carers a right to have their say about how the new strategy will be implemented locally.

Entitled *Carers' Wellbeing, New Rights for Carers and Whole Family Approaches*, the event will include an opportunity to hear about Surrey's plans for the next three years, let them know your views and tell them how these plans can be improved in areas including:

- Carers' Health
- Breaks and personal budgets for carers
- Juggling work and caring
- Ensuring support for carers of people with mental health issues
- Better access to information (on paper and online)
- New duty to provide preventative services
- Improving support to young carers and young adult carers
- New rights for parent carers
- Carers and Money Advice
- Training for carers

The new Care Act has significant implications for councils as it calls for a whole family approach, with carers having clearer rights to assessments and services in their own right and there are new duties to provide information and preventative support for carers. It also links into some of the changes from the Children and Families Act from last year – specifically around young carers and parent carers. Both Acts place new requirements on the NHS to work with councils.

At the same time, NHS England has produced new national guidelines about

how to improve recognition and support for carers and young carers.

The event takes place from 10.00am to 4.00pm (9.30 am for registration and coffee) at Leatherhead Leisure Centre, Leatherhead, KT22 9BL. Refreshments and lunch are provided and travel costs can be reimbursed. To book a place request a booking form by emailing [Training@actionforcarers.org.uk](mailto:Training@actionforcarers.org.uk)

Our talk in Redhill in June will be by **Clare Percival, Carer Development Officer for East Surrey Action for Carers** who will talk about the learning and work aspects of caring. She will also cover what is available from Surrey Young Carers. For more details see page 7.

## Two-day Cygnet Programme in September

NAS Surrey Branch is hosting another two-day Cygnet programme for parents of children with ASDs aged 8 – 18 in Dorking in September, thanks to generous support from Sainsbury's in Dorking, who made us their charity of the year. Topics covered include

- Autism & diagnosis
- Communication
- Sensory issues
- Understanding behaviour
- Managing behaviour

Attendance is free and by booking only with a refundable deposit. To register your interest, contact Sarah Mead [sarah\\_mead@hotmail.co.uk](mailto:sarah_mead@hotmail.co.uk).

## Cycle-a-Thon for Wheels for All and Freemantles

County Care is staging a sponsored cycle-a-thon on April 24<sup>th</sup> at Sheerwater Athletics track in Woking and is looking for lots of people to help cycle 5000 laps to raise money for Friends of Freemantles School and the inclusive cycle project Wheels for All. For details of how to get involved or support the event call Jess at County Care on 01483 226367 or email [Jessica.steege@countycare.co.uk](mailto:Jessica.steege@countycare.co.uk)

## Forthcoming Talks & meetings

*Our meetings start with coffee at 7.45pm and the talks begin at 8.00pm, lasting around one and a half hours including Q&As. There is no charge to attend, but we welcome a small donation on the door. Meetings are open to non-members and to parents, people with ASDs and professionals working in the field of autism.*

*Please contact Emma Whitfield if you are planning to come along to give us an idea of numbers*

[emma@mugsy.org](mailto:emma@mugsy.org).

**Weds 20<sup>th</sup> May GUILDFORD**  
The Guildford Institute, Ward Street  
(off North Street), Guildford GU1 4LH  
<http://tinyurl.com/ln55yvg>

*Dr Alex Carlisle who will talk on the subject of understanding and managing behaviour in children and young people with ASDs.*

Alex Carlisle is a Chartered Clinical Psychologist with nearly 20 years experience working in the NHS with children and adults and is an Associate Fellow of the British Psychological Society. She works with individuals with neuro-developmental conditions, including Autistic Spectrum Disorders and currently works in the Fetal Alcohol Spectrum Disorders Specialist Behavioural Clinic run by Surrey and Borders NHS Trust.

Alex will talk about three key aspects of understanding behaviour and will offer:

- An insight for parents into neuro-developmental differences that may influence behaviour.
- An explanation of the 'ABC' (Antecedent – Behaviour – Consequence) model and will explain how negative cycles of behavior can start and are often maintained and reinforced.
- Ideas for parents on how to facilitate the learning of new, desired behaviors.

There will be a chance for Q&As.

**Thursday 11<sup>th</sup> June REDHILL**  
St Joseph's Church, 122 Ladbroke  
Road RH1 1JX  
Map: <http://bit.ly/1Bv5YbP>

*As the new Carers' Strategy comes into effect (see page 5), Clare Percival, Carer Development Officer for East Surrey Action for Carers, will talk about the learning and work aspects of caring.*

Clare will explain what is on offer to support carers in exploring options not only for employment but also for carers looking for courses, training and volunteering opportunities that they can combine with their caring commitments.

She will explain the funding opportunities to help carers achieve their goals and talk about a recent self-employment training programme which gives carers the chance to set up a small business to fit in with their care role and responsibilities.

She will also talk about what is available for siblings of children with ASDs from Surrey Young Carers.

\*\*\*\*\*

### **Autism Show in London**

The Autism Show at ExCel in London on 12 – 13 June is now open for booking - it's £5 cheaper to pre-book than if you pay on the door.

The Autism Show offers information, advice, products and services on autism (including Asperger syndrome). Presenters this year include Professor Simon Baron-Cohen FBA and broadcaster Melanie Sykes, who will talk about her personal experiences of being a mother of an autistic child.

There will also be new features including Lego Therapy, Sensory Classroom and Get Cycling.

For details go to  
<http://london.autismshow.co.uk>

## Contact-a-Family Disability Living Allowance Mythbuster

Contact-a-Family has published an excellent guide designed to bust some of the myths surrounding Disability Living Allowance (DLA). Their recent 'Counting the Costs' campaign found that it is not a lack of awareness preventing families claiming DLA when they should be, but rather confusion about who is entitled to claim.

### **Myth 1: My child needs a diagnosis before I can claim DLA**

You can claim DLA so long as it is clear that there is some underlying condition - whether physical, mental or behavioural - as a result of which your child needs extra care or help in getting around. You don't have to wait for the condition to be diagnosed.

### **Myth 2: My child's disability won't count for DLA**

Both the living allowance and mobility components of DLA are paid at different rates depending on your child's care needs or mobility difficulties. Disabled children with greater needs are likely to be on the highest rates. A child with fewer needs might still qualify for DLA at lower rates.

### **Myth 3: I can't claim DLA for my child because my earnings are too high / I'm working**

DLA is not means-tested. It doesn't matter whether you have earnings or any savings or whether you are working or not. The only thing that matters is whether your child has greater needs than other children of the same age.

### **Myth 4: Children with learning disabilities and autism spectrum disorders cannot get higher mobility rate under DLA**

Even if your child has no physical problems with walking, they might still qualify for the higher rate if their behaviour is very difficult to deal with.

### **Myth 5: I can't claim DLA because my child is very young**

It can be harder to claim for a young child because all infants need a high level of care. However, if your child needs a different type of care, or care more often, than other infants, you have a good chance of an award. DLA care component can be paid from age 3 months and from birth if terminally ill. The mobility component can only be paid from age 3.

### **Myth 6: There is no point in claiming DLA, as the money will be deducted from my other benefits**

DLA is never deducted from other benefits you get, and it is always ignored as income. In fact getting DLA can trigger extra amounts in other benefits you claim - see our DLA page for more information.

### **Myth 7: There's no one to help me fill out the DLA claim form**

There are a number of guides, helplines and services that can help: NAS Welfare Rights Service – you can book a telephone appointment by emailing [welfare.rights@nas.org.uk](mailto:welfare.rights@nas.org.uk) Contact-a-Family helpline 0808 808 3555 or web site <http://www.cafamily.org.uk/know-your-rights/benefits-and-tax-credits/disability-living-allowance/> Carer's Support - search online for your local branch.

\*\*\*\*\*

## **Special needs day at model railway**

Malden and District Society of Model Engineers in Thames Ditton is running an open day for families who have special needs or disabled children on 21<sup>st</sup> June from 2.00pm. Children can ride on the trains, but must be accompanied by a carer. The day is free to attend and food is available for a small charge from the clubhouse, or there are picnic tables available if you would rather bring your own. For more details, contact Peter Pullen [pjpullen@talktalk.net](mailto:pjpullen@talktalk.net), tel: 020 8398 3985.

## Meeting Reports

**Redhill – February 2015**

### ***Supporting teens with ASDs and their siblings by Mark Brown from Special Help 4 Special Needs***

Mark Brown runs Special Help 4 Special Needs, a company that offers private support for families, schools and professionals who support someone with an ASD. Mark talked about how parents can best support their teenage children with ASDs and about how having someone with an ASD in the family can have a particular impact on teen siblings.

He started by explaining that there is no such thing as a 'typical' family, but that when a family includes one or more young people on the spectrum, neurotypical siblings can face challenges which can lead to distressing and upsetting feelings including:

- Resentment if they are expected to take on the role of a 'parent' in helping to manage anxiety or deal with challenging behaviours. He stressed that it is important for adults to set boundaries that clearly define the limits of a sibling's responsibility
- Iniquity, as the neurotypical child will get told off for a particular action or behaviour whilst the young person with autism doesn't
- Isolation – teens can feel separated from friends or the rest of the family as they don't want to share their concerns
- Worry – siblings often don't want to 'worry' parents with their own problems or issues with their ASD sibling
- Embarrassment – they may be embarrassed by the unusual behaviour of an ASD sibling
- Guilt – they may be confused about feeling resentful of their ASD sibling
- Neglect – if services and much of parents' attention are focussed on the child/children with ASD
- Worry about the future and whether they will have to look after their sibling, or whether they may have children with ASD themselves.

Mark warned parents to watch out for signs of a sibling starting to withdraw or becoming more aggressive than the general surliness that is so normal in a teenager and to give them channels where they could talk to parents or another adult outside the immediate family. He said that the dynamics of a relationship between autistic and neurotypical siblings can change when the neurotypical youngster starts to go out into the world, whilst the young person with the ASD may be more home-based.

### **Relationships between siblings**

In terms of helping to improve difficult relationships between siblings on and off the spectrum, Mark suggested using tools such as the computer game Minecraft to encourage communication. He also said that young people can help their ASD siblings develop independence and life skills by modelling behaviour or encouraging them to become more independent in a more natural way than often a worried mum or dad can do.

Neurotypical siblings can advocate for their ASD sibling – although Mark stressed the importance of making sure they know that they don't have sole responsibility so they don't feel overwhelmed.

He closed with two thoughts: that parents should remember that all siblings fight and argue, irrespective of whether all or some of them have an ASD and he encouraged families to learn to laugh about some of the funnier things that can occur when there is someone with ASD in the family to help relieve the tension.

### **Resources**

To help parents talk to teens with ASDs and their siblings, Mark recommended YouTube videos by Dean Beadle, a young man with ASD; talks and books by Robyn Steward, a young woman on the spectrum and for younger siblings 'My Life with Autism' by a young girl



## Meeting Report

with Aspergers who also has a brother with severe autism.

<https://www.youtube.com/watch?v=ejpWWP1HNGQ>

### Books

There are numerous books on parenting teens and supporting siblings of children with ASDs which can be borrowed from the NAS Surrey Branch libraries (available at all evening talks). The NAS sells books on a wide range of topics - to download a list of books go to the NAS web site.

<http://www.autism.org.uk/Products/Free-resources/Pubs-Catalogue-2013.aspx>

Books include:

Parenting a teen or young adult with Aspergers or ASD

<http://www.jkp.com/uk/parenting-a-teen-or-young-adult-with-asperger-syndrome-autism-spectrum-disorder.html>

Siblings – a book written from the viewpoint of siblings of children and young people with ASD.

<http://www.jkp.com/uk/siblings.html>

Mark Brown runs Special Help 4 Special Needs, a company that offers private support for families, schools and professionals who support someone with an ASD. Tel: 01883 621124 / 07917 454573.

\*\*\*\*\*

### Woking – March 2015

#### *Transition to adult social services for young people aged 18 – 25*

Kim Foster and Lisa Woodruff, Assistant Practitioners for Carers from Surrey County Council's Social Care Transition team, spoke about their roles and how assessments for social care needs will change under the new Care Act.

Kim first explained that while Adult Social Care is delivered by locality teams based in each borough, the

specialist Transition team covers the whole of the county. They work with young people between the ages of 18 and 25, when they transfer to adult services.

Kim explained that all young people should have met with a Transition practitioner during their 17<sup>th</sup> year, although certain vulnerable groups such as looked after children may have involvement from the transition team from as young as 14. Parents can refer their young person to the service themselves if their child is not known to children's services.

The Transition team works with the principles of the new Care Act, the key one being that assessment must be triggered by the 'appearance of need'. It must be person centred, and all assessors must be fully trained.

The Care Act sets out that the following must be established in considering whether to assess for support from social services:

1. Is the carer able and willing to continue to provide care.
2. The impact on the carers wellbeing
3. The outcome the carer wishes in day to day life.
4. Whether the carer works or wishes to work.

### Criteria for Eligibility

The criteria for eligibility for assessment have changed and will now mean that more people with ASDs will be eligible for an assessment by the transition team.

Condition 1:

Do the needs arise from a physical or mental impairment or illness?

Condition 2:

Do these needs mean that the adult is unable to achieve **two** or more of the specified outcomes:

- Managing and maintaining nutrition
- Maintaining personal hygiene
- Managing toilet needs
- Being appropriately clothed

## Meeting Reports

- Being able to make use of the adults home safely
- Maintaining a habitable home environment
- Developing and maintaining family or personal relationships
- Accessing or engaging in work and training, education or volunteering.
- Making use of necessary facilities or services in the community, including public transport, and recreational facilities or services
- Carrying out caring responsibilities the adult has for a child.

Condition 3:

Is there consequently a significant impact on the adult's wellbeing.

Kim's specialist role is working with carers, working with parents and family members of young people aged 18 - 25. The team has developed special materials to aid conversations with younger siblings.

### Eligibility criteria for carers

Carers now have a right to ask for an assessment of their own needs and those of the wider family, even when the person in their care does not wish to be assessed.

The biggest change in the new Act is that the old 'eligibility bands' have been abolished, and people will be deemed eligible for support on the basis of being unable to achieve 2 outcomes from a list. This also applies to carers' assessments.

The criteria for carers to be eligible for support are:

Condition 1.

Do the needs arise because the carer is providing necessary care and support.

Condition 2.

- Is the carers physical and mental health affected or at risk of deteriorating or is the carer unable to achieve any of the listed outcomes
- Carrying out any caring responsibilities the carer has for a child.

- Providing care to other persons for whom the carer provides care
- Maintaining a habitable home environment in the carer's home, whether or not this is also the home of the adult needing care
- Managing and maintaining nutrition.
- Developing or maintaining family or other personal relationships
- Engaging in work, training, education or volunteering
- Making use of necessary facilities or services in the local community, including recreational facilities or services

• Engaging in recreational facilities.

Condition 3.

Is there consequently a significant impact on the carer's wellbeing.

Kim commented that assessing in this way is much fairer and more relevant to young people on the autistic spectrum, as it will be much easier to gauge their real needs.

As before, there has to be a financial assessment in order to generate funds to meet a young person's social care needs (Kim stressed that this is separate from any funding needed to meet their health or educational needs).

A financial assessment also involves checking that any benefits have been put in place. Support planning is then done jointly with the practitioner, the person needing support and their carer. Reviews take place after the first 6 weeks, and thereafter every 6 to 12 months depending on circumstances. Kim also mentioned that there is now an additional method of accessing funds awarded by using a prepaid card, making it easier for the young person to take control of paying for their own support.

Lisa and Kim invited parents whose children of 17+ have not been contacted to get in touch by calling 01276 800270, email [transitionteam@surreycc.gov.uk](mailto:transitionteam@surreycc.gov.uk)

### Drop in Advocacy Sessions

Drop in Advocacy sessions are available at the Disability Hubs around Surrey. Advocacy is a service which provides support to help people say what they want to say when trying to secure their rights or obtain services they need. An advocate supports the individual by working in partnership with them, making sure the advocate understands the person's views and helping them to put those views across in meetings with officials, for example. Advocacy is available to anyone in Surrey over 16 with a disability, including ASDs, through Surrey Disabled People's Partnership. For details of the help they can provide see the website

<https://www.sdpp.org.uk/services/advocacy.php> or call 0300 030 7333 email: [advocacy@sdpp.org.uk](mailto:advocacy@sdpp.org.uk)

You can just turn up at a session to find out more about advocacy and whether it might be of use to you. Hubs are located in Addlestone, Camberley, Dorking, Epsom, Godalming, Redhill, Walton and Woking. To find out when Advocacy sessions are running go to: <http://www.thesurreyhubs.org.uk/>

### Independent Living event in Epsom

Surrey Independent Living Council (SILC) is holding an exhibition fair, with associated workshops and activities.

The Surrey Independent Living Fair will be held on Thursday 25th June from 10am-4pm at Epsom Downs Racecourse. The event will cover care and support; learning and work opportunities, products, benefits, advocacy, health, leisure and other areas of interest for disabled adults and children, older people and carers in Surrey.

For details go to [www.surreyilc.org.uk](http://www.surreyilc.org.uk) call 020 8144 0350 or email: [office@nb-consultancy.co.uk](mailto:office@nb-consultancy.co.uk).

### Consultation on rights of people with ASDs

The government has opened a public consultation on new proposals to give more rights to adults and children with learning disabilities, autism and mental health conditions. Entitled '*No voice unheard, no right ignored*'.

A report published last month by the National Audit Office revealed that the government is failing to move people with learning difficulties out of treatment and back into the community. The new proposals include the right for individuals to be more involved in making their own decisions about their care, personal budgets and feelings. The plans urge for disabled people to have more say on how they want to be cared for and supported and who should provide these services.

The consultation is mainly looking for input from people with learning difficulties, autism or mental health conditions and their families / carers, but those working for health or social care bodies involved in planning or commissioning services can also contribute. The consultation period will be running over a 12 week period from 6<sup>th</sup> March to 29<sup>th</sup> May 2015. Visit the government's website <https://www.gov.uk/government/consultations/strengthening-rights-for-people-with-learning-disabilities>

### Interested in a Spouses & partners group?

Are you the spouse or partner of someone with an ASD? Would you like to get together with other spouses/partners for mutual support? Spouses/partners are already welcome to join our Parents of Adults Groups which meet in several venues around Surrey, but if there is enough demand we would start a separate group just for spouses/partners. If this would be of interest to you, please contact Sara Truman email: [nas@mugsy.org](mailto:nas@mugsy.org) tel: 01483 822630.

## NAS Surrey Branch Calendar April - June 2015

Our local support group meetings, talks and activities are a great place to meet other people - please always phone/email ahead of time to make sure it's still on before you go. For up to date news and events, do join our online forum at <http://www.mugsy.org/contact.htm#Form>

### April 2015

**Mon 13<sup>th</sup> 10.00am Banstead  
SUPPORT GROUP**  
Helen Trenaman 01737 360069  
[trenamans@talktalk.net](mailto:trenamans@talktalk.net)

**Weds 15<sup>th</sup> 10.00am Oxted School  
SUPPORT GROUP**  
Lisa Sawyer 01883 371090  
[lisamsawyer@yahoo.co.uk](mailto:lisamsawyer@yahoo.co.uk)

**Thurs 23<sup>rd</sup> 7.30pm Reigate  
PARENTS OF ADULTS GROUP**  
Sara Truman  
01483 822630 [nas@mugsy.org](mailto:nas@mugsy.org)

**Fri 24<sup>th</sup> 10.00am Guildford  
SUPPORT GROUP**  
Sara Truman  
01483 822630 [nas@mugsy.org](mailto:nas@mugsy.org)

**Mon 27<sup>th</sup> 9.15am Frensham  
SUPPORT GROUP**  
Christine Malik 07941 121395  
[christinemalik@btinternet.com](mailto:christinemalik@btinternet.com)

**Mon 27<sup>th</sup> 10am Guildford  
PARENTS OF GIRLS GROUP**  
Rachel Pearson 01483 727378  
[racheldpearson@gmail.com](mailto:racheldpearson@gmail.com)

**Weds 29<sup>th</sup> 10.00am Redhill  
SUPPORT GROUP**  
Helen Ruffhead 01737 212043  
[h.ruffhead@ntlworld.com](mailto:h.ruffhead@ntlworld.com)

**Weds 29<sup>th</sup> 10.00am Dorking  
SUPPORT GROUP**  
Sarah Mason 07973 379131  
[slmason78@gmail.com](mailto:slmason78@gmail.com)

**Weds 29<sup>th</sup> 8.00pm Weybridge  
SOCIAL EVENING MEETING**  
Emma Whitfield 07423 435413  
[emma@mugsy.org](mailto:emma@mugsy.org)

**Weds 29<sup>th</sup> 7.30pm Guildford  
SOCIAL EVENING MEETING**  
Sara Truman  
01483 822630 [nas@mugsy.org](mailto:nas@mugsy.org)

**Thurs 30<sup>th</sup> 10.00am Chertsey  
SUPPORT GROUP**  
Emma Whitfield 07423 435413  
[emma@mugsy.org](mailto:emma@mugsy.org)

### May 2015

**Fri 1<sup>st</sup> 10.00am Cranleigh  
SUPPORT GROUP**  
Lucy Tosh 07968 948513  
[lucy@lucytosh.co.uk](mailto:lucy@lucytosh.co.uk)

**Thurs 7<sup>th</sup> 10.00am Haslemere  
SUPPORT GROUP**  
Fiona Bowring 07729 024040  
[timandfiona@btinternet.com](mailto:timandfiona@btinternet.com)

**Thurs 7<sup>th</sup> 7.30pm Farnham  
PARENTS OF ADULTS GROUP**  
Hilary Dyce 01276 66032  
[hilarydyce@yahoo.co.uk](mailto:hilarydyce@yahoo.co.uk)

**Mon 11<sup>th</sup> 9.15am Frensham  
SUPPORT GROUP**  
Christine Malik 07941 121395  
[christinemalik@btinternet.com](mailto:christinemalik@btinternet.com)

**Mon 11<sup>th</sup> 10am Woking  
SUPPORT GROUP**  
Natalie Pattison 01483 850142  
[punkpin\\_pie@yahoo.co.uk](mailto:punkpin_pie@yahoo.co.uk)

**Fri 15<sup>th</sup> 10.00am Guildford  
PARENTS OF GIRLS GROUP**  
Rachel Pearson 01483 727378  
[racheldpearson@gmail.com](mailto:racheldpearson@gmail.com)

**Weds 20<sup>th</sup> 10.00am Dorking  
SUPPORT GROUP**  
Sarah Mason 07973 379131  
[slmason78@gmail.com](mailto:slmason78@gmail.com)

---

**Wed 20<sup>th</sup> 7.45 for 8.00pm  
Guildford Institute Dr Alex Carlisle,  
understanding and managing behaviour**  
Emma Whitfield [emma@mugsy.org](mailto:emma@mugsy.org)

### June 2015

**Fri 5<sup>th</sup> 10.00am Cranleigh  
SUPPORT GROUP**  
Lucy Tosh 07968 948513  
[lucy@lucytosh.co.uk](mailto:lucy@lucytosh.co.uk)

**Fri 5<sup>th</sup> 10am Guildford  
SUPPORT GROUP**  
Sara Truman  
01483 822630 [nas@mugsy.org](mailto:nas@mugsy.org)

---

**Wed 11<sup>th</sup> 7.45 for 8.00pm  
Redhill, Clare Percival form Action for  
Carers on Learning and Employment**  
Emma Whitfield [emma@mugsy.org](mailto:emma@mugsy.org)

---