



# OAASIS INFORMATION SHEET

## Adult Asperger Syndrome?

### Getting an assessment and afterwards.

Office for  
Advice  
Assistance  
Support  
and  
Information  
on  
Special needs

Helpline:  
01590 622880  
Fax:  
01590 622687

[www.oaasis.co.uk](http://www.oaasis.co.uk)

**FREEPOST**  
**RLYY-TAUC-YRYS**  
Brock House  
Grigg Lane  
Brockenhurst  
Hampshire  
SO42 7RE

**OAASIS**  
A part of  
Cambian Education  
Services



#### **RECOGNITION**

Autistic spectrum disorders affect how people communicate with others and how people process the meaning of abstract information, in particular what other people think. It is only relatively recently that these disorders – atypical autism, high functioning autism, Asperger Syndrome, semantic pragmatic disorder – are being recognised for what they are: neurological disabilities that people are (usually) born with. Parents do not 'give' their children these disorders through their methods of child-rearing.

Unfortunately, before we began to understand these disabilities and the behaviours that often accompany them, a diagnosis of, for example, 'emotional and behavioural difficulties' may have been given to the young person. The family may have been told – although perhaps not in so many words – that it was 'their fault' and that they were bad parents. The young person may have found him or herself in a special school where stringent corrective measures were in place and the family may have been referred for parenting skills or counselling. Some children may have just been regarded as 'eccentric' or 'odd'.

#### **CHOOSING ASSESSMENT**

If you are reading this information sheet, it is probably because you think you were one of the unlucky ones: you were mis-diagnosed or not diagnosed at all, but you believe that you may have Asperger Syndrome or High Functioning Autism (HFA). Have you read about autistic spectrum disorders? Do the problems mentioned in the articles sound familiar? Ask yourself: what if I find out that I *have* got Asperger Syndrome.... or a communication disorder? Will it help me if I know the name of the disorder? What if I *haven't* got autism or Asperger Syndrome? Only if you are happy with the answers you give yourself should you consider asking your doctor for a referral to a consultant psychologist for an assessment.

You may want to consider further personal research and / or an assessment if any of the following sound familiar:

- when a child you were often told off for being 'naughty', attention-seeking, or deliberately disruptive
- you were always saying the wrong things at the wrong time
- you had difficulties socialising - making and keeping friends – were you always the one left out?
- you were often teased or bullied
- you had trouble getting to the right place at the right time, with the right books or equipment
- you were highly sensitive to loud noises, touch and smells, or
- insensitive to pain (high pain threshold)
- you found it difficult understanding other people's jokes, innuendos and sarcasm
- you made very literal language interpretations – i.e. misunderstood the meaning of language when used idiomatically? ("It was murder in town yesterday" "I could eat a horse")
- you had a very special interest, which you wanted to talk about constantly
- you were a very anxious child, disliking any change or alteration to your daily routine, going to new places or meeting new people.

If you now live independently, do you have problems with any of the following?

- organising shopping, budgeting carefully, etc, so that you eat properly and regularly
- remembering to launder your clothes and bedding often and regularly, and
- remembering to bathe or shower daily
- paying bills on time, and reading or completing other mail or forms
- socialising with appropriate peer-groups
- finding, making and keeping friends
- knowing what other people are thinking, wanting you to do or say, expecting of you.

The NAS have a helpful section on their website about getting a diagnosis which can be found at <http://www.autism.org.uk/diagnosisinfo> and for information on the diagnostic criteria look at [http://www.niccy.org/uploaded\\_docs/Aspergers%20Report/Appendix\\_1.pdf](http://www.niccy.org/uploaded_docs/Aspergers%20Report/Appendix_1.pdf). There is an online Adult Asperger Assessment that can be downloaded from the website of the Autism Research Centre in Cambridge – this can be found at [http://www.autismresearchcentre.com/tests/aaa\\_test.asp](http://www.autismresearchcentre.com/tests/aaa_test.asp).

#### **WHERE CAN I BE ASSESSED?**

There are several independent specialist assessment centres around the country that see adults, and many (NHS) consultant psychiatrists will also be able to diagnose. You will need to be referred to most centres and consultants by your health professional. Here are centres that we know of who deal with adults with Asperger Syndrome:

- **The Autism Diagnostic Research Centre (ADRC)** Southampton, Hants. **Tel: 02380 202631**  
 An assessment service for adults suspected of having Asperger syndrome/high functioning autism. They have an interdisciplinary team of professionals with a wealth of experience and expertise in autism. No self-referrals, referrals must be made through a GP, health or other professional and can be from across the UK.  
 Website: [www.adrc.co.uk](http://www.adrc.co.uk) Email: [info@adrc.co.uk](mailto:info@adrc.co.uk)
- **Brookdale Care** Welwyn Garden City, Herts (24 hour referral line) **Tel: 01707 646 646**  
 Brookdale Care has an experienced therapeutic team comprising of Consultant Psychiatrists, Consultant Forensic and Clinical Psychologists, Speech and Language Therapists all experienced in ASD. Clients may be admitted to Milton Park Independent Hospital for a period of intensive therapeutic, management, treatment and assessment. Self or professional referral. Initial assessment is free.  
 Web: [www.brookdalecare.co.uk](http://www.brookdalecare.co.uk)
- **CLASS (Cambridge Lifespan Asperger Syndrome Service)** Cambridge. **Tel: 01223 746048/57**  
 CLASS accepts referrals from Cambridgeshire and Peterborough NHS region. There is no charge for assessments.  
 Website: [www.autismresearchcentre.com/clinical/class.asp](http://www.autismresearchcentre.com/clinical/class.asp)
- **Dilemma Consultancy in Human Relations**, Sheffield and London. **Tel: 0114 266 0543**  
 Dilemma is an organization of psychotherapists and counsellors working in the existential tradition. It offers an assessment, counselling and psychotherapy service for individuals and couples. *They also maintain ASHTA (The Asperger Syndrome Helpsite for Teenagers and Adults) which includes a self-assessment questionnaire – this can be found at [http://www.aspergersyndrome.info/Asperger\\_diagnostic\\_website/frame1.html](http://www.aspergersyndrome.info/Asperger_diagnostic_website/frame1.html).*  
 Website <http://dilemmasconsultancy.org>
- **Hoffmann Foundation for Autism** London NW10 6RF. **Tel: 020 8964 6650**  
 This organisation offers assessment and diagnosis, one-to-one counselling, life skills and social skills group, management of symptoms (stress, anxiety, depression) self-awareness, self worth and outreach. They take self-referrals or referral through GP's/health professionals.  
 Website: [www.hoffmannfoundation.org.uk](http://www.hoffmannfoundation.org.uk)
- **The Maudsley Centre for Behavioural Disorders** Beckenham, Kent **Tel: 0208 776 4183 or 4256**  
 This is a national specialised tertiary service offering assessment and treatment to clients with autistic spectrum disorders and/or complex mental health needs to people from across the UK. Services are delivered between The Bethlem Royal and Maudsley hospital sites and locations nation-wide. The *Behavioural Disorders Unit* is an Inpatient assessment and treatment service for those with ASD and/or mental health problems and challenging behaviour; The *Behavioural Genetics Clinic* is an Outpatient assessment and diagnostic clinic. They can also offer an Outreach Service. Referrals from a consultant psychiatrist.  
 Website: [www.slam.nhs.uk/services/directoratelist.aspx?dir=12](http://www.slam.nhs.uk/services/directoratelist.aspx?dir=12) Email: [Alex.Ward@Slam.nhs.uk](mailto:Alex.Ward@Slam.nhs.uk)
- **Maxine Aston**, Park Counselling Centre, Coventry **Tel: 02476 224422**  
 Maxine Aston provides an assessment service to adults who suspect they may be affected by an ASD, particularly Asperger Syndrome. She takes private clients, NHS referrals, university clients and clients facing employment difficulties. She has an informative website, has written a number of books and also offers counselling to couples where one or both has Asperger Syndrome. Website: [www.maxineaston.co.uk](http://www.maxineaston.co.uk) Email: [as@maxineaston.co.uk](mailto:as@maxineaston.co.uk)
- **The NAS Lorna Wing Centre** Bromley, Kent **Tel: Helpline 0845 070 4004 or direct 020 8466 0098**  
 The assessment centre for the National Autistic Society. They offer a full assessment, diagnosis and advice service. A referral will need to be made by a Psychiatrist.  
 Web: [www.nas.org.uk](http://www.nas.org.uk) Email: [elliott.house@nas.org.uk](mailto:elliott.house@nas.org.uk),

#### **AFTER AN ASSESSMENT OF AN AUTISTIC SPECTRUM DISORDER... WHAT NEXT?**

While you were wondering whether you had an autistic spectrum disorder, you probably read quite a few articles on the subject. You are an expert on the disorder that the consultant has said you have: you understand the problems of people who have a form of autism – because you have lived with it all your life.

Quite often, when we know that there is a problem and we know what that problem is, we can fix it. But you should only attempt to address your own problems if:

- you understand and accept that you have a disorder
- you accept that having this disorder means you may have some problems in your life
- you are willing to talk about your disorder and your difficulties
- you want to understand other people and how they think
- you want other people to understand you and how you think
- you want to understand what is expected of you in certain situations
- you want to live as independently as possible.

Talking about your autism or Asperger Syndrome with the people you meet will help them understand you better if they themselves are not autistic, and if they don't know anybody with autism. It should not become a major topic of conversation at every meeting or every occasion! But it is very much a part of you and how you function in this world. For some people the fact that they have had a hip replacement, or cannot see very clearly, or suffer from migraines, is very much a part of them: it might limit their abilities in some areas, but affect them not at all in others. It is the same for you: your abilities with factual and technical subjects may well be far higher than average; your understanding of what others are thinking, however, might be limited.

All of us, after all, are individuals, with very individual likes, dislikes, abilities, limitations and interests. We do not all have to be exactly the same in order to get on with each other: we would all benefit from becoming more understanding, tolerant and accepting of people as individuals.

## ADULT HOMES/SUPPORTED LIVING

There are many privately run or charitable homes and communities for people with autism. Your local autistic trust or society will have more information, or contact the National Autistic Society (0845 070 4004). Also try your local Social Services for their list of registered homes.

**OAASIS keeps a list of residential homes/supported living specifically for adults who have autism or Asperger Syndrome. Please contact OAASIS for a copy.**

## BENEFITS

If you have been diagnosed as having some form of autistic disability, you may be entitled to various benefits. **Disability Living Allowance** is a tax-free benefit for those who cannot get around or look after themselves without help. Your local **Citizens Advice Bureau** will be able to help you. Visit their website [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk) to find your nearest CAB. They also offer some limited on-line advice at [www.adviceguide.org.uk](http://www.adviceguide.org.uk).

**Downloadable guides** to disability living allowance, incapacity benefit & employment and support allowance for parents, professionals, advice workers and claimants themselves can be found at website: [www.benefitsandwork.co.uk](http://www.benefitsandwork.co.uk) or the telephone number regarding publication enquiries: **01297 442549**.

Also see the website [www.direct.gov.uk/DisabledPeople/fs/en](http://www.direct.gov.uk/DisabledPeople/fs/en) for information on Disabled Students' Allowance, DLA, Attendance Allowance, Incapacity Benefit and Carers' Allowance.

**Direct Payments** are cash payments made in lieu of social service provisions, to individuals who have been assessed as needing services. They can be made to disabled people over 16, people with parental responsibility for disabled children and to carers. The aim is to give more flexibility in how services are provided and to give greater choice and control to those concerned. Web: [www.dh.gov.uk](http://www.dh.gov.uk) (enter 'direct payments' in search box).

### **The Disability Alliance**

A national charity working to break the link between poverty and disability.

**Advice Line: 0207 247 8776**

Website: [www.disabilityalliance.org](http://www.disabilityalliance.org)

**The Benefit Enquiry Line for People with Disabilities** is **0800 88 22 00** (Mon – Fri 8.30 – 6.30 pm; Saturday 9.00 – 1.00 pm).

There is also a lot of information on the Dept for Work and Pensions website: [www.dwp.gov.uk](http://www.dwp.gov.uk) - click the link entitled 'disabled people and carers'.

The NAS produce helpful fact sheets on **Disability Living Allowance** and **Welfare Benefits**. Ring them on **0845 070 4004**. Or go to their website at [www.autism.org.uk](http://www.autism.org.uk).

**COUNSELLING:** Should you feel that you would benefit from counselling the following organisations may be able to help:

**British Association for Behavioural and Cognitive Psychotherapies (BABCP)**

**Tel: 0161 797 4484**

Website: [www.babcp.com](http://www.babcp.com)

**The British Association of Counselling and Psychotherapy**

**Tel: 0870 443 5252**

Website: [www.bacp.co.uk](http://www.bacp.co.uk)

**UK Council for Psychotherapy (UKCP)**

**Tel: 020 7014 9968**

Website: [www.psychotherapy.org.uk](http://www.psychotherapy.org.uk)

## EMPLOYMENT

**Employment Opportunities**

[www.opportunities.org.uk](http://www.opportunities.org.uk)

**Tel: 0207 448 5420**

A national charity helping people with disabilities find and retain work. They run employment programmes and training courses.

## PROSPECTS

An employment and training service set up by the NAS for people with autism or Asperger Syndrome who wish to work. Also supports employees in recruiting, training and retention of staff. It operates in 3 areas:

**Greater London**

Tel: 020 7704 7450

Web: [www.autism.org.uk/prospects/london](http://www.autism.org.uk/prospects/london)

**Greater Glasgow**

Tel: 0141 248 1725

Web: [www.autism.org.uk/prospects/glasgow](http://www.autism.org.uk/prospects/glasgow)

**Greater Manchester**

Tel: 0161 998 0577

Web: [www.autism.org.uk/prospects/manchester](http://www.autism.org.uk/prospects/manchester)

Telephone the Autism helpline 0845 070 4004 if you are not in those areas. There is a downloadable information pack called "Looking for a Job" on their website [www.autism.org.uk](http://www.autism.org.uk).

**SKILL**, The National Bureau for Students with Disabilities

Website: [www.skill.org.uk](http://www.skill.org.uk)

Helps with Post 16 education, training and employment throughout the UK for students with disabilities.

**Tel England: 0800 328 5050, Scotland 0131 475 2348, Northern Ireland 028 9028 7000 and Wales 02920 786506.**

**WORKSTEP**- provides job support to over 26,000 disabled people and helps them to reach their potential within a commercial environment. Contact your Jobcentre Plus office or Jobcentre who will put you in touch with a Disability Employment Adviser

## FURTHER/HIGHER EDUCATION

Most colleges and universities are happy to welcome students with autistic spectrum disorders. Ask to look at their Learning Disability Policy and find out what support they can offer. It might be useful to check out what their pastoral care is like; do they have a 'buddy' system in place? When you live in a student flat it will be very helpful if there is someone – a 'buddy' – who knows that you might need prompting occasionally to do things at the right time. For example, get up, change your bedding, shower, get essays written, eat, wash your clothes, write or phone home!

Check this part of an American website '**University Students with Autism and Asperger Syndrome**' [www.users.dircon.co.uk/~cns/](http://www.users.dircon.co.uk/~cns/) - helpful information written especially for students, and an email forum you can join, lots of UK information here too.

The National Autistic Society has information to inform staff at colleges and Universities about AS at <http://www.autism.org.uk/nas/jsp/polopoly.jsp?d=1011>

A useful book is *Succeeding in College with Asperger Syndrome* A student guide. Authors John Harpur, Maria Lawlor, Michael Fitzgerald. £13.95.

### **ONLINE INFORMATION AND GROUPS**

A very good American site is **OASIS** (On-line Asperger Syndrome Information Service). It has articles by people with autism and Asperger Syndrome, and links to other websites: [www.aspergersyndrome.org](http://www.aspergersyndrome.org).

You might like to contact others on-line who have Asperger Syndrome.

**A.S.S.G.O** (Asperger Support Group Online) can be found at [www.assupportgrouponline.co.uk](http://www.assupportgrouponline.co.uk) and has lots of information on coping with AS, online befrienders, email pals and much more.

[www.aspergernauts.co.uk](http://www.aspergernauts.co.uk) is a website set up by Gareth Roberts who has Asperger Syndrome. There is lots of useful information for people with AS as well as an online-forum and community.

**JKP's Asperger Syndrome website** was written by Kevin Phillips about being diagnosed with AS. There's lots of information about his life as well as useful information about different aspects of AS. Can be found at [www.angelfire.com](http://www.angelfire.com).

**Families of Adults with Autism and Asperger Syndrome (FAAAS)** an American site for your families:: [www.faaas.org](http://www.faaas.org).

And for **brothers and sisters** of people with autism or Asperger Syndrome: there is a Sibling Support website at [www.sibs.org.uk](http://www.sibs.org.uk) or call 01535 645453.

**Asperger Syndrome Helpsite for Teenagers and Adults (ASHTA)**, which includes a self-test and creating a letter to a doctor, can be found at [http://www.aspergersyndrome.info/Asperger\\_diagnostic\\_website/frame1.html](http://www.aspergersyndrome.info/Asperger_diagnostic_website/frame1.html).

[www.secondlife.com](http://www.secondlife.com) is a 3D virtual world created by its residents. Anyone can join and discover a digital world inhabited by millions of residents from around the world, with lots of entertainment, experiences and opportunities. You can even buy your own land or open up a business!

**Maxine Aston** (see above under where can you be assessed), a counsellor for people with AS, has a very informative site at [www.maxineaston.co.uk](http://www.maxineaston.co.uk). Includes information on CAD – Cassandra Affective Disorder: sufferers are women who are emotionally deprived because they are married to someone with AS. This of course may also apply to men who are married to someone with AS.

**One For Us.com** A website for people who have a learning difficulty, *not* for their parents or carers! Clear explanations and information on health, housing, money, relationships, etc: Website: [www.oneforum.com](http://www.oneforum.com)

**The Wrong Planet** is an online resource and community for those with Asperger Syndrome, Autism, ADHD and other PDD's. IT has a forum, articles and a chatroom. Website: [www.wrongplanet.net](http://www.wrongplanet.net)

**For women:** There are many articles and books coming out on this smaller number of sufferers, for example, an extract from *Asperger's Syndrome in Women: A Different Set of Challenges?* by Catherine Faherty can be viewed at [http://www.autismtoday.com/articles/Aspergers\\_in\\_Women.htm](http://www.autismtoday.com/articles/Aspergers_in_Women.htm).

**READING:** There are a lot of books written for people with Asperger Syndrome and by people with Aspergers, download our information sheet 'Books' at [www.oasis.co.uk](http://www.oasis.co.uk) to find a list of publishers. Here are a few suggested books from the many out there:

The following books are available from the National Autistic Society ([www.nas.org.uk](http://www.nas.org.uk)):

- *What is Asperger Syndrome, and how will it affect me?* A booklet for teenagers. £1.50
- *What next? Moving on from diagnosis.* A leaflet for adults, £0.25. These three available from the **NAS** as above.

The following books are available from Jessica Kingsley Publishers ([www.jkp.com](http://www.jkp.com)):

- *Coming Out Asperger: Diagnosis, Disclosure and Self-Confidence.* Explores the complexity of diagnosis, the drawbacks and benefits of disclosing a diagnosis of a 'hidden disability'. £13.99
- *How to Find Work that Works for People with Asperger Syndrome* by Gail Hawkins. £15.99.
- *Making Sense of the Unfeasible My Life Journey with Asperger Syndrome* £12.95 and, *Survival Strategies for People on the Autism Spectrum* by Marc Fleisher £12.99, who received a diagnosis in the 1970's after being considered mentally retarded.

*Coping* was written by Marc Segar, a young man (now unfortunately deceased) with AS, to help others understand and deal with their condition. Visit website: <http://www.asperger-marriage.info/survguide/contents.html> to download it or you can purchase it for £4.75 (plus p & p) from Sutherland House Children's Services, The Elizabeth Newson Centre on Tel: 0115 976 1805 or Website: [www.sutherlandhouse.org.uk](http://www.sutherlandhouse.org.uk).

*An Asperger Marriage* by Gizela and Christopher Slater-Walker, an English couple. Christopher was diagnosed with Asperger Syndrome when an adult. To find out more about the book and where to buy it look at their website [www.asperger-marriage.info/](http://www.asperger-marriage.info/).

*The Asperger Love Guide – A Practical Guide for Adults with Asperger's Syndrome to Seeking, Establishing and Maintaining Successful Relationships* £17.99. The authors, Genevieve Edmonds and Dean Worton, are both adults with AS. Available from Sage Publications [www.sagepub.co.uk](http://www.sagepub.co.uk).

Also try the **internet book shop** [www.amazon.co.uk](http://www.amazon.co.uk) .

**SUPPORT/SOCIAL GROUPS:** The consultant who assessed you may know of more resources or contacts in your area, he or she may well organise something themselves specifically for people with autistic difficulties. Your local branch of the **National Autistic Society (NAS)** may have a Support Worker for adults who can offer advice and practical support, and possibly also arrange some social events you can go to. Contact the **NAS** for the address or phone number of your local branch (see below).

OAASIS has a list of some support/social groups for adults around the country, please contact us. *Online support groups/forums can be found later in this sheet.*

**The Cinema Exhibitors' Association Card** If you are in receipt of Disability Living Allowance you can have a national card that verifies that the holder is entitled to one free ticket for an accompanying person. <http://www.ceacard.co.uk/>

**The Picturehouse Cinema Group**

Website: [www.picturehouse.co.uk](http://www.picturehouse.co.uk)

They run monthly autism friendly screenings at their cinemas: three in London, in Henley-on-Thames and Edinburgh.

**DANDA (Developmental Adult Neuro-Diversity Association)**

**Tel: 020 7435 7891**

A new organisation, aiming to establish a network of social groups to help adults with conditions like Asperger Syndrome (also dyspraxia and ADHD). They also have a newsletter, run conferences and run social events and outings in the London area. Website: [www.danda.org.uk](http://www.danda.org.uk)

**HeartnSoul:** 'Like a big family of artists who have learning disabilities' - check out their website if you like art/drama/music, they also run the Beautiful Octopus club night in London. Website: [www.heartnsoul.co.uk](http://www.heartnsoul.co.uk)

**The Key Club**, based in London, is for anyone over sixteen years old who has been diagnosed with asperger syndrome or high functioning autism. They meet monthly and the subject of the workshops and the discussions will change each year but be based in the performing arts, visual arts and other creative disciplines. Tel: 020 8964 5060, Website: [www.turtlekeyarts.org.uk](http://www.turtlekeyarts.org.uk).

**OTHER ORGANISATIONS**

The following is a list of other organisations you or your family may wish to contact:

**autism london**

**Helpline: 0845 603 7954**

They provide impartial support, advice and information to individuals, their families and carers, and professionals affected by autism and Asperger syndrome living in Greater London. Also run activities and events and a residential home for adults. They also run ALAG (Autism London Aspergers' Group) which meets once a month and ALWAG (Autism London Women's Group). Website: [www.autismlondon.org.uk](http://www.autismlondon.org.uk)

**Autism Network International**

An autistic run self-help and advocacy organisation for people with autism, based in America. Write to them at ANI, PO Box 35448 Syracuse, NY 13235-5448, USA. Membership is \$20 for overseas members, and includes 4 issues of the newsletter "Our Voice". Web: <http://ani.autistics.org>

**Bill Goodyear: Asperger Coach (London)**

**Tel: 020 8871 1241**

Offers different types of coaching designed to help families with a member who has Asperger's Syndrome overcome problems and build a satisfactory life. Packages include Family Coaching (a six month telephone and internet based course for the whole family), One to One phone coaching (or face to face in London), Teleconferencing and Kickstart Coaching. Web: [www.billgoodyear.org](http://www.billgoodyear.org) Email: [bill@billgoodyear.org](mailto:bill@billgoodyear.org)

**The Disabilities Trust**

**Tel: 01444 239123**

An organisation for people with autism, acquired brain injury, physical disability, learning disability. Offers information, personal care, rehabilitation and specialist housing. Web: [www.disabilities-trust.org.uk](http://www.disabilities-trust.org.uk)

**Foundation for People with Learning Disabilities**

**Tel: 020 7803 1100**

The biggest, most comprehensive website on learning disabilities/difficulties in the UK. Has publications, getting help, online forum and more. Website: [www.learningdisabilities.org.uk](http://www.learningdisabilities.org.uk) Email: [fpld@fpld.org.uk](mailto:fpld@fpld.org.uk)

**Mencap**

**England Learning Disability Helpline: 0800 808 1111**

**Cymru Learning Disability Helpline: 0808 8000 300**

**N.I. Learning Disability Helpline: 0845 7636 227**

For children and adults with a learning disability and their families and carers, services include education, family support, housing, independent living, etc.

Website: [www.mencap.org.uk/](http://www.mencap.org.uk/)

**The National Autistic Society (NAS)**

Website: [www.autism.org.uk](http://www.autism.org.uk)

**Helpline: 0845 070 4004**

- They have a large range of information and publications – check on their website for details.
- Some areas have **NAS Family Service Workers** who support adults. Contact the NAS to find if your area has one.
- The NAS run **Social Programmes** for people with Aspergers over 16, which includes Social Groups for activities and meetings and User Representation Groups. For more information Tel: 0115 847 3540 or Email: [socialprogrammes@nas.org.uk](mailto:socialprogrammes@nas.org.uk).
- They also run a **Befriending Scheme** which offers volunteer support for a person on the spectrum or their family. For more details phone on 0115 911 3369 or email [befriending@nas.org.uk](mailto:befriending@nas.org.uk).
- "**Asperger United**" – is a quarterly newsletter by and for people with AS. It includes personal accounts, a Pen-pal network etc. Subscription is free to adolescents and adults with AS. Ring the NAS, on **020 7903 3595**, or email: [asp.utd@nas.org.uk](mailto:asp.utd@nas.org.uk).

**Rathbone**

Web: [www.rathboneuk.org](http://www.rathboneuk.org)

**Tel: 0161 236 5358**

Helps people nationwide, including those with learning disabilities, running projects and training courses from bases in England, Scotland and Wales. They can help with support and advice on apprenticeship programmes, support for young people (14-16) excluded from school, unemployed adults and also independent living centres.

**Relate**

Website: [www.relate.org.uk](http://www.relate.org.uk)

Derby Relate have counsellors trained in asperger syndrome – they offer one-to-one counselling and also have a national telephone helpline every Tuesday from 10.30am to 4.30pm on tel: 01332 349177. Some of their other branches also offer specialist work with people with Asperger Syndrome. Telephone their central number on 0300 100 1234 to find out which ones.

**Research Autism**Website: [www.researchautism.net](http://www.researchautism.net)**Tel: 020 8292 8900**

A charity that does independent research into new and existing health, education, social and other interventions designed to help people with autism. Their website has lots of information on autism, interventions used and the latest research.

**Turning Point**Web: [www.turning-point.co.uk](http://www.turning-point.co.uk)**Tel: 020 7481 7600**

For people with a learning disability they provide a network of services and treatment in partnership with other professionals and agencies. They also have registered care homes, nursing homes and supported housing.

**United Kingdom Disabled People's Council** (formerly the British Council for Disabled People)Website: [www.bcodp.org.uk](http://www.bcodp.org.uk)**Tel: 01332 295551**

An umbrella organisation set up and run by disabled people to promote full equality and participation in society.

**AND FINALLY – KEEPING OUT OF TROUBLE!****Dennis Debbaudt**[www.autismriskmanagement.com](http://www.autismriskmanagement.com)

Runs an American website giving advice and information to individuals with autism on avoiding trouble and also for criminal justice professionals on dealing appropriately with autistic people.

The National Autistic Society also has information on helping ASD people keep out of trouble, either as victims or offenders, at <http://www.autism.org.uk/nas/jsp/polopoly.jsp?d=1576&a=6296>

**OAASIS** produces a wide range of **free Information Sheets**, **8 publications** entitled 'First Guide to...' and **wallet sized cards** explaining 9 learning disabilities. Please contact OAASIS (see front of sheet for contact details) for the full list, or view and download them on the website at [www.oaasis.co.uk](http://www.oaasis.co.uk). All sheets are checked annually, please ensure you have the current version.

**Cambian Education Services** run seven residential special schools and colleges for young people with autistic spectrum disorders, Asperger Syndrome/HFA, severe learning difficulties. OAASIS can give you advice on the schools and colleges and send you their prospectuses or visit the website [www.cambianeducation.com](http://www.cambianeducation.com).