



Support services available to families

Your child will need to have a diagnosis of Autism Spectrum disorder for you to access the following service

Type of support	Overview
Cygnnet Parenting Programme	<p>Cygnnet is a parenting support programme for parents and carers of children and young people ages 7-18 with a diagnosis of autistic spectrum disorder (ASD). It aims to empower parents/carers, increase understanding of the strengths and difficulties associated with ASD, Increase parents' confidence in understanding and managing their child's behaviour.</p> <div> <div> <p><u>Session 1: Introduction</u></p> <p>Introduction to the group</p> <p>Aims</p> <p>Content</p> <p>What do we know about autism?</p> <p>Introductory evaluation</p> </div> <div> <p><u>Session 2: An Overview</u></p> <p>Autism and diagnosis</p> <p>Introduction to ASCs</p> <p>Strengths and challenges</p> <p>Parents' journey</p> </div> </div> <div> <div> <p><u>Session 3: Sensory issues</u></p> <p>What are the senses?</p> <p>Types of sensory issues seen in ASCs</p> <p>Possible Strategies and resources</p> </div> <div> <p><u>Session 4: Communication</u></p> <p>What, How and Why?</p> <p>Communication in ASCs</p> <p>Possible strategies and resources</p> </div> </div> <div> <div> <p><u>Session 5: Understanding behaviour</u></p> <p>Types and functions of all behaviour</p> <p>Behaviour and autism</p> <p>The Iceberg principle</p> </div> <div> <p><u>Session 6: Supporting behaviour</u></p> <p>Behaviour framework – STAR</p> <p>What else may help?</p> <p>Contacts</p> </div> </div> <div> <p><u>Session 7: Parents choice</u></p> <p>An opportunity for parents to discuss topics of their choice</p> <p>Final evaluations</p> </div>
Family Support	<p>If you are unable to attend the above course, in some circumstances, we may be able to come into the home and support parents to implement strategies and deal with common issues, such as challenging behaviour, sleep, sensory issues etc.</p>



You do not need to have a diagnosis to access the following service;

Drop in's	The drop in's are run for individuals with autism, their families, friends, carers and other professionals to learn more about the IAS service and gain information. It also acts as an outreach to families and individuals can access the service without being referred in. It is an opportunity to meet members of the IAS team and discuss matters that are personal to you.
------------------	---