

Doncaster Autism Service 1:1 Post Diagnostic Support

How will the post diagnostic support help me?

The post-diagnostic support programme is a series of 1:1 and group workshops giving the opportunity for newly diagnosed autistic individuals to learn more about their diagnosis, what this may mean for them, and how to access support.

1:1 sessions are tailored to the individual, covering social communication, social interaction, social imagination and sensory differences. We focus on future planning and identify strategies that empower the individual to better navigate their world.

What will the sessions look like?

You will receive approximately six 1:1 sessions which focus on different aspects of autism. Our sessions include activities which we will work through together, including videos, discussions and explanations.

You will receive your own Autism Profile at the end of the sessions.

To make a referral please contact:

Telephone: 07536 455292

Email: das@doncastercarers.org.uk

Address: Doncaster Carers Centre 2 Regent Terrace, South Parade, Doncaster, DN1 2EE

Doncaster Autism Service 1:1 Post Diagnostic Support

What do individuals say about the 1:1 post diagnostic support?

“Incredibly knowledgeable with a professional approach whilst supporting in a friendly and warm manner.”

“Consideration was made for both the child's needs and also the family. The 1:1 support has provided my son with a document (passport) to enable his voice is heard. The support regarding his needs, feelings and how these can be best supported has been invaluable. This support has increased our knowledge, understanding and confidence hugely.”

“ It helps you gain more understanding of the autistic spectrum, and more importantly, yourself.”

“ It was tailored specifically to me and my experiences, and how other people could possibly help.”

“ The accepting and encouraging attitude has helped me feel my autism traits are a normal part of my life.”

“ I learnt more about myself and a better understanding of why I act the way I do sometimes, and why I might struggle in certain situations. “

“ It is okay to be different. “

“ That my support network is more extensive than I realised, and I am admired for some of my autistic traits by my friends. “

“ It has helped me so much with my diagnosis. “

“ The chance to ask questions and be listened to and felt like I had support. It helped us understand some aspects of autism we weren't aware of and helped my son feel more prepared for secondary school. “

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