



## **Centre for ADHD & Autism Support**

**Autistic Adult Services**

**April 2021-March 2022**

Services are subject to change based on current  
Government Guidelines.

Contact: [adults@adhdandautism.org](mailto:adults@adhdandautism.org)

[www.adhdandautism.org/nw-london-project/](http://www.adhdandautism.org/nw-london-project/)

Funded by:



**North West London**  
Clinical Commissioning Group

**Support - Educate - Empower**

Television House, 269 Field End Road, Eastcote, HA4 9XA  
Reg Charity No: 1193799

# What is the service?

This **free** service is offered to autistic adults (without a learning disability) resident in the London boroughs of Brent, Ealing, Hammersmith & Fulham, Harrow, Hillingdon, Hounslow, Kensington & Chelsea and Westminster.

This pilot project is aimed at improving the quality of life for autistic individuals across North West London.

Starting from a point of understanding and acceptance, we want to develop inclusive communities and accessible environments.

A significant part of the service will involve consultation and co-production with autistic adults to ensure that the service meets the needs and aspirations of our local autistic population.

## Who is CAAS?

**CAAS mission is to support, educate and empower individuals with ADHD or who are autistic, their families and the wider community.**

Established by parents in 1996, CAAS has 25 years of experience under our belts. Qualified staff with personal experience and talking and listening to ADHD/autistic people means we have an in-depth understanding of our clients' support needs.

CAAS is distinctive in that we support individuals and families affected by a diagnosis of ADHD and autism, and we support childhood through to adulthood. In addition, we support pre-diagnosis / during the assessment process.

Our services are designed to be accessible and run simultaneously, including evenings and weekends.

CAAS vision is to share our learning to ensure equality and quality of provision wherever possible.

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# Services

## One to One Appointments

A service designed to offer support with practical issues, such as:

- assisting to make phone calls (ie to council, health, social care, education, housing, benefits, banks, utility companies etc.
- filling in forms and applying for benefits, including Access to work, Universal Credit, PIP etc.
- help understanding letters or forms and responding to them.
- creating a plan of action and next steps to take.
- creating a CV.
- finding out what other services and organisations may be able to help you.

Clients will typically access up to a maximum of 6 support sessions although this may vary depending on need.

## Monthly Transition to Adulthood Workshops

These facilitated workshops will allow autistic young people aged 14+ explore their options as they move into adulthood.

## Monthly Partners, Carers, Supporters Online Drop in Support Group

- The facilitated drop-in sessions are a great introduction to our services where you can meet the Adult Support Team and find out about the support we can provide for you and your family.
- Open to parents, carers and partners of autistic adults, they offer the opportunity to meet other parents and partners in a similar situation.

## Monthly Autism Connect Sessions

An online monthly forum that allows professionals that work with the autistic adult community to connect, network, share knowledge and learning.

## Autism Training

- Our amazing 'Empowering Project' is central to the philosophy of what we believe in at CAAS; supporting neurodivergent individuals to get their voices heard.
- This high quality autism training is delivered by experienced professionals, autistic adults, and (where appropriate) parents and carers. It truly empowers all those who participate to get their voices heard.