

## Family Programme

### “Empowering Families Affected by Autism”

The NAS Scotland Family Programme provides information and advice to families of children and young people in Scotland up to the age of 18 years affected by autism. The programme is funded by The Big Lottery until October 2014 and free to families.

### The Family Programme

The programme is coordinated from its base at Daldorch House School and supports families in three stages.

- 1: **Telephone helpline:** Speak to one of our Family Programme Facilitators for information or advice on a range of topics of interest to families. Phone free on 0808 800 0075 or call Daldorch House School (01290 551666)
- 2: **Parent Seminars:** The seminars allow parents to:
  - have a range of information on autism explored and explained
  - have time to consider their own child's particular needs
  - identify strategies and approaches to support their child
  - meet and share experiences with other parents

### Seminar Topics

**First Steps** – An introduction to Autism and an opportunity to share information and experiences.

**Sensory Needs** – Explore the sensory systems and how sensory processing affects your child.

**Managing Anger** – Learn how to equip your child with the tools to communicate their own feelings.

**Common Toileting Difficulties** – Practical advice on how to cope with common problems young people with Autism may experience.

**Teen Life** – Support your young person through key issues during adolescence.

Families can book up to two places on one or more of the one day seminars which includes a full resource pack of useful information, advice and support guidelines.

- 3: **Intensive Guidance:** Once we have offered the one day seminars widely across Scotland we will move to stage three where a small number of families will be given the opportunity to receive more intensive advice for up to six months from a facilitator on a one to one basis via phone, email and in the family home.

For more information about the Family Programme please contact:

The Family Programme team  
Tel: 0808 800 0075 (Free phone number)  
Tel: 01290 551666 (Daldorch House School)  
Email: [familyprogramme@nas.org.uk](mailto:familyprogramme@nas.org.uk)

Accept difference. Not indifference.