

## ASD Resources

**Explaining the NHS Process:** The links below are for the SIGN and NICE guidelines which explain the process of ASD assessment and diagnosis within the NHS. These websites may be useful in understanding the possible resources that may be available to you in the UK: [https://www.sign.ac.uk/assets/pat145\\_parents\\_and\\_carers.pdf](https://www.sign.ac.uk/assets/pat145_parents_and_carers.pdf) & <https://www.nice.org.uk/Guidance/CG128>

### **Resources for Parents: Understanding ASD**

Scottish Autism is a charity that provides information on ASD and resources for families, adults and children with ASD. Find them here:

<https://www.scottishautism.org/about-autism/about-autism/what-autism>

They also have an online programme which supports parents and carers post-diagnosis: <https://www.scottishautism.org/services-support/family-support/online-support-right-click>

National Autistic Society (NAS) is a UK wide charity which provides numerous resources, information and training events: <http://www.autism.org.uk>

The NHS provides accessible information on ASD, the diagnostic process and information for after diagnosis: <https://www.nhs.uk/conditions/autism/>

The book 'Talking with Your Child about Their Autism Diagnosis: A Guide for Parents' may be a useful resource in explaining about ASD to newly diagnosed children:

<https://www.amazon.co.uk/Talking-Child-about-Autism-Diagnosis/dp/1785922777>

The Autism Toolbox is a Scottish website that discusses the strengths and challenges of ASD, mainly in the context of learning and schools. They also suggest strategies for easing these difficulties: <http://www.autismtoolbox.co.uk/>

### **Resources for young people: Understanding ASD**

The book 'The Superhero Brain' may offer a very gentle introduction of ASD to younger children. They have two versions, with either a boy or girl on the front cover:

<https://www.amazon.co.uk/Superhero-Brain-Explaining-autism-empower/dp/1542887216/>

NAS has made a great, accessible video called 'Amazing Things Happen' that explains what ASD is. This may be a useful starting point in introducing ASD to siblings and family members: <https://www.youtube.com/watch?v=RbwRrVw-CRo>

'All Cats Have Asperger's' is a book aimed at young people with autism/Asperger's, and is supposed to be a gentle and humorous introduction to the condition. It can be found here: <https://www.amazon.co.uk/All-Cats-Have-Asperger-Syndrome/dp/1843104814>

## Understanding Sensory Issues in ASD

The occupational therapy team in NHS Tayside have created some wonderful YouTube videos on sensory processing in children and teenagers: [https://www.youtube.com/watch?v=yLxwRf\\_6DNk](https://www.youtube.com/watch?v=yLxwRf_6DNk) (for parents) <https://www.youtube.com/watch?v=nLO7f5YYKbQ> (for older children and teenagers)

The website and books 'Out of Sync Child' explains more about sensory processing difficulties and offers advice on how to manage these challenges; <http://out-of-sync-child.com/>

*The out of sync child: Recognising and coping with sensory processing disorder*, Kranowitz, C.S., (2005 – updated 2012) or *The out of sync child has fun*, Kranowitz, C.S. (2006)

One way people choose to manage sensory challenges in ASD is by using fidget toys. National Attention Deficit Disorder Information and Support Service (ADDiSS) has an online store which sells a range of fidget type toys: <http://www.addiss-shop.com/>

Fledglings is a charity which provides toys for children with complex needs. They also sell fidget toys and chew toys; <https://www.fledglings.org.uk/collections>

## Emotion Regulation and ASD

This is a helpful introduction into emotional regulation in ASD and provides some strategies to try, including using an emotions chart: <https://onlinegrad.pepperdine.edu/blog/emotional-self-regulation-children-autism/>

The five point scale is an accessible resource for children with ASD to convey how they are feeling. This website explains the scale, has videos on its use and free downloadable work sheets: <https://www.5pointscale.com/>

## Understanding and managing challenging behaviours in ASD

This website offers an introduction into understanding why some autistic children may behave in challenging ways and offers strategies to help ease these: <https://raisingchildren.net.au/autism/behaviour/understanding-behaviour/challenging-behaviour-asd>

The book "*Challenging behaviour and autism: Making sense – making progress*" by Philip Whitaker is a useful resource of strategies for parents of children with autism.

'Lives in the Balance' website is run by Clinical Psychologist, Ross Greene. The website includes information and resources for parents/ carers of children who present with challenging behaviour: <https://www.livesinthebalance.org/>

The 'Think Kids' website outlines an approach to managing challenging behaviours called 'Collaborative Problem Solving'. The website is US based and the training programmes might not be available here, but it provides information and videos about the approach: <https://thinkkids.org/cps-overview>

## Local Support

The Yard is a charity based in Dundee, Edinburgh and Fife. They offer drop-in family sessions (and other services) within Dundee: <https://www.theyardscotland.org.uk/family-session>

DASH (Dundee Autism Support Hub) provides support programs and social events for autistic children and adults: <https://www.dundeeautismsupporthub.co.uk>

Perth Autism Support offer online or in-person social activities and 1:1 support. They charge a small fee for these: <https://www.perthautismsupport.org.uk/>

One Stop Shop in Perth offer social activities and 'drop-in' sessions for autistic people aged over 16 years: <http://perthoss.org.uk/>

## Being a Girl/Young Woman with ASD

**For a long time, a lot more boys than girls were diagnosed with autism. Because of this, resources may be aimed more towards boys. Some of the resources below may help to understand the experience of girls with autism.**

'The Girl with the Curly Hair' website and books offer free and paid resources for parents and autistic girls, including webinars and videos. These help explain the experience of autistic girls and young women such as masking. The website is linked here: <https://thegirlwiththecurlyhair.co.uk/>

One of their books is called 'The girl with the curly hair: Asperger's and Me': <https://thegirlwiththecurlyhair.co.uk/product/the-aspergers-and-me-girl-with-the-curly-hair/>

Scottish Autism has launched an online support resource for autistic females. You can sign up for free and topics include diagnosis, education and positive living. This is likely more suitable for teenagers and parents: <https://www.scottishautism.org/services-support/family-support/women-and-girls-online-support>

NASEN has created a leaflet/guide that identifies key issues for girls with autism spectrum conditions; provides practical school-based support strategies; shares family, professional and academic perspectives. Find it here: <https://nasen.org.uk/resources/girls-and-autism-flying-under-radar>

## Sleep and ASD

Sleep Scotland is a charity which promotes healthy sleep in children and young people with focus on children with additional support needs and neurodevelopmental conditions. Resources are limited in the Dundee area but they can provide telephone based support (parents can self-refer or refer via GP): [www.sleepscotland.org](http://www.sleepscotland.org)

## Managing Periods and ASD

The book 'The Autism-Friendly Guide to Periods' by Robyn Stewart is aimed towards young people with ASD. It uses simple, informative language, as well as pictures to explain what happens during a period and how to use various products. It also discusses strategies for the sensory difficulties that may arise during a period. Find it here:

<https://www.amazon.co.uk/Autism-Friendly-Guide-Periods-Robyn-Steward/dp/1785923242>

There is also a free blog post about ASD and periods by Robyn Stewart here: <https://www.menstrual-matters.com/autism/>

To help with the sensory issues that may happen when using period products, some people might prefer to use 'period underwear'. There are lots of brands but an example of these is linked here:

<https://www.modibodi.co.uk/>

## Educational Issues

Enquire is the Scottish advice service for additional support for learning. They provide practical advice and information about the education and additional support needs system in Scotland through their website and helpline: <http://enquire.org.uk/> and 0345 123 2303.

The Salvesen Mindroom is a Scottish charity supporting children with learning difficulties and their parents. They recognise the common overlap between learning challenges and neurodevelopmental conditions. Their family advice specialists offer support and can be contacted through their website: <https://www.mindroom.org/contact-us/>

## Eating and ASD

*Can't Eat, Won't Eat: Dietary difficulties and Autistic Spectrum Disorders*, Legge, B. (2002) is a book that provides information and practical advice on managing dietary challenges including selective eating patterns including advice from other parents and professionals.

The National Autistic Society website provides a useful overview of potential eating issues that may occur with ASD: <https://www.autism.org.uk/advice-and-guidance/topics/behaviour/eating/all-audiences>

## Communication Skills and ASD

NHS Tayside's Speech and Language team have various videos that may provide useful strategies in aiding communication:

<https://www.youtube.com/channel/UCWRskAC6FpZVGjCtmF-DEbw/featured>

ICAN is a charity that supports speech, language and communication. They provide information and links to other resources: [www.ican.org.uk](http://www.ican.org.uk)

Carol Gray's website and books give information on 'social stories' that may be useful in enhancing communication with autistic people:

<https://carolgraysocialstories.com/>

Herefordshire NHS trust has fantastic ideas for encouraging and developing language skills in children. These are suitable for parents to try at home:

<https://www.hacw.nhs.uk/childrens-speech-and-language-resources/>

## Transitioning to Adulthood

This booklet offers practical advice for managing a number of different transitions in childhood, including going to college or university:

<https://councilfordisabledchildren.org.uk/sites/default/files/field/attachemnt/transitiontoolkit.pdf>

Autism Speaks parent guide to employment discusses young people with ASD starting work. Please be aware the charity is based in the USA and so all of the resources they link to may not be suitable: <https://www.autismspeaks.org/sites/default/files/2018-08/Employment%20Toolkit%20Parent%20Booklet%20v3.pdf>

The NAS website has lots of information about dealing with transitions including leaving school or starting university: <https://www.autism.org.uk/advice-and-guidance/topics/transitions/scotland>

This website provides a useful overview of how to discuss adult relationships with autistic young people, including safeguarding issues:

<https://raisingchildren.net.au/autism/development/sexual-development/sexuality-teens-with-asd>