



# Living with Autism

## semi independent living and intensive support for you

Bringing our specialised expertise to Peterborough and the surrounding area we have developed a service for adults with autistic spectrum conditions which will enhance and complement the resources already available to individuals and families in Peterborough.

### Our Service:

We adhere to a strict philosophy of care that recognises and respects individual choice. In line with this we have invested in building a sensitive, holistic and safe environment, informed by leading research into the needs of individuals on the spectrum.



We have taken the best elements of independent living and residential care and combined these into an approach that offers support at a level that is person centred, bringing the elements of self determination from an independent living setting and the security, continuity and care available from a traditional residential service. A combination of smaller units and a larger residential hub allow for increased independence as an individual develops in skills and confidence.

As a specialist provider with experience of supporting individuals affected by ASC, we also understand that sometimes the day to day experience of living with ASC can present challenges. We are proactive in recognising each individual's unique strengths and use these to effectively manage and increase coping strategies in a safe and supportive environment.



### calling Carers and families:

Seeking somewhere new to live is a daunting task, we have purpose built services that have been designed for adults with autism. We offer a total solution, we are able to provide 24/7 support where required, from a highly trained staff team that understand the strengths, needs and aspirations of those living with autism. To view our service in Peterborough call:

**01733 315793**

To view our service in Rothwell, Northamptonshire, call:

**01536 710101**

We are proud supporters of the National Autistic Society and are working towards Autism Accreditation.



# Semi independent living and intensive support



## Our Team:

Our staff team are trained specifically to work with strengths and difficulties associated with the spectrum and to recognise the individual beyond their diagnosis. Training is delivered by specialist professionals and all staff receive supervision as to the best way to provide support to clients accessing our service.

## Support for living

We advocate the use of recognised strategies of support such as TEACCH, visual schedules, signing (where appropriate) and Social Stories. Staff are also trained to understand the associated sensory needs of some individuals and to adapt their approach and the environment as required. We also work on practical everyday skills to foster independence. This may be support with budgeting, preparing meals or support with personal care.

## Who may benefit from our service?

You may be moving on from full time education, you may be moving out of home for the first time or you may already be living in another service and looking to move on, for whatever reason. Whatever your previous experience, we feel we will be able to work with you on your goals for independent living. Our service is both robust enough to manage the anxieties individuals' may experience yet flexible enough to adapt to the individuals' needs whilst all the time, helping the individual forge their own path in the world at their own pace.

All of our activities are based on person centered outcomes and following holistic planning. We aim to offer a range of activities



which are meaningful and incorporate a mix of skill-based, social and leisure activities. Above all we hope that our activities are fun and help the individual live their life to the fullest.

## What happens next

*Living with Autism Ltd* aim to be an accessible service and are happy to accept referrals from Local Authority Commissioners or direct from families or carers. After making your initial enquiry we will begin a thorough assessment process, which will include a visit to our service, and the arranging of a mutually agreed appointment for us to talk about your individual needs and your expectations of us. The type of information we will seek will include:

- ◆ Hopes and expectations for the placement
- ◆ Preferred communication style
- ◆ Specific routines which are of importance
- ◆ Likes, dislikes, special interests
- ◆ Any additional medical needs
- ◆ Goals and outcomes
- ◆ Sensory needs

With your permission, we may also ask for information from people who know you well, such as family members or friends. We will also talk with your Social Worker or the person coordinating your care package. This will inform how we propose to deliver support and care and commence the transition process, to allow for as smooth and worry free a process as possible.

## Further information

For further information regarding placements and transition, please contact us on

**01733 315793**

or e mail:

**[care@livingwithautismLtd.co.uk](mailto:care@livingwithautismLtd.co.uk)**

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All images posed by models