

## **Kids Shropshire Autism support service.**

### **Who is the service for?**

**Parent carers and families of children and young people under the age of 19 years with autism/ADHD, at any stage of diagnosis.**

**If you are working with families and think they would benefit from Kids Shropshire's support, please signpost families to:**

[Shropshire Universal Autism Support Service - Kids](#)

Kids have been commissioned to deliver the Universal Autism Support Service across Shropshire.

### **What support will I receive?**

**Kids Shropshire offers support for both parents/carers and children and young people, this may include a combination of both group work and individual support tailored around their assessed need by the Practitioner.**

**For parents, this could mean a range of things** from regular phone calls to Expert Parent experience training and online courses. We're all about nurturing peer-to-peer support, allowing parents who've been through similar experiences to lend a helping hand. Our aim is to build resilience and confidence, empowering parents to support their young ones in seeking appropriate help in the future.

**For children and young people** our support includes things like Lego Therapy sessions or our understanding me group sessions. All things that can help boost children and young people's resilience, help with transitioning, or support self-esteem.

We work closely with parents and young people to set clear goals and outcomes for the family. We're here to understand, support, and help everyone thrive.

### **Kids will be offering the following support to families:**

- The 'Healthy Parent Carer' programme, designed to reinforce parent carers' resilience

- The 'Riding the Rapids' programme to support parent carers' understanding of behaviour and implement support strategies
- Coffee mornings and drop-in sessions
- One-to-one support
- Child/young person 'Understanding me' group sessions
- Child/young person Lego therapy sessions

**Bespoke workshops that cover:**

- ASD vs ADHD (3 hours)
- Neurodiversity (specifically autism, ADHD and demand avoidance)
- Girls and the autistic spectrum
- Demand avoidance
- EBSA
- Sleep