

# Health and Inequalities Training: ADHD and Autism



## For Harrow Organisations

As part of the North West London (NWL) Integrated Care System (ICS) objectives to address inequalities, and in partnership with Harrow Council, Young Harrow Foundation and Harrow School, we are excited to offer a free in-person training session on ADHD and Autism. This unique training will incorporate experiential learning and an immersive sensory experience to enhance understanding of both conditions, ensuring attendees gain deeper insights.

To book this training, please fill out our booking form or contact us directly for more information. We're here to support your journey toward creating a more inclusive and understanding environment for neurodivergent individuals.

<https://forms.office.com/e/MbHRhAYQQ3>



## What the Training Includes

### Key Focus Areas:

- **Understanding Autism and ADHD:** An opportunity to develop a comprehensive understanding of autism and ADHD by exploring key areas like unique strengths such as hyper-focus and commitment to change, along with challenges such as social communication, sensory differences, processing differences and rigid and repetitive behaviour.
- **Overlap of ADHD and Autism:** Learn about the shared challenges, such as executive functioning difficulties, sensory impacts, and emotional regulation issues that affect both conditions.
- **Sensory Experience:** Experience firsthand the sensory and cognitive challenges often faced by neurodivergent individuals through group participation and immersive activities that stimulate sensory overload and highlight the unique perspectives of ADHD and autism.
- **Practical Strategies:** Gain practical tools and strategies to effectively support autism and ADHD in everyday settings.
- **Personal Perspectives:** Hear directly from a young person or adult with autism/ADHD, offering invaluable insight into how these conditions can affect everyday situations.



## Who Should Attend?

This training is ideal for:

- Health care professionals
- Schools, colleges, and other educational settings
- Voluntary sector organisations
- Social care professionals

## Booking Criteria

- For Harrow organisations only
- The training session lasts 2 hours and is conducted in person, either at your location or at a venue you organise.
- A minimum of 15-20 attendees is required.



**“I will adopt some of the practices that I learnt during the training, it was really clear, well explained and very professionally led.”**

## About CAAS

At CAAS, our mission is to Support, Educate, and Empower individuals. We are committed to creating learning opportunities for the community, aimed at improving the lives of neurodiverse children, young people, and adults. Since 2014, we've provided training to schools, voluntary organizations, businesses, and statutory services, equipping hundreds of educators and professionals with the skills needed to support neurodivergent individuals.