

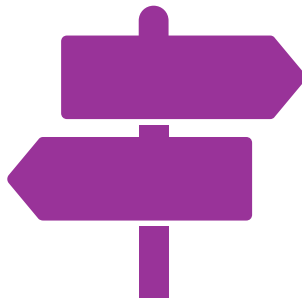
# What to expect from an appointment with an Autism Advisor at CAAS

## What can an Autism Advisor help me with?

An Autism Advisor is a member of the CAAS Adult Team who can support you with practical tasks like:



**Access to Work**  
applications



**Signposting**  
to existing services



**Making phonecalls**  
to official departments.



**Support** at appointments



Assisting in **reading** and **understanding** letters/ emails

# What to expect from an appointment with an Autism Advisor at CAAS

## What can an Autism Advisor help me with?

An Autism Advisor is a member of the CAAS Adult Team who can support you with practical tasks like:



Preparing for an **interview**.



Assisting in **filling out** official forms



Support relating to **executive functioning** (time management and organisation)



**Universal Credit** / **benefits** applications.

# What to expect from an appointment with an Autism Advisor at CAAS

## What will happen in an introductory session?



An introductory session is an opportunity to meet your Autism Advisor. We will ask you what tasks you would like support with.

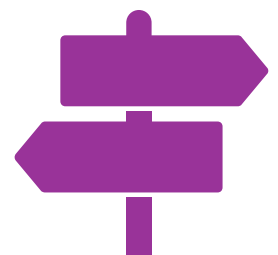
You don't have to answer any questions that you don't want to, but the more relevant information we have the more we may be able to help.

All your information will be kept confidential unless there is an emergency. We will always tell you when this information will be shared and with who.



We can make a plan for working together and you will have the opportunity to ask questions.

If there is something your Autism Advisor cannot support you with, we can signpost you and help you connect with someone who can.



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## What will happen in a one-to-one session?

A one-to-one session can be to:



- Work on a task that you would like to complete.
- Ask you questions to get more information to better help and support you.

Your Autism Advisor can agree with you before the meeting on what you will talk about that day. You can always ask if you are not sure or can't remember.



## How many sessions?

On average, support will be for **6 to 8 sessions**, but this can vary based on the individual needs of a client. We can work on a maximum of **3 tasks** at a time. For bigger or more complex tasks this might be lessened.

6-8

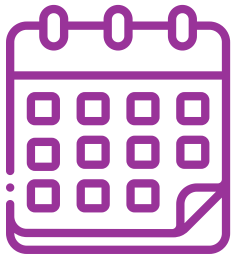


Our service is designed for clients to use our service for a short period of time and return if they need more help, support, or guidance at a later date.

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## How often will I have sessions?

You can speak to your Autism Advisor about this when you are making your plan for working together. It may depend on the type of task you are working on together and any deadlines you may have.



Some clients have one meeting once a month, some less or more frequently. It depends on how time-sensitive your tasks are and the type of support you would like.

## How will I know when my sessions are coming to an end?

You and your Autism Advisor can decide how you best want to handle this. Your sessions will come to an end when your tasks are complete, or there is no more work to be done on your tasks.

We can let you know how many sessions you have left each time we see you, or let you know when you are two or three from the end, for example.

You will always have forewarning and we can work with you to create a finishing plan that works for you, as well as information on how to access our service again.

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## What happens after my sessions are complete?

When our work is complete we will finish seeing each other for regular appointments.

This doesn't mean you can't reach out if something comes up or you need more support.

We offer a drop-in, drop-out service, which means you are welcome to come back if you need more support. We can't guarantee you will be seen by the same Advisor you worked with before.

To be re-referred you can email, call, or re-refer yourself.

✉ [adults@adhdandautism.org](mailto:adults@adhdandautism.org)

☎ 020 4568 4629

## What about groups?

If you are part of any groups, you can continue attending those as you have before.

If you would like to join groups you can email your Advisor, email **adults@adhdandautism.org** or call **020 4568 4629**, and a member of the team will let you know how to get signed up for those.



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## What if I need support?

If you need urgent support, are in crisis, or need someone to talk to here are some phone numbers:

### **Samaritans.**

☎ 116 123 (free from any phone),

✉ [jo@samaritans.org](mailto:jo@samaritans.org)

Webchat: <https://www.samaritans.org/how-we-can-help/contact-samaritan/chat-online/>

### **SANEline.**

☎ 0300 304 7000 (4.30pm–10.30pm every day).

### **Campaign Against Living Miserably (CALM).**

☎ 0800 58 58 58 (5pm–midnight every day)

## Mental Health Crisis Support by Borough

Single Point of Access: mental health support.

### **Brent, Harrow, Hillingdon, Kensington & Chelsea, and Westminster**

☎ 0800 0234 650      Typetalk: 18001 0800 0234 650

### **Ealing, Hammersmith & Fulham, Hounslow**

☎ 0800 328 4444      Typetalk: 18001 0800 328 4444

