



Joining CAAS Groups



@adhdandautism



How to Access Our Support

You can attend these sessions without registering:

- Creative Coffee Connects
- Supporters Drop-in

Just turn up during the session times. No booking is needed.

For all other groups, courses, and task-based support, you must register first.

Please wait until we invite you to start before attending. Places are limited, so we may need to turn people away if they arrive before their place is confirmed.



Step 1: Complete a referral form

Complete our referral form by:

- Searching "referral" in the search bar at the top of our website, or
- Visiting: <https://adhdandautism.org/referral-form/>



Step 2: Check your email

After you submit your referral form, you will receive a welcome email with more information about our service.



Step 3: Wait for us to contact you

We aim to contact you within 10 working days using your preferred contact method to invite you to an Introductory Meeting.

Please note: During busy periods or holidays, this may take longer than 10 working days.



Step 4: Book and attend your Introductory Meeting

You will book a meeting with a member of our team. This can be:

- Online, or
- In person.

During the meeting we will:

- Talk about the support you are looking for.
- Answer any questions you have.
- Register you for the groups, courses, or support that are right for you.



Step 5: Find out about our service

At your Introductory Meeting, we will tell you:

- Which support is available.
- Whether there is a waiting list.
- An estimate of how long you may need to wait.

Some groups have no waiting list, while others do.



Step 6: Wait for your invitation for the groups

When a space becomes available:

- The group facilitator will contact you to invite you to start your group.
- If you are receiving task-based support, your Advisor will also contact you to arrange your support.



Step 7: Start your support

Please wait until you have been invited before attending any groups or appointments.

If there is a waiting list, we will do our best to let you know how long the wait is likely to be.