

# Supporting people with Autism Spectrum Conditions

At Achieve together we recognise that people are not all the same and that autistic people have a different way of seeing the world.

We see this as a normal variation of the human experience. This difference has a number of positive and desirable character traits and is a fundamental part of the person's identity.

Autistic people may display a range of strengths and abilities that can be directly related to their diagnosis. However, not all of these attributes are always obvious. We work tirelessly to ensure that all our staff look beyond these challenges and focus on the positive qualities that autism can bring.

Achieve together provides specialist support for autistic people that may also have complex needs including sensory processing differences, behaviours which may challenge and mental health conditions that are often associated with the autism spectrum. We support over 300 autistic people in England and Wales. These people live in a range of accommodation including supported living or residential services, or are provided with outreach support. A number of services specialise in supporting autistic people.

## Our specialist autism services include:

- Supporting sensory processing differences
- Positive Behaviour Support
- Therapy input from our dedicated Clinical Team
- Low arousal environments
- A person-centred approach
- Sensory Profile Assessments
- Anxiety and anger management plans
- Focus on Total Communication
- Developing predictable routines and meaningful activities
- Developing life and social skills
- Developing employment opportunities
- ASDAN (towards independence)
- Creating and maintaining friendships and family contact
- Supporting people with relationships, sexuality and sexual identity

