

## How do I get this support?

The Living Well with Autism service is open to Derbyshire County residents aged 18 years and over just recently diagnosed with ASC or who have received a diagnosis in the past. The service is also available to their families and carers. Just contact the Living Well with Autism Team at Relate to find out more.

Living Well with Autism is also open to Derbyshire County residents aged 18 years and over who display characteristics of ASC who have been referred to us by a health professional.

### Referrals can be received from:

- GP's registered with Erewash, Southern Derbyshire, Hardwick or North Derbyshire CCG
- Derbyshire Healthcare NHS FT Adult Autism Assessment service.
- Sheffield Healthcare Asperger's service.
- Derbyshire County Council Adult Care Social Workers

Ask your GP or the person from the agency listed above that works with you to contact Relate to make a referral.

**Services are free for Derbyshire County Local Authority residents.** If you live in Derby City please contact us to discuss costs.



**Contact Relate to find out more about the support available from Living Well with Autism**

**Relate Derby and Southern Derbyshire  
3 Wentworth House  
Vernon Gate  
Derby  
DE1 1UR**

**01332 301350**

**Email: [info@livingwellwithautism.org.uk](mailto:info@livingwellwithautism.org.uk)**

**More details @**

**[www.livingwellwithautism.org.uk](http://www.livingwellwithautism.org.uk)**

 **@RelateDerby**

 **Livingwellwithautism**

If you have any comments or complaints about Living Well with Autism please contact the Relate Derby and Southern Derbyshire CEO at the address above.



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# Living Well with Autism

**Support for  
people affected by  
Autism Spectrum Condition**



**relate**  
the relationship people

 **DERBYSHIRE**  
County Council



# Living Well with Autism

## What is ASC?

Autism is a difference in the way a person thinks and experiences themselves and the world around them. This means they may have:

- specific ways of thinking
- difficulty communicating with others
- sensory overload issues

Each person with autism is affected differently. The phrase Autism Spectrum Condition (ASC) describes the range of the autism spectrum, including Asperger's Syndrome, and was also previously known as ASD.

## You're not alone

Life can be confusing and overwhelming. At times we may all need some extra support.

**That's why we're here.**

At Relate Derby and Southern Derbyshire we offer a wide range of services to help support you and the people around you to improve your understanding of the condition and to gain the skills and the tools available to help you live well. We have lots of experience supporting people with ASC and their families.

We have now been funded by Derbyshire County Council to deliver the Living Well with Autism service. This means we can offer even more support for individuals and families who are affected by ASC.

## What support is available?

### 1 Day Education Course

Learn more about Autism Spectrum Condition and how it may affect you, your family, friends and carers.

Learn how to improve your physical and mental health.

Learn ways to become more resilient and achieve your goals.

The course is free for Derbyshire County residents. There is a special introductory cost for Derby City residents of £50 per person until 31st March 2019.

### Coaching sessions

We can offer up to 12 free sessions in life or relationship coaching by trained specialists.

This will give you practical advice on working towards solutions and goals, improving communication and fulfilling your potential.

Coaching for Derby City residents costs £65 per session.

### Counselling sessions

We can also offer up to 12 free counselling sessions for individuals, couples and families with specialist counsellors trained in working with ASC clients.

This can help improve the quality of your relationships and emotional expression.

Counselling for Derby City costs between £45 and £65 per session depending on what you can afford.

Comments from people coming to our service for support:

*'I feel so isolated – family don't understand'*

*'I feel like my husband's carer'*

*'This is the only time I get to speak to someone who understands'*

Services are offered at a range of locations across Derbyshire.

We deliver services face to face, by phone and also via the web using webcam, Live Chat and email.

### Not sure if you want counselling or coaching?

The first session will be an assessment so that you can take advice on the best support for you.

### Telephone Helpline Drop In service 0808 178 9363

Speak to an experienced Counsellor without having to make an appointment.

Tuesday 10am - 1pm

Thursday 10am - 1pm