



# After Diagnosis - ASD



## Treatment & Therapies

There are several types of support available for people with ASD and their families:

- 1) **Parent training & Support:** Parents of children with autism may benefit from training and support to learn strategies for managing behaviour and supporting their child's development.
- 2) **Speech and Language Therapy:** This type of therapy helps children and adults with autism develop communication skills.
- 3) **Occupational Therapy:** Occupational therapy can help people with autism develop skills to better participate in daily activities, such as self-care and social interactions.
- 4) **Sensory Integration Therapy:** This type of therapy helps people with autism better understand and regulate their sensory experiences.
- 5) **Social Skills Training:** This type of therapy helps children and adults with autism develop social skills and better navigate social situations.
- 6) **Psychological therapy:** Psychological therapies such as CBT can help manage co-existing mental health symptoms such as anxiety and depression.

Contact your nearest Purple House Clinic to find out which of these services we offer.



## Information & Support

Autism Spectrum Disorder is recognised as a condition which qualifies as a disability. Some people may qualify for certain government benefits. You can access advice from <https://www.citizensadvice.org.uk/> (England) <https://www.cas.org.uk/> (Scotland)

In respect to children, you may also wish to talk to their school regarding a formal support plan to help your child's progression in education.

The National Autistic Society provides useful information about ASD and runs several useful helplines: <https://www.autism.org.uk/>

