

Autism pathway for adults

Support for carers



It may feel overwhelming when the person you care for first gets a diagnosis of autism. It's good to know that you are not alone and there are lots of places where you can access help and support including your local council, local support groups and national charities. This leaflet has been created to help make locating that support a little easier.

What is autism?

Autism is a lifelong neurodevelopmental condition that affects how a person communicates with others and interacts with the world around them. Autistic people often have difficulties with social communication and interaction, and restrictive or repetitive behaviours or interests.

Autism is a spectrum, which means that all autistic people are different. They have their own unique strengths and challenges and their support needs may vary greatly. Some autistic people can lead independent lives with little or no support whilst others require a high level of daily care.



Local authority support

Carer's assessments, support and benefits advice

If you care for someone, you can have a free assessment from your local council to see what might make your life easier. It may recommend things like someone to take over caring so you can take a break, advice about benefits, or putting you in touch with local support groups. A carer can receive a carer's assessment, irrespective of whether the person they care for has a social worker, receives any care or support, or is even known to social care.

Local authority contacts

Barnsley

Tel: 01226 773300

www.barnsley.gov.uk/services/adult-social-care/information-for-carers/

Calderdale

Tel: 01422 393000

www.calderdale.gov.uk/v2/residents/health-and-social-care/carers-0

Kirklees

Tel: 01484 414933

www.kirklees.gov.uk/beta/carers/carers-eligibility-and-support.aspx

Wakefield

Tel: 0345 8 503 503

www.wakefield.gov.uk/health-care-and-advice/adults-and-older-people-services/carers-assessment

Carers' passport

South West Yorkshire Partnership NHS Foundation Trust has developed a carer's passport for carers to keep useful information about themselves and the person they care for in a handy document. You can find out more and download a copy from the Trust's website.

<https://www.southwestyorkshire.nhs.uk/service-users-and-carers/carers-passport/>

National carer support services

Carers UK

www.carersuk.org

Helpline: 0808 808 7777

Carers Trust

www.carers.org

Tel: 0300 772 9600

Local carer support services

Barnsley - Making Space

Tel: 01226 288772

www.makingspace.co.uk/barnsley-carers-service

Calderdale - Making Space

Tel: 01422 369101

www.makingspace.co.uk/carers-wellbeing-service-calderdale

Carers Wakefield and District

Tel: 01924 305544

www.carerswakefield.org.uk

Kirklees - Carers Count

Tel: 0300 0120231

www.carerscount.org.uk

National autism support services

National Autistic Society

www.autism.org.uk

Local autism support services

Autism Plus

www.autismplus.co.uk

Specialist Autism Services

Tel: 01274 789789

www.specialistaustismservices.org

If you require a copy of this information in any other format or language please contact your healthcare worker at the Trust.

Autism awareness workshops

Autism awareness workshops are held at various venues across the area. You can get more information and book on to these sessions through your local Recovery and Wellbeing College.

Barnsley:

www.barnsleyrecoverycollege.nhs.uk

Calderdale and Kirklees:

www.calderdalekirkleesrc.nhs.uk

Wakefield:

www.wakefieldrecoverycollege.nhs.uk