



Tîm Datblygu ASA Cenedlaethol  
National ASD Development Team

[www.ASDinfoWales.co.uk](http://www.ASDinfoWales.co.uk)

# Resources



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Iechyd Cyhoeddus  
Cymru  
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Wales

We are the National ASD Development Team, part of our role is to develop and provide resource in partnership for the benefit of autistic individuals, parents and carers and professionals. Our website is a key part of our offer and is funded by the Welsh Government as part of the ASD Strategic Action Plan for Wales. It contains a wide range of information, advice and resources for autistic people and those that support them, as well as professionals.

## Growing with Autism

“Growing with Autism” is the section on our website (you will find it under the ‘Parents and Carers’ tab) which is aimed at parents of children and younger adolescents. In this section, you will find a range of resources to help you.

‘Autism: A Guide for Parents and Carers Following Diagnosis’ is a book that provides an overview of autism, provides advice and shares other parents’ stories. You can download this at:

[www.ASDinfoWales.co.uk/resource/Autism-English-download.pdf](http://www.ASDinfoWales.co.uk/resource/Autism-English-download.pdf)

We also offer a series of 5 short films which provide an overview of autism and provide advice about communication, planning, coping with changes and visiting health professionals. You can view these at:

[www.ASDinfoWales.co.uk/asd-videos-for-parents-carers](http://www.ASDinfoWales.co.uk/asd-videos-for-parents-carers)

## Peers and Siblings

Peers and siblings may find it difficult to understand a child with autism’s behaviours. The ‘Teifi and Friends’ animation shows young children how to be kind and accepting towards peers with additional needs. You can view this at:

[www.ASDinfoWales.co.uk/teifi-and-friends-2](http://www.ASDinfoWales.co.uk/teifi-and-friends-2)

‘Autism Superheroes’ is available as a story book or a short adventure comic - style story which helps develop understanding among children and they can even sign a pledge and receive a personalised certificate once they’ve read the book. You can view this at:

[www.ASDinfoWales.co.uk/autism-superhero](http://www.ASDinfoWales.co.uk/autism-superhero)

## Planning Tools

Many children with autism find planning, preparing for and coping with changes difficult. Often the use of planners can help the child prepare for the day ahead and therefore feel less anxious. You can create a picture card planner by using our tool at:

[www.ASDinfoWales.co.uk/picture-cards](http://www.ASDinfoWales.co.uk/picture-cards)

or for older children, you can use our ASD Planner app’ on a phone or tablet.



## A Personal Profile

Personal profiles can be useful to enable those important individuals in a child’s life to see a child’s strengths and difficulties and understand how to support them in an easily accessible way. You can create a personalised child profile at:

[www.ASDinfoWales.co.uk/child-profile](http://www.ASDinfoWales.co.uk/child-profile)

## Advice for specific issues

We have a range of advice sheets available, which offer tips around sleeping difficulties, behaviour and anxiety, amongst other things. You can access these at: [www.ASDinfoWales.co.uk/advice-sheets](http://www.ASDinfoWales.co.uk/advice-sheets)



## Support for Schools - Learning with Autism

Our 'Early Years programme' is a training scheme to help staff develop their knowledge and skills to support young children with autism. Settings can access this for free and can be found at: [www.ASDInfoWales.co.uk/early-years](http://www.ASDInfoWales.co.uk/early-years)

Schools can develop their knowledge and skills in supporting children with autism by accessing our 'training programme for primary schools'. Schools can access this for free and can be found at: [www.ASDInfoWales.co.uk/primary-school](http://www.ASDInfoWales.co.uk/primary-school)

The 'Secondary School programme' is a training scheme for staff in secondary schools to develop their knowledge and differentiate their teaching to support young people with autism. This also includes the 'Sgilti' lesson and supportive resources to support peers in understanding autism. Schools can access this for free and can be found at: [www.ASDInfoWales.co.uk/secondary-school](http://www.ASDInfoWales.co.uk/secondary-school)

## "Can You See Me?"

An awareness raising scheme to promote understanding and acceptance, amongst communities in Wales to improve access to facilities and reduce the stigma that many autistic people and their parents and carers experience. You can find out more about the scheme and watch our promotional video here: [www.ASDInfoWales.co.uk/can-you-see-me](http://www.ASDInfoWales.co.uk/can-you-see-me)

## Living with Autism

'Autism: A Guide for Adults Following Diagnosis' provides advice and tips for everyday life to adults who have been diagnosed with an autism spectrum disorder. [www.ASDInfoWales.co.uk/resource/WEB-Autism-Booklet-English.pdf](http://www.ASDInfoWales.co.uk/resource/WEB-Autism-Booklet-English.pdf)

## A Personal Profile

Create a 'personal profile' to show an individual's strengths and difficulties and provide tips on ways to support them. You can create a personalised adult profile at: [www.ASDInfoWales.co.uk/adult-profile](http://www.ASDInfoWales.co.uk/adult-profile)

## Idioms Glossary

Search for commonly used idioms and phrases to find out their meaning. The glossary can be found here: [www.ASDInfoWales.co.uk/idioms-glossary](http://www.ASDInfoWales.co.uk/idioms-glossary)

## National ASD Aware Certification Scheme

An 'e-learning scheme' which aims to reward those who undertake some learning about Autism Spectrum Disorders. Once successfully completed, a personalised certificate will be created for you to download. Organisations are able to apply to become an 'ASD aware organisation' when the majority of staff have completed ASD aware training. You can access the scheme here: [www.ASDInfoWales.co.uk/asdaware](http://www.ASDInfoWales.co.uk/asdaware)

## Sports & Leisure

The 'Sports and Leisure' scheme' aims to increase knowledge and awareness of the needs of autistic people to support access to sports and leisure activities. [www.ASDInfoWales.co.uk/leisure-staff](http://www.ASDInfoWales.co.uk/leisure-staff)

## Housing staff

The 'Housing e-learning scheme' to raise awareness and understanding the difficulties and needs of autistic people may have in housing. This resource can be found at: [www.ASDinfoWales.co.uk/housing-provider-scheme](http://www.ASDinfoWales.co.uk/housing-provider-scheme)

## Working with Autism

A range of resources for those supporting autistic individuals into employment. These include the Living with Autism film, e-learning training, CV builder, searching for work tool and a skillset builder. These can be found here:  
[www.ASDinfoWales.co.uk/working-with-autism](http://www.ASDinfoWales.co.uk/working-with-autism)

## Positive about Working with Autism

A scheme for those that are positive about employing those with autism. This scheme includes a charter to sign, advice sheets for managers and co-workers and a training scheme for those working in HR. You can view this scheme at:  
[www.ASDinfoWales.co.uk/employers](http://www.ASDinfoWales.co.uk/employers)

## Health & Social Care practitioners

Certificated introduction to autism e-learning resource for those working with children and adults in health and social care settings. Find these at:  
[www.ASDinfoWales.co.uk/health-and-social-care](http://www.ASDinfoWales.co.uk/health-and-social-care)



## Clinician and Practitioner Toolkits

A series of 'toolkits' based on the NICE guidelines, to support professionals in their specialist diagnostic and post diagnostic interventions. The toolkits include: Information for referrers, including 'Autism: do you know the signs?' posters, Information and resources to support diagnostic assessment, Information leaflets for individuals with ASD and parents / carers, Assessment planning tools, Behaviour charts, Advice sheets, Information and resources for interventions. You can view the full toolkits at:  
[www.ASDinfoWales.co.uk/specialist-staff-in-education-health-and-social-care](http://www.ASDinfoWales.co.uk/specialist-staff-in-education-health-and-social-care)



## Contact Us:

**Email:**  
[ASDinfo@WLGA.gov.uk](mailto:ASDinfo@WLGA.gov.uk)

**Facebook:**  
[ASDinfoWales](https://www.facebook.com/ASDinfoWales)

**Twitter:**  
[@ASDinfoWales](https://twitter.com/ASDinfoWales)

