

Early Help Team

0-25

Who are we and what do we do?

The Early Help Team supports disabled/ autistic children/young people and their families. We are a short-term early intervention service, and our aim is to support children/young people and their families to overcome challenges and achieve their potential.

Who can we help?

- People who live in Carmarthenshire
- You need to be between 0-25
- Parent/ carer of someone who is 0-25
- Disabled/ autistic (diagnosed/undiagnosed) children/young people and their families
- if you are under 16 you will need your parents' consent for support from our team.

What can we offer you?

- An assessment to find out what's working and what's not working?
- A plan of support which we will develop together and review when needed.
- Bespoke support around sensory needs, resilience, practical behaviour management and anxiety
- Support with bladder and bowel needs, sleep hygiene and diet
- We can work with you to help you gain confidence, and offer emotional support
- We can help you progress into employment, education, or training.
- We can help you and your family to identify relevant activities, support and services in the community that will enable you to achieve your goals
- We can help you increase your independence by developing skills such as budgeting, travel training, cooking
- We can help you to understand more about your disability/autism
- Early Years settings - We fund one to one support if assessed as necessary and offer advice and guidance and training to the setting.

How we may deliver the support?

- 1:1 in the home or community
- Virtually
- Workshops/training
- Group work
- Specialist clinics run in partnership with health colleagues

We aim to:

- be Person Centred and take a holistic approach
- help achieve outcomes
- provide faded support
- build positive relationships and trust
- support to breakdown any possible barriers
- build relationships based on common interests to form friendship groups
- co-work with other professionals collaboratively and Signpost onto other suitable agencies where appropriate

To refer to us please complete our EHT referral form and send to

disabilityreferrals@carmarthenshire.gov.uk

Early Help Team, St Anne's Building, Parc Dewi Sant, Job's Well Road, Carmarthen SA31 3HB

Telephone number: 01267 246673







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