



Joining autism together

Our staff are knowledgeable, experienced and ready to support autistic people right through their journey with Autism Together.

Our team gets to know the person we are supporting, using a functional and ongoing assessment of their needs. Following the assessment, we will recommend individually-tailored autism approaches to support the person, along with an appropriate placement, depending on their needs, in residential, supported living or day services.

- Circle of support**
- Family
 - Social Services
 - Health
 - Friends
 - Support staff

Residential Care

Our Residential service offers registered residential care in a variety of different types of housing across Wirral and Cheshire.

We work with the people we support to help each individual lead as fulfilling and meaningful a life as possible, through a specifically-tailored package of support which involves a full daytime, evening and weekend programme.

People we support can move between Residential Care and Supported Living, depending on their needs.

Making the move from Residential to Supported Living

Supported Living

Autism Together's Supported Living service provides individualised support for autistic adults in a community setting. Working with registered social landlords, we offer bespoke homes for autistic adults in a variety of housing models, from single flats to shared accommodation.

Reducing support needed and staffing

Living in own flat in community

Day Services

Our range of Day Services are about offering autistic people meaningful, realistic and achievable training, on the job work experience and valuable life skills. These structured, person-centred programmes offer the necessary communication strategies and support plans, enabling the person to develop independently, safely and confidently. Activities include:

- Creative Arts**
- Environmental**
- Health & Wellbeing**
- Performing Arts**
- Social Enterprise**

Moving from Day Services to community-based services

Work experience in the community

We celebrate positive outcomes with the people we support and their circle of support. We encourage people to reach beyond their current achievements and aim for the extraordinary.

	Right support	Right time	Right location
Residential Care	<p>People with any level of support needs can live in Residential Care. Generally they are people that need support around them at all times.</p>	<p>Support needs vary throughout a person's life and as people's needs change. People can become frailer and develop physical disabilities. People can also become more independent and may need less support, and it might be appropriate for them to move into more independent accommodation.</p>	<p>We have many settings in Residential Care – some of our residential care homes are designed for highly complex individuals that need intensive support in bespoke settings. In contrast to this, we have community residential care homes that don't even look like care homes. You won't find any signs outside any of our houses telling you that they are care homes.</p>
Supported Living	<p>Supported living isn't just for people that are able to live completely independently, it's for everyone. The most important thing is having just the right level of support for the person in place. This can be just a few hours a week or can be intensive two-to-one support at all times.</p>	<p>Support needs for individuals change throughout their lives, sometimes they need more support and sometimes they need less. This often depends on what is happening in their lives – times of change might mean that we need to increase someone's support but, equally, people can become more independent.</p>	<p>It's important that people live near their family and friends, and in areas and communities that are right for them.</p>
Day Services	<p>Different levels of support within Day Services allow people to access the most appropriate support for their needs. By using people's motivators to teach skills, we are able to ensure people are engaged.</p>	<p>Day Services is often a good step following people leaving school, and to provide meaningful occupation during a person's day. Day services can help to provide respite to families that are caring for people with complex needs.</p>	<p>Sometimes, Day Services may no longer be the right setting for the people we support. Our aim is for people to live ordinary lives in the community, this includes going out to work and accessing their own local community.</p>

Case Study (this is based on a real person that we have supported)

Remember, not everyone's journey will take the same path...

Brian was a young man of 20 when he first came to live in Helen House, on our Raby Hall site in 1987. He previously lived with his family, who wanted him supported in a safe, secure environment.

Brian flourished with the bespoke support that Autism Together gave him. He gained many skills, learning how to shop, cook, and clean his room. He made friends and worked in the gardens. He loved sport and being outdoors.

Brian and two friends from Helen House, moved into a community residential house which they shared together. They lived near the Raby site and staff who they knew well moved with them into the community residential house. Brian still enjoyed working in the gardens and being outdoors, he started to learn other skills and take some qualifications in gardening and cycling.

After time, one of Brian's housemates decided he would like to live on his own and moved into his own flat near to his parents. Brian and his other housemate decided that they didn't want to share with another person, so instead chose to move to a smaller house in the local community for just the two of them.

This was Supported Living, so they had their own tenancy, and more money to spend. This allowed them to learn lots of new skills – budgeting, reporting jobs to their landlord, etc. They needed less support now, and just had a couple of support workers that regularly

visited them. They both still had their jobs and kept in touch with all the people they knew, but they also became much more part of their local community. Brian joined a local rambling club and got a work placement washing cars at a local garage.

In 2021, Brian's housemate sadly passed away. For the first time ever Brian was left living completely alone. Although difficult at first, Brian began to enjoy his own company and appreciate time on his own. He wasn't lonely, he saw his support worker a couple of times a week and still went on holidays and to concerts with him, he still went out to his rambling groups and his cycling groups. Brian didn't want to live with anyone else, but he couldn't afford to live in a 3-bed house on his own.

With the support of his staff, he moved into a flat leased from a registered social landlord. He was able to remain in an area that he was familiar with and now lives in a single flat for one person where he will be able to remain for many years.

