

# Supporting people living with autism

At Lifeways we understand that autism is just one part of a person, and doesn't define who they are. Our focus is on supporting the individual ability of each person, and we're proud to help people lead more fulfilling lives, often achieving the most amazing things.

**Autism affects each person in different ways, and can make everyday life much more challenging. We offer tailored practical and emotional support to create positive outcomes at every stage of a person's journey.**

- ✓ Bespoke support plans
- ✓ TEACCH approach
- ✓ SPELL framework
- ✓ Ongoing reviews

We spend quality time with the individual, their family members and care professionals to gain an understanding of the challenges the person may have already overcome, along with setting clear development objectives relating to their autism which we focus on when providing support. Our aim is for people to self-direct their support as much as possible, helping them to exercise choice in all aspects of their daily lives.



Our experienced teams are trained in behavioural communication, and so where people may have been previously described as exhibiting "behaviours that challenge" in certain situations, we believe in taking a proactive approach and turning the focus onto understanding what the person is trying to communicate.

We incorporate the TEACCH approach in our support, which relates to structuring and organising schedules to encourage focus and routine, and also use the SPELL framework which emphasises the importance of creating calm and ordered environments.

## Our support options



We offer a range of support options including supported living and residential homes that have been designed to meet a wide range of needs. Our support is completely flexible, starting from just a few hours a week through to 24-7.

- ✓ Supported living
- ✓ Residential care
- ✓ Specially adapted housing
- ✓ Assistive technology available

## Craig's story

Craig lives with learning disabilities and is on the autistic spectrum. In his mid-teens, he was bullied which affected his self-esteem.

“Craig was having a very difficult time” says his mum, Sandra. “My biggest worry was about the level of support Craig needed.”

Finding the right support through Lifeways has changed Craig's life. His support worker has helped him learn how to use specialist software to organise his daily schedule, keeping track of his activities week by week and planning for the future.

Because Craig is fascinated by computers and meticulous about record keeping, this has helped to improve Craig's confidence. Now he goes to the local youth club and quiz nights at his local pub and he plays snooker. “We went together on the train to the seaside and had an amazing day out cycling and fishing,” says Craig. “The list of new things he's tackling seems endless!” says Sandra.

## Make a referral or arrange a visit

Learn more about the support that we provide, make a referral or arrange a visit by contacting Lifeways:

☎ 0333 321 4881

✉ [referrals@lifeways.co.uk](mailto:referrals@lifeways.co.uk)

🌐 [lifeways.co.uk](http://lifeways.co.uk)

