



GLASGOW
EAST END COMMUNITY
CARERS

HERE FOR YOU AUTISM FAMILY PROJECT



HIDDEN
disabilities 

UNDERSTANDING AUTISM SUPPORTING YOU & YOUR FAMILY

Glasgow East End Community Carers has been supporting parent carers for more than 25 years. Our Autism Family Project, within our Carers Hub, supports parents & family carers, siblings, and the cared-for person with autism.

Looking after a child or family member with autism spectrum condition (ASC) can be rewarding but it can also be demanding and impact on family dynamics. Looking after someone with additional needs, even your own child, means you have a dual role as parent and 'carer'. An autism diagnosis for your loved one can feel overwhelming and you are likely to need additional support.

You may feel you need skills and confidence to cope with your child's autistic behaviours, or have questions around education, coping with change and

'When a family focuses on ability instead of disability, all things are possible. Love and acceptance is key.'

Amanda Rae Ross



adolescence. Many parents may need help to tackle money worries or concerns about breakdown in family relationships. Adults and children may be looking for opportunities to socialise and form meaningful relationships.

Whatever your situation, our supports are tailored to your family's unique set of circumstances – and we will be there for you as you transition through each stage of your autism journey.

WHAT IS ASC?

Autism Spectrum Condition (ASC) is a lifelong, neurodevelopmental condition. People with ASC have a different way of understanding other people and the world around them. ASC is characterised by challenges around...

- ♥ Social communication, Social Interaction & Social Imagination
- ♥ Highly repetitive behaviour
- ♥ Restricted interests
- ♥ Sensory processing
- ♥ High levels of anxiety
- ♥ Intellectual capability (ranging from learning disability to high IQ)

The term 'spectrum' describes the variance and severity of symptoms and the extent to which they affect daily functioning.

OUR AUTISM FAMILY SUPPORT

- ♥ Information & Advice
- ♥ Benefits, Form-filling & Grants
- ♥ Training & Workshops
- ♥ Peer Support
- ♥ Autism Helpline Consultations
- ♥ Autism Parent Buddy Project
- ♥ Personalised Autism Strategies
- ♥ Family Support
- ♥ Health & Wellbeing Activities
- ♥ Play-Sense Play Group
- ♥ Sensory Room
- ♥ Emotional Support





WHAT PARENTS AND PROFESSIONALS SAY

"The Carers Hub is highly valued by the NHS and the families that we refer to them. I am so grateful to be able to signpost them to such a professional and caring organisation."

SCPT Nurse, Child Development Centre

"I was feeling very isolated before finding the Carers Hub. Since I started attending, I have had amazing support and been able to make friends who are in a similar situation. A huge thank you for providing a safe space for adults and children."

T. Kaminski, parent of child with autism

"I have seen first-hand the support that the Glasgow East End Community Carers' Centre gives to families. This is an organisation that strives to know the people that use their service, so that they can offer additional support to parents where needed and create services that match their needs. This is not an organisation that stands still. They set a standard of care that is admirable and appreciated by the parents I have met. The Carers Hub has parents and carers of children with disabilities at its heart."

Young Persons' Commissioning Coordinator,
Autism Resource Centre (ARC)

"Kilt walk is over! A couple of times I wanted to give up but I didn't! There was no way I was giving up on a charity that never gives up on my family! I want to say a massive thank you for everything you've done."

S. Green, parent of son with autism

"The Carers Hub has been an invaluable support to my family following my daughter's diagnosis. It continues to be a vital part of our support system. I have benefited from training, mentoring, fun family days and even activities for my daughter's neuro-typical sibling. I'm so grateful for this service."

Tanja Jensen, parent of daughter with autism



FOR FURTHER INFORMATION PLEASE CONTACT:

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Glasgow East End Community Carers is committed to equality and inclusion.

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