

CONNECTING WITH AUTISM FOR FAMILIES AND CARERS

2 Day Autism Workshop

We have workshops running across the county from February.

For partners/carers/family members living with and/or supporting adults with Autism, workshops (delivered through Act for Autism) will offer:

- A greater understanding of the person they are supporting/caring for
- The opportunity for people attending to connect with others in a similar situation
- Support and signposting to local community services available near them

Please ask to be put on the waiting list or watch out for further details.



CONTACT US

For more information about CAASS support services, we will need your:

- name
- contact details
- postcode, and
- service you are interested in

You can contact us and/or leave a message in one of the following ways:

t: 024 7771 4545

e: caass@cwmind.org.uk

w: www.cwmind.org.uk



CAASS (Community Adult Autism Support Service) is for adults living with Autism in Coventry and Warwickshire

**act for
autism**

educate • empower • embrace

WHAT IS CAASS?

Coventry and Warwickshire Mind is trialling, for one year, a new Community Adult Autism Support Service (CAASS) in partnership with Springfield Mind and Act for Autism.

What will CAASS provide?

- Autism education courses
- Weekly peer support groups
- Workshops (for partners, carers, or family members)

How will CAASS support help?

Support is aimed at providing individuals with the opportunity to:

- Understand what autism is and how it affects them individually
- Increase self-help strategies to better manage their emotional and mental wellbeing
- Feel more confident to engage with others and community activities
- Positively move forward independently to a more fulfilling life

WHO IS IT FOR?

CAASS is available to adults who have or are waiting for an Autism assessment, or those who believe they are Autistic and would like further support.

Where will activities take place?

All activities will be provided across a range of venues in Coventry and Warwickshire.



HOW TO TAKE PART

You can either self-refer or a professional can refer you. For further details please go to the CW Mind website or email us (see overleaf). Places in all our activities are limited. To check availability, we advise you contact us in advance.

If our support is not for you, we will help with information on other support and/or community services to suit your needs as appropriate.

CAASS SERVICES

Weekly Peer Support Groups

A safe space for people with Autism to:

- Meet with others on a regular basis
- Socialise with people in similar situations
- Plan and agree group activities

6 Week Autism Education Programme

Weekly 2 hour sessions will focus on:

- Understanding Autism – what do we know about Autism?
- Autism and positive wellbeing – working towards a more enjoyable, improved life
- Understanding sensory needs
- Communication skills - including social anxiety, friendships and social media
- Anxiety management - coping with distress and managing emotions
- Wider sources of support available

What to expect

We will ask you to:

- Provide personal details about yourself and information on support already in place
- Complete forms during and post activities to tell us how support has helped and what else you would have liked that wasn't available

