



Alder Hey Children's
NHS Foundation Trust

Alder Hey ASD Pathway

**Drop-In Session Information Booklet
for Parents & Carers**



What happens now my child is on the ASD Pathway?

The ASD Team need to gather information from a variety of sources. This may take some time but is an important part of the team being able to come to a clinical decision about whether your child has ASD or not.

Depending on your child's individual needs, the ASD assessment may include:

- A neurodevelopmental history. This is a conversation about you, your family and the overall history of your child's development so far.
- Developmental Paediatrician assessment
- A Speech and Language Therapy assessment
- A Clinical Psychology assessment
- A joint assessment with your child and two members of our team
- A school observation
- A school questionnaire
- The Autism Diagnostic Observation Schedule (ADOS) assessment

Once all the necessary assessments for your child are completed and a decision about your child has been made, the team will feedback to you in either a joint assessment or in a separate feedback session.

It is important to remember that just because your child is on the ASD Pathway, they child will not automatically receive a diagnosis of ASD after their assessment.

The feedback session is for you to ask any questions you may have regarding the outcome of the assessment and to provide you with information as to what support is available locally for your child and family.

After your feedback you will receive a written report summarising the assessment and the outcome then you and your child will be discharged from the Pathway.

What can I do to help myself manage my child's challenges whilst they are in the process of getting assessed?

Although we do not yet know if your child has ASD, you may have some questions about managing some things you or your child find challenging.

There are many websites and organisations in Liverpool that have information about ASD. They can offer advice & strategies which may be helpful:

National Autistic Society

www.autism.org.uk

Helpline 0808 8004104

Information for teachers and families. Here you can learn more about Autism. This is one of the most up to date reliable resources.

Autism Training Team

www.livewellliverpool.info

You can contact them for pre-diagnosis training. They also run two drop-in sessions a month in different Children's Centres around Liverpool.

Contact: Tracey Williamson on 0151 233 5988
asdtrainingteam@liverpool.gov.uk

Embrace Group

www.embracegroup.co.uk

This is a services directory you can use to search for support for young people

Liverpool Early Help Directory

www.ehd.liverpool.gov.uk

The Early Help Directory is for all families, the Local Offer section within is specifically for families with children or young people with SEND from 0-25, including post 16 services.

Supporting Specific Issues:

Sleep

Cerebra Sleep Service

They understand how difficult it can be to get a good night's sleep so they have a team who can give you advice and guidance. They can help with problems such as refusing to go to bed, difficulty going to sleep, not wanting to sleep alone, waking up during the night and waking up early. They can offer One-to-one support, workshops and information resources

Tel: 01267 244210

E-mail: sleep@cerebra.org.uk

Sleep Solutions

Sleep Solutions provides support for families of disabled children and those with additional needs, aged 2 - 19, who have severe sleep problems. They offer a sleep service that includes workshops, clinic appointments and home visits where appropriate, as well as telephone and email support.

Tel: 0743 5964 605

E-mail: jean.brown@scope.org.uk

Toileting

The Bladder & Bowel UK website has a range of resource leaflets you can download for free in relation to toilet training. Some leaflets are even ASD specific.

Web: www.bladderandboweluk.co.uk

Sensory sensitivities

The Isabella Trust

Aims to improve the quality of life of children with Autistic Spectrum Disorder and Sensory Processing Difficulties by supporting families and carers.

Tel: 07956 749 774

Email: info@theisabellatrust.org

ADDvanced Solutions Community Network

Offers training, support and social activities for families with children with neurodevelopmental difficulties.

Tel: 0151 486 1788

Email: info@advancedsolutions.co.uk

Web: www.advancedsolutions.co.uk

Emotional well-being

Young Person's Advisory Service (YPAS)

Young Person's Advisory Service (YPAS) provides a range of support and therapeutic services in Liverpool for children aged 5 -15 years, young people aged 16-25 years and their families. YPAS supports children, young people and families with their mental health and emotional wellbeing difficulties. They provide support and therapeutic services that include: Counselling, Psychotherapy, Information/ Advice/ Guidance, Family work, Parent/ Carer support, Group work programmes, drop-ins (general/ LGBTQ+/ transgender)

Web: www.ypas.org.uk

Tel: 0151 707 1025

Email: support@ypas.org.uk

FRESH CAMHS

Alder Hey FRESH CAMHS is part of the wider Liverpool CAMHS Partnership. They offer specialist services to support children and young people in Liverpool and Sefton (up to the age of 18) who are experiencing mental health difficulties. We also provide support to their families or carers.

Web: www.freshcamhs.org
Tel: 0151 293 3662
Email: camhs.referrals@alderhey.nhs.uk

Merseyside Youth Association (MYA)

Merseyside Youth Association (MYA) provides support services to children and young people. Working with 5000 young people a year, they provide projects to enable young people to: Be healthy, active, creative, included & ready

Web: www.mya.org.uk
Tel: 0151 702 0700

Educational Needs

PSS: Person Shaped Support

They can provide help and support around Educational Health Care Plans

Tel: 0151 702 5555

Email: info@pss.org.uk

SEND IASS

SEND IASS services provide free and confidential impartial information, advice and support to children/young people with special educational needs and/or disabilities (SEND), and their parents/carers. SEND IASS were previously known as Parent Partnership.

For further information about SEND IASS:

Tel: 0800 012 9066

E-mail: liverpoolandknowsleysend@wired.me.uk

Web: www.liverpoolandknowsleysend.com

Social Experiences

There are two youth clubs for young people with social and communication difficulties in the city. Please contact each club directly to make sure there are places available.

Central Youth Club (Central Plus)

62 Walker Street

Liverpool

L6 1EJ

Tel: 0151 263 3856 (Marie Wallensang)

Web: www.localgiving.org/charity/centralyouthclub

Childwall Youth Club (Splice)

Lyndene Road

Childwall

L25 1NG

Tel: 0151 737 2491 (Lee McLoughlin)

Fusion Project

Direct children and young people into mainstream play and leisure provision in their community. They work with families to help children and young people make connections that could lead to friendships.

Tel: 0151 233 3621

E-mail: fusion.project@liverpool.gov.uk

Autism In Motion Liverpool

Provide support, guidance and advice for parents / carers of children on the Autistic Spectrum both pre-& post diagnosis and provide access to activities to support and enhance well-being

Tel: 07872444652

Web: www.aimautism.com

What can I access to support me as a parent?

Face2Face Befriending Service

Face2Face is a joint project between 'Scope' and Alder Hey. They offer emotional support to any parent or carer of a disabled/complex needs child accessing Alder Hey services. Their support is delivered by trained parent volunteers called 'Befrienders', who are all parents of disabled/complex needs children.

For further information about Face 2 Face:

Tel: 0808 800 3333 (open 9-5 weekdays closed bank holidays)

E-mail: response@scope.org.uk

Contact: Vicky Harris 07843 467 588

Email: vicky.harris@scope.org.uk

Web: www.scope.org.uk/face2face

Liverpool Parents' Interest Group

The group is run for parents, grandparents & carers of children with Autism, Asperger's Syndrome and other social and communications difficulties.

They meet up once a month and everyone is welcome. In the past they have invited speakers such as Speech and Language therapists, Mencap & Dental nurses to talk to the parents.

Free refreshments and play facilities for younger children are available.

Ring before planning a visit to check details are up to date.

Contact: June Ardrey 07837 098 625 (text only)

Email: emlousib@gmail.com

Email: babs.bd100@gmail.com

Liverpool Parent and Carers Forum (LivPaC)

LivPac provideS support and training for parents/carers, so they feel empowered and informed from services and professionals.

E-mail: livpac@hotmail.co.uk

Web: www.livpac.co.uk

Please note: This booklet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this booklet alone for information about your child's treatment.

Alder Hey Children's NHS Foundation Trust is neither liable for the contents of any external internet site listed, nor does it endorse any commercial product or service mentioned or advised on any of the sites.

This information can be made available in other languages and formats if requested.

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