

Professional Support

Training for Professionals

Our Autism 'In Context' training series is central to the philosophy of what we believe in at CAAS: supporting neurodivergent individuals to have their voices heard.

This high-quality autism training for professionals is delivered by experienced and autistic professionals benefiting from lived experience.

Common topics include "Understanding Autism" and deeper dives into eg Menopause, Maternity or Culture .

Three trainings per year will be in-depth and focus on providing support to specific groups such as GPs

Professional Forum

A regular forum that allows professionals who work with the autistic adult community to connect, network & share knowledge.

Find us
@ADHDandAutism



The Centre for ADHD & Autism Support (CAAS), founded in 1996, supports, educates and empowers ADHD/Autistic individuals, their families, and the community throughout NW London.

Led and run by qualified staff with personal experience, and through talking and listening to ADHD/Autistic people, CAAS understands the issues facing service users and delivers effective support.

We provide information, training, support groups and practical help to adhd/autistic residents of Northwest London.

We also offer specialised professional training, courses, support for parents / supporters of neurodivergent adults, and workshops.



Centre for ADHD
& Autism Support

NWL Adult Services Brochure 2023

<https://adhdandautism.org/>

2nd Floor, Television House
269 Field End Road
Eastcote
HA4 9XA

Charity Registration No. 1193799

Support

Support Groups

CAAS offers many groups for autistic adults. **Women's Forum** is a space to discuss current topics in our everyday lives and explore what it means to be autistic and female in a welcoming space. **Crafting Drop-Ins** provide a great introduction to our services, where you can meet the Adult Support Team and find out about the support we can provide for you and your family whilst working on your crafts. Our **Social Groups** and **Gaming Group** allows autistic adults to enjoy mutually rewarding interests. **Thinking About Adulthood** is a monthly online forum for young autistic people to explore what it means to become an adult.

Individual Support

Our **One-to-One appointments** offer support with practical issues: filling in CVs and other forms, making phone calls, applying for benefits, and many more. Find out about services and organisations that may be able to support you.

Service Aims

Our Aims

Funded by NW London ICS this project aims to provide information, advice, and support to autistic young people and adults (without Learning Disabilities) across the eight NW London Boroughs, with the intention of improving the quality of life and developing autism-aware communities.

We aim to build connections with statutory and voluntary organisations across the eight boroughs.

A significant part of the service will involve consultation and co-production with autistic adults to ensure that the service meets the needs and aspirations of our local autistic population.

We support autistic adults through practical, mental and communicatory support. We do this through a number of courses, as well as individual and group support sessions and training for professionals.

Our Courses

Understanding My Autism

A group for autistic adults to learn more about their diagnosis, understand what it means them, and meet other autistic people. Challenge myths and perceptions, and learn about sensory differences and reasonable adjustments.

Understanding Autism for supporters

These training sessions are designed to empower parents, partners, siblings, carers, and supporters of autistic adults diagnosed later in life. Learn how to highlight and nurture the inherent strengths of your loved ones.

CALMS

A 6-week programme designed to help those aged 14+ explore their differences, and to learn to see the positives in being autistic.

Email us

adults@adhdandautism.org