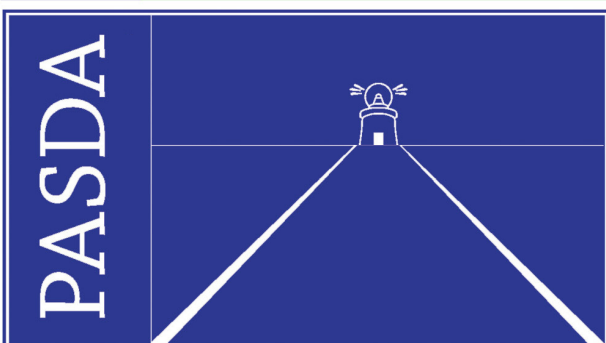


# PASDA HANDBOOK 2014



**A Guide for Families of Adults with Autism in  
Edinburgh & the Lothians**





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Published by  
PASDA  
Unit 26, Norton Park  
57 Albion Road  
Edinburgh  
EH7 5QY

August 2012  
Rev. February 2014

Printed by Minuteman Press  
Funded by the Long-Term Conditions Alliance Scotland

We cannot take responsibility for any inaccuracies over time.  
As far as possible, details were correct at time of printing.

# INTRODUCTION

Welcome to the PASDA Handbook. Inside you'll find information on a range of local and national services which are available to adults on the autism spectrum, or to members of their family. You'll also find hints and tips, and recommendations from carers. We hope you find the resource useful!


Dear Reader,




Thank you for picking up a copy of the PASDA Handbook. We hope that whether you are a parent, a sibling, a spouse, a friend or a professional you will find information inside about valuable resources that can make a real difference to the life of the person you are supporting.

The Handbook is organised into three sections—essential information, carer information, and information for your relative. Each section contains a number of different topics with lists of services and organisations, explanations and hints and tips from other carers. Each of the three sections has its own contents page, with a list of all the services and headings in each topic, and at the back there is an alphabetical index to help you find a specific service if you already know its name. The inside of the back cover contains a list of emergency telephone numbers and helplines for quick reference in a crisis.

Please note that although some services will be free of charge, a number of services will have a standard fee. Sometimes these fees may be funded through your local authority, but others you might have to pay for yourself. Some services may also have a waiting list, and others will only be available to those living in certain areas—check directly with the organisation for more information, or ask your social worker.

Although we have included details and descriptions of a wide range of services, this does not imply that

PASDA endorses any particular approach, service or product. Some services have been recommended by other carers who use our services, these are marked with the thumbs-up symbol. 

In order to help you to know what to expect from a service, we have marked which services are autism-specific with the  symbol, and those which are general with the  symbol. General services can include those which cater for everyone, for disabled people, or for people with learning disabilities or additional support needs. Organisations which say they have some experience or are able to work with those on the spectrum have been marked with the autism-inclusive symbol. 

As well as recommendations, we have included some hints and tips from carers whom we know. Some of these may not suit your family member, but we hope that everyone will find something useful.

Every effort has been made to ensure that the information contained in this handbook is current and accurate, but services are likely to change over time. Please contact us if you have any queries, suggestions or additions, or if you cannot make contact with a service using the details that we have included.

Best Wishes,

- PASDA

PASDA

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info@pasda.org.uk

www.pasda.org.uk

0131 475 2416

Scottish Charity No. SC042678

# ESSENTIAL INFORMATION

This section contains information about statutory services, and other services which will be helpful for you and your relative.

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Mental Welfare Commission  
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# ESSENTIAL INFORMATION

## Benefits/Entitlements

### Advice Shop

85-87 South Bridge  
Edinburgh  
EH1 1HN  
Tel: 0131 200 2360  
Email: [advice.shop@edinburgh.gov.uk](mailto:advice.shop@edinburgh.gov.uk)  
The Advice Shop offers general welfare rights advice.  
Open Monday, Wednesday and Thursday: 9.30am – 4pm  
Tuesday: 10am – 4pm, Friday: 9.30am – 3.30pm

### Benefit Enquiry Line

Tel: 0800 88 22 00  
Open from 8.30am to 6.30pm Monday to Friday. You can phone them for general advice when you are thinking about making a claim.

### Benefits Online

Website: [benefitsonline.edinburgh.gov.uk](http://benefitsonline.edinburgh.gov.uk)  
For making benefits claims and for notifying changes in circumstances.

### Citizens Advice Edinburgh (CAE)

Tel: 0800 800 9060  
Website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)  
Citizens Advice Edinburgh (CAE) runs advice centres across the capital. Their staff provide free, confidential, impartial and independent advice on issues including money advice, benefits, immigration, employment rights, housing, consumer issues, family problems and health services.

### Citizens Advice Dundas Street

58 Dundas Street  
Edinburgh  
EH3 6QZ  
Advice Line: 0131 557 1500  
For an appointment: 0131 558 3681  
Open every day except Friday.

### Citizens Advice Leith

166 Great Junction Street  
Edinburgh  
EH6 5LJ  
Advice line: 0131 554 8144  
Open every day.

### Citizens Advice Pilton

661 Ferry Road  
Edinburgh  
EH4 2TX  
Advice Line: 0131 332 9434  
Drop in service every day, no appointment necessary.

### Citizens Advice Portobello

8a & b Bath Street  
Edinburgh  
EH15 1EY  
Advice Line: 0131 669 7138  
For an appointment: 0131 669 9503  
Open every day except Friday.

### Citizens Advice Gorgie/Dalry

Fountainbridge Library  
137 Dundee Street  
Edinburgh  
EH11 1BG  
Advice Line: 0131 474 8080  
For an appointment: 0131 474 8081  
Appointments only, no drop in sessions  
Open every day except Friday.

### City of Edinburgh Council Services

Revenues and Benefits Division  
PO Box 12331  
Edinburgh  
EH11 3YR  
Telephone Advice: 0131 469 5000  
Email: [revenuesbenefits@edinburgh.gov.uk](mailto:revenuesbenefits@edinburgh.gov.uk)  
Website: [www.edinburgh.gov.uk](http://www.edinburgh.gov.uk)  
Contact them with questions about benefits, council tax, etc.

### Disability Living Allowance and Attendance Allowance Helpline

Tel: 08457 123 456  
Open from 7.30am to 6.30pm Monday to Friday. Phone them for advice relating to your situation after you have made a claim. They should have access to your records.

### ELCAP Ltd

Woodbine Cottage  
West Loan  
Prestonpans  
EH32 9WU  
Tel: 01875 814 114  
Website: [www.elcap.org](http://www.elcap.org)  
They can support people in East Lothian to submit benefits applications and social work referrals.

# ESSENTIAL INFORMATION

## FAIR (Family Advice and Information Resource)

95 Causewayside

Edinburgh

EH9 1QG

Tel: 0131 662 1962

Email: [fair@fairadvice.org.uk](mailto:fair@fairadvice.org.uk)

Website: [www.fairadvice.org.uk](http://www.fairadvice.org.uk)

FAIR is an information and advice service for people with learning disabilities, ASC and their families in Edinburgh.

Appointments are available Tuesday to Friday.

## Number 6

24 Hill Street

Edinburgh

EH2 3JZ

Tel: 0131 220 1075

Email: [number6@aiscotland.org.uk](mailto:number6@aiscotland.org.uk)

Number 6 offer benefits advice for adults with high-functioning autism and Asperger syndrome, including letters you have received, new applications and support for appeals and tribunals.

## Turn2Us

Website: [www.turn2us.org.uk](http://www.turn2us.org.uk)

The website includes a benefits checker, where you can input your personal financial information (anonymously) to see what benefits you may be eligible for. You can also get an estimate of the amount you will receive if a benefit is means-tested. There is also information on small grants to help you with necessary expenses, including respite, and there is a lot of information about benefits entitlements under all kinds of circumstances.

## VOCAL (Voice of Carers Across Lothian)

8-13 Johnston Terrace

Edinburgh

EH1 2PW

Tel: 0131 622 6666

Email: [centre@vocal.org.uk](mailto:centre@vocal.org.uk)

Website: [www.vocal.org.uk](http://www.vocal.org.uk)

VOCAL runs free monthly Money Matter surgeries for carers on benefits, paying for long term care, and general benefits and support – you will need to book an appointment for these sessions. VOCAL's Carer Support Team also provide up to date information on benefits, carer employment rights, housing, education, entitlements and discounts – by telephone or by appointment.

## VOCAL Midlothian Carer Centre

30/1 Hardengreen Estate

Dalhousie Road

Dalkeith

EH22 3NX

Tel: 0131 663 6869

Email: [midlothian@vocal.org.uk](mailto:midlothian@vocal.org.uk)

Website: [www.midlothiancarers.co.uk](http://www.midlothiancarers.co.uk)

## Direct Payments

Tel: 0131 200 2324 (Social Care Direct)

Website: [www.selfdirectedsupportscotland.org.uk](http://www.selfdirectedsupportscotland.org.uk)

Direct payments offer a flexible way of funding a care/support package. A Direct Payment is money given to a service-user by the local authority so they can arrange and purchase the help needed to live independently. Family, friends, an advocate or voluntary organisations can help to manage direct payments. Direct payments are a form of Self-Directed Support that give people more control of the services and support that help them to live the life they choose.

## Lothian Centre for Inclusive Living (LCIL)

Norton Park

57 Albion Road

Edinburgh

EH5 7QY

Tel: 0131 475 2350

Website: [www.lothiancil.org.uk](http://www.lothiancil.org.uk)

LCIL provide information and advice about managing your self-directed support package, including a payroll service and training opportunities on various topics. They also offer a free telephone counselling service for disabled adults and immediate family.



# ESSENTIAL INFORMATION

## Employment and Volunteering

### Autism Ventures Scotland

11 Granton Square

Edinburgh

EH5 1HX

Tel: 0131 551 7260

Email: [avs@aiscotland.org.uk](mailto:avs@aiscotland.org.uk)

Website: [www.avscotland.org.uk](http://www.avscotland.org.uk)

Autism Ventures Scotland (AVS), part of the Autism Initiatives group, aims to create employment opportunities and experiences for young people with autism in Scotland. AVS offer apprenticeships to 16-25 year olds with an autism spectrum condition. These apprenticeships include on the job, and vocational training, resulting in a recognised qualification.

### DirectGov

For general employment and benefits advice, go to the Directgov website at [www.direct.gov.uk](http://www.direct.gov.uk)

### East Lothian Vocational Opportunities Service (ELVOS)

7 Mansfield Road

Musselburgh

East Lothian

EH21 7DS

Tel: 0131 653 5315

Email: [adultservices@eastlothian.gov.uk](mailto:adultservices@eastlothian.gov.uk)

Website: [www.eastlothian.gov.uk/elvos](http://www.eastlothian.gov.uk/elvos)

This is East Lothian Council's free employment service, which helps people with disabilities find a range of employment opportunities. You can contact them directly, or you can have someone contact them on your behalf, or you can be referred by a healthcare professional or social worker.

### ENABLE

First Floor, 1 Wester Shawfair

Danderhall

Edinburgh

EH22 1FD

Tel: 0300 0200 101

Email: [enabledirect@enable.org.uk](mailto:enabledirect@enable.org.uk)

Website: [www.enable.org.uk/pages/services-es.aspx](http://www.enable.org.uk/pages/services-es.aspx)

ENABLE can help people with ASC to look for suitable job vacancies, complete application forms, practise interview skills, attend interviews and find the right employer.

### The Engine Shed

Garvald Community Enterprises Ltd

19 St Leonard's Lane

Edinburgh

EH8 9SH

Tel: 0131 662 0040

Email: [admin@theengineshed.org](mailto:admin@theengineshed.org)

Website: [www.theengineshed.org](http://www.theengineshed.org)

The Engine Shed offers a high quality training programme, designed to help people with a range of disabilities make the transition into paid employment. Training is provided over a 3 year period in a lively public setting – café, bakery and tofu kitchen.

### FAIR (Family Advice and Information Resource)

95 Causewayside

Edinburgh

EH9 1QG

Tel: 0131 662 1962

Email: [fair@fairadvice.org.uk](mailto:fair@fairadvice.org.uk)

Website: [www.fairadvice.org.uk](http://www.fairadvice.org.uk)

FAIR supports people with learning difficulties or autism to enter employment and training.

### The Gallery on the Corner

34 Northumberland Street

Edinburgh

EH3 6LS

Tel: 0131 557 8969

Website: [www.thegalleryonthecorner.org.uk](http://www.thegalleryonthecorner.org.uk)

The Gallery is a social enterprise run by Autism Ventures Scotland, which offers traineeships and other opportunities to adults with autism.

### The Hermitage

11 Braid Hills Drive

Edinburgh

EH10 6GZ

Tel: 0131 447 5700

Website: [www.hermitagescotland.co.uk](http://www.hermitagescotland.co.uk)

The Hermitage Golf Club is host to another social enterprise project run by Autism Ventures Scotland. They run a café and a horticultural project, providing a variety of different opportunities for adults on the spectrum.



# ESSENTIAL INFORMATION

## Ingeus

Email: [info@ingeus.co.uk](mailto:info@ingeus.co.uk)

Website: [www.ingeus.co.uk](http://www.ingeus.co.uk)

Ingeus run a number of different programmes, working in partnership with Jobcentre Plus, the Department for Work and Pensions, and many private, public and voluntary organisations. They aim to help people on benefits to find work. For more information about their different programmes, see the website for details, or get in touch.

### Edinburgh Office:

44 York Place  
Edinburgh  
EH1 2HU  
Tel: 0131 301 5600

### Musselburgh Office:

Harbour Point  
Newhailes Road  
Musselburgh  
EH21 6QD  
Tel: 0131 301 1400

## Intowork

Norton Park  
57 Albion Road  
Edinburgh  
EH7 5QY  
Tel: 0131 475 2600  
Email: [enquiries@intowork.org.uk](mailto:enquiries@intowork.org.uk)  
Website: [www.intowork.org.uk](http://www.intowork.org.uk)

Intowork is a specialised employment and support service working in Edinburgh and the Lothians. They work with people with Asperger Syndrome and High Functioning Autism, helping them to find and retain employment or access suitable training opportunities.



## IWork4Me

11 Granton Square  
Edinburgh  
EH5 1HX  
Email: [admin@iwork4me.org.uk](mailto:admin@iwork4me.org.uk)  
Website: [www.iwork4me.org.uk](http://www.iwork4me.org.uk)

They are working towards providing specialised support for young people on the spectrum to become self-employed.

## Jobcentre Plus

### Edinburgh Branches:

20 High Riggs, EH3 9HU  
Murrayburn House, Westside Plaza, EH14 2SP  
11-13 South St Andrews Street, EH2 2AU  
199 Commercial Street, EH6 6QP

### Musselburgh:

North House, Eskmills Park, EH21 7DU

Tel: 0845 604 3719

Website: [jobseekers.direct.gov.uk](http://jobseekers.direct.gov.uk)

Jobcentre Plus is a government-funded employment agency and social security office. They aim to help people of working age find employment in the UK. They only provide assistance to those who are unemployed and claiming benefits.

Call the general number to find out which Jobcentre you should attend, to make appointments and for all enquiries.

## My World of Work

Websites:

[www.myworldofwork.co.uk](http://www.myworldofwork.co.uk)

[www.skillsdevelopmentscotland.co.uk](http://www.skillsdevelopmentscotland.co.uk)

These websites offer a range of support services for people looking to learn new skills, change careers, or to improve their job prospects. They have replaced Careers Scotland.

## Number 6

24 Hill Street  
Edinburgh  
EH2 3JZ  
Tel: 0131 220 1075  
Email: [number6@aiscotland.org.uk](mailto:number6@aiscotland.org.uk)

Number 6 offer assistance with employment issues for adults with high-functioning autism and Asperger syndrome, including finding and maintaining employment. Support may be given for the application and interview process, as well as discussing difficulties that arise in the workplace.

## Real Jobs

c/o The Action Group  
Norton Park Centre  
57 Albion Road  
Edinburgh EH7 5QY  
Tel: 0131 475 2315  
Email: [realjobs@actiongroup.org.uk](mailto:realjobs@actiongroup.org.uk)  
Website: [www.actiongroup.org.uk](http://www.actiongroup.org.uk)

Real Jobs is an employment support service provided by the Action Group. They work with people with additional learning and support needs, including those with autism spectrum conditions who live in Edinburgh. They have a separate service for people in Falkirk.





# ESSENTIAL INFORMATION

## Remploy

22-24 Earl Grey Street

Edinburgh

EH3 9BN

Tel: 0300 456 8031

Email: [edinburgh.branch@remploy.co.uk](mailto:edinburgh.branch@remploy.co.uk)

Website: [www.remploy.co.uk](http://www.remploy.co.uk)

Remploy provides a comprehensive range of employment services to help people who are disabled or experiencing complex barriers to gain and retain sustainable employment.

## STRiVE

98 North High Street

Musselburgh

EH21 6AS

Tel: 0131 665 3300

Email: [info@strive.me.uk](mailto:info@strive.me.uk)

Website: [www.strive.me.uk](http://www.strive.me.uk)

They have a range of opportunities in their database – see the website for more information.

## Volunteer Centre Edinburgh

24 Torphichen Street

Edinburgh

EH3 8JB

Tel: 0131 225 0630

Website: [www.volunteeredinburgh.org.uk](http://www.volunteeredinburgh.org.uk)

The main office is open Monday – Thursday 9.30am – 5pm and Friday 9am – 4pm. You can drop in throughout the week to use their huge database of volunteering opportunities, or give them a call to arrange an appointment.

## Volunteer Centre Midlothian

The Computer House

Dalkeith Country Park

Dalkeith

EH22 2NA

Tel: 0131 660 1216

Email: [info@volunteermidlothian.org.uk](mailto:info@volunteermidlothian.org.uk)

Website: [www.volunteermidlothian.org.uk](http://www.volunteermidlothian.org.uk)

They have a range of opportunities available to those in Midlothian. Contact them for further details.

## Voluntary Sector Gateway West Lothian

36-40 North Bridge Street

Bathgate

West Lothian

EH48 4PP

Tel: 01506 650 111

Email: [vsg@vsgwl.org](mailto:vsg@vsgwl.org)

Website: [www.voluntarysectorgateway.org](http://www.voluntarysectorgateway.org)

They have a database of volunteering opportunities based in West Lothian.

## Women Onto Work

Norton Park

57 Albion Road

Edinburgh

EH7 5QY

Tel: 0131 475 2622

Email: [mail@womenontowork.org](mailto:mail@womenontowork.org)

Website: [www.womenontowork.org](http://www.womenontowork.org)

WOW helps women in Edinburgh and the Lothians move towards employment. They do this by helping their clients develop the skills, knowledge, confidence and experience they need to fulfil their goals. If you've been out of work for a while, or you think you may find it particularly difficult to get back to work, they can offer you specific support for your situation, to help you get work experience, volunteering roles and/or paid employment.

## Flexible Working for Carers

The Work and Families Act 2006 gives carers of adults the right to request flexible working. Carers in employment now have more statutory rights to help them manage their work and caring responsibilities. For more information, and advice on making an application for flexible working, refer to the Employees Guide to Work and Caring, available free of charge from Carers Scotland on 0141 221 9141.

To discuss your employment rights further, contact VOCAL on 0131 622 6666.

# ESSENTIAL INFORMATION

## Housing

### Social Care Direct (Edinburgh)

Tel: 0131 200 2324

Email: [socialcaredirect@edinburgh.gov.uk](mailto:socialcaredirect@edinburgh.gov.uk)

If you feel that housing support or supported accommodation is required, contact Social Care Direct for an Assessment of Needs. They can then advise you on your support options and where funding may come from.

### Bethany Christian Trust

Gateway Visiting Support Consortium

65 Bonnington Road

Edinburgh

EH6 5JQ

Tel: 0131 561 8910

Email: [GVS@bethanychristiantrust.com](mailto:GVS@bethanychristiantrust.com)

Website: [www.bethanychristiantrust.com](http://www.bethanychristiantrust.com)

The Consortium provides support to people over the course of 6 months, to help them maintain a new tenancy.

Bethany also offer a range of support options for people struggling with housing – the contact details above are also for their main office, where you can find out more about what they have on offer.

### Council and Housing Associations

C.3 Waverly Court

4 East Market Street

Edinburgh

EH8 8BG

Tel: 0131 529 5080

Email: [edindex@edinburgh.gov.uk](mailto:edindex@edinburgh.gov.uk)

Website: [keytochoice.scotsman.com](http://keytochoice.scotsman.com)

To apply for housing with 21 landlords, including the City of Edinburgh Council, housing associations and co-operatives, you need to register with EdIndex, Edinburgh's common housing register. Contact them for an application form.

### Housing Benefit and Local Housing Allowance

Website: [www.edinburgh.gov.uk/info/633/housing\\_benefit](http://www.edinburgh.gov.uk/info/633/housing_benefit)

Housing benefit is a scheme that helps people on low incomes to pay rent for the home they live in. There are two kinds of payment available for people who have to pay rent – one for those who are council or housing association tenants, called Housing Benefit, and one for people who have private landlords, called Local Housing Allowance.

Find out if you are eligible via the website.

### Housing Options in Scotland

The Melting Pot

5 Rose Street

Edinburgh

EH2 2PR

Tel: 0131 247 1400

Email: [info@housingoptionsscotland.org.uk](mailto:info@housingoptionsscotland.org.uk)

Website: [www.housingoptionsscotland.org.uk](http://www.housingoptionsscotland.org.uk)

They assist disabled people through all the complex processes required to buy a house, and can offer advice on other housing issues, including council housing and private lets.

### Flatmates Project

Number 6 One Stop Shop

24 Hill Street

Edinburgh

EH2 3JZ

Tel: 0131 220 1075

The project is designed to support adults with Asperger Syndrome, aged 16-35, to find a flat share, due to the recent changes in legislation for housing benefit/local housing allowance.

### Landlord Accreditation Scotland

Hopetoun Gate

8B McDonald Road

Edinburgh

EH7 4LZ

Tel: 0131 553 2211

Email: [info@landlordaccreditationscotland.com](mailto:info@landlordaccreditationscotland.com)

Website: [www.landlordaccreditationscotland.com](http://www.landlordaccreditationscotland.com)

Contact them to find a property quickly, and in an area of your choice, with an accredited private landlord.

### Number 6

24 Hill Street

Edinburgh

EH2 3JZ

Tel: 0131 220 1075

Email: [number6@aiscotland.org.uk](mailto:number6@aiscotland.org.uk)

Number 6 offer assistance with housing issues for adults with high-functioning autism and Asperger syndrome, including support with housing applications (e.g. Edindex) and advice on financial or other issues that may help to maintain a tenancy.

## Housing Adaptations

### Telecare

Telecare consists of equipment and services that support your safety and independence in your own home. Have a look at their website to find out more about what their system can do for you. Telecare can be provided alongside other services you have, like a home carer, and it offers 24 hour monitoring and support. If you have an Occupational Therapist, Social Worker or District Nurse, they can arrange for a Telecare package to be installed in your home. If you don't receive any professional support, then you, a member of your family, a friend or neighbour can contact the Council on your behalf. Telecare will make arrangements to visit you to find out what kind of support you need.

All monitor and alarm equipment, maintenance and installation are free of charge. You may have to pay for the monitoring service after assessment of your individual financial circumstances.

For information contact:

### Assessment and Advice Service

Services for Communities

Waverly Court

4 East Market Street

Edinburgh

EH8 8BG

Tel: 0131 529 7661

Helpline: 0845 130 1977 10am-4pm, Monday – Friday.

You can also see a more detailed explanation of Telecare products at [www.livingmadeeasy.org.uk](http://www.livingmadeeasy.org.uk) (part of the Disabled Living Foundation).

### *Coping at Home*

- Gentle, consistent reminders offer re-assurance, as they help your family member to process complex information about looking after themselves.
- Sometimes being extra specific can help to make sure that your family member remembers to do things during the day, e.g. *Please put the washing machine on at 10.30. Please make sure you have washed your dishes before your support worker gets here at 12.30.*
- Alarms on a mobile phone can help to remind people about specific tasks, and can help them keep track of their own daily routine, e.g. *taking medication, going to appointments, eating regular meals.*
- Post-it notes in strategic places can also be helpful reminders, like *on the juice carton in the morning or on trainers for before going out.*
- To encourage your family member to do tasks around the house, give them clear, detailed instructions, perhaps in step-by-step form. This will help them to check that they are doing everything correctly, and may reassure them as they work through the list. For example *when the cycle is finished, open the dishwasher, put cups on the hooks, put plates in the cupboard and put the knives in the cutlery tray etc.*
- Planning tasks like laundry on the same day every week, at the same time, can help to ensure that they become part of the routine. This will remove decision-making problems which some may face.
- Plan what needs to be said in advance of making a telephone call and write it down before making the call. If you might have to leave a message, you should plan this too.

# ESSENTIAL INFORMATION

## Emergency Housing

### The Access Point

17-23 Leith Street

Edinburgh

EH1 3AT

Tel: 0131 529 7438

Email: [accesspoint@edinburgh.gov.uk](mailto:accesspoint@edinburgh.gov.uk)

The Access Point offers a holistic housing, health and social care service to people who are experiencing homelessness.

### Bethany Emergency Accommodation

Bethany House

12 Couper Street

Edinburgh EH6 6HH

Tel: 0131 561 8911

Bethany offer basic accommodation, hot meals and advice from November to March, and they also have a resettlement hostel.

### Cyrenians Homelessness Prevention Service

Norton Park

57 Albion Road

Edinburgh

EH7 5QY

Tel: 0131 475 2556

Email: [HPS@cyrenians.org.uk](mailto:HPS@cyrenians.org.uk)

Website: [www.cyrenians.org.uk](http://www.cyrenians.org.uk)

They offer short-term support for those in Edinburgh at risk of becoming homeless. They also have an office in Bathgate.

### Edinburgh Housing Advice Partnership (EHAP)

Tel: 0845 302 4607

Website: [www.ehap.org.uk](http://www.ehap.org.uk)

The main purpose of the Edinburgh Housing Advice Partnership (EHAP) is to deliver advice and information to people in a range of settings, to enable them to avoid homelessness, in particular a first episode of homelessness, and to secure preventative housing support for those who need it. You can refer yourself to EHAP over the phone or online. Call them to make an appointment with a housing adviser.

### Edinburgh Housing Aid Centre

4<sup>th</sup> Floor

6 South Charlotte Street

Edinburgh

EH2 4AW

Tel: 0808 800 4444

Website: [www.homelesseedinburgh.org/details.asp?id=uk7747](http://www.homelesseedinburgh.org/details.asp?id=uk7747)

They offer information, advice, advocacy and representation for people facing housing problems, including homelessness, eviction and rent arrears. The telephone helpline provides an initial level of information, advocacy and advice. People requiring more in-depth assistance or on-going casework can be referred to local specialist services.

### Fresh Start

22-24 Ferry Road Drive

Edinburgh

EH4 4BR

Tel: 0131 476 7741

Email: [enquiries@freshstartweb.org.uk](mailto:enquiries@freshstartweb.org.uk)

Website: [www.freshstartweb.org.uk](http://www.freshstartweb.org.uk)

They offer help for people who have been homeless to establish a new home, with practical and social support.

### Shelter Scotland

Helpline: 0808 800 4444

Website: [scotland.shelter.org.uk](http://scotland.shelter.org.uk)

Shelter is a charity that works to alleviate the distress caused by homelessness and bad housing. They run the Edinburgh Housing Aid Centre described above, and their website has been recommended by our members.



### Women's Aid

4 Cheyne Street

Edinburgh

EH4 1JB

Tel: 0131 315 8110

National Helpline: 0800 027 1234

Email: [info@edinwomensaid.co.uk](mailto:info@edinwomensaid.co.uk)

Website: [www.edinwomensaid.co.uk](http://www.edinwomensaid.co.uk)

Women's Aid provide help and refuge to women suffering from domestic violence. If you are in the Lothians, you can call the national helpline and they can put you in touch with your local centre.

# ESSENTIAL INFORMATION

## Social Work

Most carers and the people they care for need an assessment to find out what help they are entitled to. The assessment procedure is carried out by a social worker, who follows a standard questionnaire. Unfortunately, the questions are general and can make it difficult to portray the real needs of your family member. Emphasise the amount of support that you have to give them at each moment of the day, for example, reminders of tasks and appointments, encouragement and reassurance to reduce anxiety. Many people find it helpful to have an advocate or a friend with them during the interviews, as they can stay neutral and ensure things stay on topic. It is also important to tell your family member that you have asked for an assessment, because the department will write directly to the individual to confirm the appointment.

There are three kinds of assessment:

### Community Care Assessment

This assessment looks at an individual's need for residential care, day care, help at home, adaptation, holidays, transport and any other social work services.

### Disabled Person's Assessment

If the person being assessed is disabled (which can include any diagnosis on the autism spectrum), they should also have a Disabled Person's Assessment.

### Carer's Assessment

As a carer you are entitled to an assessment of your needs. This includes any help you need to continue caring.

The assessments will decide what support you are eligible for. You may have to state what help you are looking for specifically.

To undergo any of these assessments, call your local department of Health and Social Care on the number below and they will guide you through the process.

For out of hours social care services, contact the Emergency Social Work Service on 0800 731 6969.

The City of Edinburgh Council website has more information on what social care services are available:  
[www.edinburgh.gov.uk](http://www.edinburgh.gov.uk)

Also on the website, you can find *The Carers' Guide to Carer Assessments* for more information on what to do and what to expect.

### Social Work Contacts

Edinburgh: 0131 200 2324

Midlothian: 0131 271 3900

West Lothian: 01506 777 777

East Lothian: 0845 603 1576

Out of hours: 0800 731 6969

### The Transition Team

Westfield House Social Work Centre

5 Kirk Loan

Edinburgh

EH12 7HD

Tel: 0131 314 5886

Email: [hsc.transition.team@edinburgh.gov.uk](mailto:hsc.transition.team@edinburgh.gov.uk)

The Transition Team can work with young people in Edinburgh between 14 and mid 20s who have a disability. They will assess your individual needs, strengths and assets and help put together a support package based on the outcomes you want to achieve. They work with schools, career services, colleges, social work teams and health agencies to plan your life after school.

### ASPIRE

ASPIRE work with young people with Asperger's Syndrome or High Functioning Autism within the Transition Team to support the move into adult life beyond school.

# ESSENTIAL INFORMATION

## Queries and Complaints

If you are not satisfied with a service that you have received from any organisation, you have the right to make a complaint or query a decision. In the first instance, you should contact the organisation directly, and ask them to address your needs.

### Health and Social Care Department

Social Work Advice and Complaints Service

Level 1:7, Waverly Court

4 East Market Street

Edinburgh

EH8 8BG

Tel: 0131 553 8395

Email: [socialwork.complaints@edinburgh.gov.uk](mailto:socialwork.complaints@edinburgh.gov.uk)

Website: [www.edinburgh.gov.uk](http://www.edinburgh.gov.uk)

### NHS Complaints Team

Waverly Gate

2-4 Waterloo Place

Edinburgh

EH1 3EG

Tel: 0131 536 3370

Email: [complaints.team@nhslothian.scot.nhs.uk](mailto:complaints.team@nhslothian.scot.nhs.uk)

Website: [www.nhslothian.scot.nhs.uk](http://www.nhslothian.scot.nhs.uk)

If you are still unsatisfied, contact one of the larger bodies below, who will be able to deal with your complaint at a higher level.

### Care Inspectorate

Compass House

11 Riverside Drive

Dundee

DD1 4NY

Tel: 0845 600 9527

Stuart House

Eskmill

Musselburgh

EH21 7PB

Tel: 0131 653 4100

Email: [enquiries@careinspectorate.com](mailto:enquiries@careinspectorate.com)

They regulate social work, care and child protection services. Their formal name is still Social Care and Social Work Improvement Scotland.

### General Medical Council

Scotland Office

5<sup>th</sup> Floor, The Tun

4 Jackson's Entry

Edinburgh

EH8 8PJ

Tel: 0131 55 8700

Email: [gmcscotland@gmc-uk.org](mailto:gmcscotland@gmc-uk.org)

Website: [www.gmc-uk.org](http://www.gmc-uk.org)

The General Medical Council is responsible for regulating doctors and ensuring that they adhere to standards of good practice.

### Healthcare Improvement Scotland

Elliot House

8-10 Hillside Crescent

Edinburgh

EH7 5EA

Tel: 0131 623 4300

Email: [Adrian.masson@nhs.net](mailto:Adrian.masson@nhs.net)

Website: [www.healthcareimprovementscotland.org](http://www.healthcareimprovementscotland.org)

This service is for complaints about independent care, not NHS.

### Mental Welfare Commission

Thistle House

91 Haymarket Terrace

Edinburgh

EH12 5HE

Tel: 0131 313 8777

Email: [enquiries@mwscot.org.uk](mailto:enquiries@mwscot.org.uk)

The Mental Welfare Commission for Scotland is an independent organisation working to safeguard the rights and welfare of people with a mental illness, learning disability or other mental disorder.

### Regional Autism Spectrum Disorder Consultancy Service

NHS Lothian

65 Morningside Drive

Edinburgh

EH10 5NQ

Tel: 0131 446 6819

If you wish to seek a diagnosis, you can be referred to this team via mental health or learning disability services. The team can also liaise with local services who are working with individuals and families; advise on management and post diagnostic support; share information on available training; and offer training for health professionals.



# CARER INFORMATION

This section contains information about services and organisations that can help and support you as a carer.

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Edinburgh Carers Council  
MECOPP Carers Centre  
North West Carers  
*Hints and Tips for Family Relationships*  
Parents Enquiry Scotland  
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Queensferry Churches' Care in the Community  
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PASDA

Scottish Autism

VOCAL (Voice of Carers Across Lothian)

## Advocacy

Advocates support people to express their views and feelings about their situation. They provide information and advice on your rights and how to access the right services. Advocacy can be short-term or long term. Advocates can support carers to make sure that their needs and wishes are taken into account.

### Edinburgh Carers Council

The Canon Mill  
1-3 Canon Street  
Edinburgh  
EH3 5HE  
Tel: 0131 270 6087 / 270 6089  
Email: [info@edinburghcarerscouncil.co.uk](mailto:info@edinburghcarerscouncil.co.uk)  
Website: [www.edinburghcarerscouncil.co.uk](http://www.edinburghcarerscouncil.co.uk)  
The Edinburgh Carers Council can provide carers with information about all aspects of mental health care and services, individual advocacy services for carers and named persons, and collective advocacy and training opportunities to empower carers.

### FAIR (Family Advice and Information Resource)

95 Causewayside  
Edinburgh  
EH9 1QG  
Tel: 0131 662 1962  
Email: [fair@fairadvice.org.uk](mailto:fair@fairadvice.org.uk)  
Website: [www.fairadvice.org.uk](http://www.fairadvice.org.uk)  
FAIR is an information and advice service for people with learning disabilities and/or autism, parents, carers, and people who work with them in Edinburgh. They provide a general advocacy service, by appointment only.

### Kindred

14 Rillbank Terrace  
Edinburgh  
EH9 1LN  
Tel: 0131 536 0583 (helpline) or 0131 536 0360 (office)  
Email: [kindred.enquiries@gmail.com](mailto:kindred.enquiries@gmail.com)  
Website: [www.kindred-scotland.org](http://www.kindred-scotland.org)  
Kindred provide advocacy, emotional support and information to parents and carers of children and young people with additional support needs, up to age 24.

### Legal Services Agency

Mental Health Legal Representation Project  
Princes House, 3<sup>rd</sup> Floor  
5 Shandwick Place,  
Edinburgh  
EH2 4RG  
Tel: 0131 228 9993  
Email: [lsaedin@lsa.org.uk](mailto:lsaedin@lsa.org.uk)  
Website: [www.lsa.org.uk](http://www.lsa.org.uk)  
They provide legal advice and representation for people with autism, mental health problems, acquired brain injury and dementia, their families and carers. They can provide support on detention and appeals under the Mental Health Act, adults with incapacity, powers of attorney and guardianship, and community care.

### VOCAL (Voice of Carers Across Lothian)

8-13 Johnston Terrace  
Edinburgh  
EH1 2PW  
Tel: 0131 622 6666  
Email: [centre@vocal.org.uk](mailto:centre@vocal.org.uk)  
Website: [www.vocal.org.uk](http://www.vocal.org.uk)  
VOCAL's Carer Advocacy service provides volunteer advocacy to carers. An advocate can support a carer to make sure that their needs and wishes are taken into account. They can be an extra voice at official appointments or they can give carers the extra support that enables them to speak out for themselves.

### VOCAL Midlothian Carer Centre

30/1 Hardengreen Estate  
Dalhousie Road  
Dalkeith  
EH22 3NX  
Tel: 0131 663 6869  
Email: [midlothian@vocal.org.uk](mailto:midlothian@vocal.org.uk)  
Website: [www.midlothiancarers.co.uk](http://www.midlothiancarers.co.uk)

## Carer Support

### CA(I)RE

The Eric Liddell Centre  
15 Morningside Road  
Edinburgh  
EH10 4DP

Tel: 0131 446 3321

Email: [mcewanj@ericliddell.org](mailto:mcewanj@ericliddell.org)

Website: [www.ericliddell.org/services/caire-programme](http://www.ericliddell.org/services/caire-programme)

They offer free courses and information for people who are caring for someone on an unpaid basis, and they organise support groups, leisure activities and training opportunities for carers in Edinburgh.

### Care for Carers

Lochend House  
33-35 Lochend Road South  
Edinburgh  
EH7 6BR

Tel: 0131 661 2077

Email: [admin@care4carers.org.uk](mailto:admin@care4carers.org.uk)

Website: [www.care4carers.org.uk](http://www.care4carers.org.uk)

They provide a range of support services, including training in stress management, subsidised complementary therapies, and respite for carers and the people they care for.

### Carers of East Lothian (COEL)

94 High Street  
Musselburgh  
EH21 7EA

Tel: 0131 665 0135

Email: [centre@coel.org.uk](mailto:centre@coel.org.uk)

Website: [www.coel.org.uk](http://www.coel.org.uk)

COEL provide advice and information to carers living in East Lothian. The centre is open 10am-4pm Monday to Friday. Appointments are advisable, but not always necessary.

### Carers of West Lothian (COWL)

Strathbrock Partnership Centre  
189a West Main Street  
Broxburn  
EH52 5LH

Tel: 01506 771 750

Email: [office@carers-westlothian.com](mailto:office@carers-westlothian.com)

Website: [www.carers-westlothian.com](http://www.carers-westlothian.com)

They provide information, advice and support to unpaid carers in West Lothian.

### Carewell UK

Website: [www.carewelluk.org](http://www.carewelluk.org)

Carewell UK is a website put together by BUPA and Carers UK, with lots of information and advice about your caring role.

### Carers Scotland

The Cottage  
21 Pearce Street  
Glasgow  
G51 3UT

Advice Line: 0808 808 7777

Office: 0141 445 3070

Email: [info@carersscotland.org](mailto:info@carersscotland.org)

Website: [www.carersuk.org/scotland](http://www.carersuk.org/scotland)

They offer advice and information, and they have a range of downloadable publications.

### Carers Trust (formerly the Princess Royal Trust for Carers and Crossroads Care)

Website: [www.carers.org](http://www.carers.org)

VOCAL, COEL and COWL are all part of the network of carers' centres which are supported by the Carers Trust. Their website has useful information for carers.

### Edinburgh Carers Council

The Canon Mill  
1-3 Canon Street  
Edinburgh  
EH3 5HE

Tel: 0131 270 6087/270 6089

Email: [info@edinburghcarerscouncil.co.uk](mailto:info@edinburghcarerscouncil.co.uk)

Website: [www.edinburghcarerscouncil.co.uk](http://www.edinburghcarerscouncil.co.uk)

Edinburgh Carers Council provide information, advocacy and learning opportunities to carers of individuals with mental health difficulties, including autism.

### MECOPP Carers Centre

172 Leith Walk  
Edinburgh  
EH6 5EA

Tel: 0131 467 2994

Email: [info@mecopp.org.uk](mailto:info@mecopp.org.uk)

Website: [www.mecopp.org.uk](http://www.mecopp.org.uk)

Support services are available to black and ethnic minority carers in Edinburgh and the Lothians. Their resource library is available to anyone in Scotland.

### North West Carers

Drylaw Neighbourhood Centre  
67b Groathill Road North  
Edinburgh  
EH4 2SA

Tel: 0131 315 3130

Email: [resources@nwcarers.org.uk](mailto:resources@nwcarers.org.uk)

Website: [www.nwcarers.org.uk](http://www.nwcarers.org.uk)

Support for carers in the North West of Edinburgh.

# CARER INFORMATION

## Family Relationships

- When relationships between family members are strained, or non-existent, it is important to keep communication options open.
- If there has been an incident, try to help your family member to ask questions of the person who has upset them, to find out the cause of the problem. Explain that this gives the opportunity for the person who has caused the upset to explain any misunderstanding, which will make it easier to address the problem.
- It is very common for people on the spectrum to use their family as an emotional sounding board – try not to take it personally if it seems that they are often angry with you about things which are not your fault.
- Try to be supportive and understanding of your other sons and daughters, even though it may seem less necessary. They can often feel embarrassed by their sibling, and resentful of the extra attention that they have received.

### Parents Enquiry Scotland

Tel: 0131 556 6047 (9am-9pm)

Email: [parents enquiry@hotmail.com](mailto:parents enquiry@hotmail.com)

Website: [www.parentsenquiryScotland.org](http://www.parentsenquiryScotland.org)

This is an information and helpline for parents and families of lesbian, gay, bisexual or transgender people. They have no specific experience with autism, but they are very supportive.

### PASDA

Unit 26, Norton Park

57 Albion Road

Edinburgh, EH7 5QY

Tel: 0131 475 2416

Email: [info@pasda.org.uk](mailto:info@pasda.org.uk)

Website: [www.pasda.org.uk](http://www.pasda.org.uk)

They provide information and support for carers of adults with ASC through monthly groups and meetings. They have a peer-support network for families in similar circumstances.

### Queensferry Churches' Care in the Community

25B Burgess Road

South Queensferry

EH30 9JA

Tel: 0131 331 5570

Email: [mail@qccc.org.uk](mailto:mail@qccc.org.uk)

Website: [www.qccc.org.uk](http://www.qccc.org.uk)

Supporting carers in South Queensferry, Dalmeny, Kirkliston and Ratho. The Carer Support Service provides support, information and learning opportunities to all carers in rural North-West Edinburgh.

### SIBS

Tel: 01535 645453

Email: [info@sibs.org.uk](mailto:info@sibs.org.uk)

Website: [www.sibs.org.uk](http://www.sibs.org.uk)

Sibs offer support services for people who are the siblings of a disabled person. There is a lot of information on their website, and there are online forums for talking to other siblings.

### Support in Mind Scotland

Carers Support Officer

Stafford Centre

103 Broughton Street

Edinburgh

EH1 3RZ

Tel: 0131 629 1844

Email: [lkeith@supportinmindScotland.org.uk](mailto:lkeith@supportinmindScotland.org.uk)

Website: [www.supportinmindScotland.org.uk](http://www.supportinmindScotland.org.uk)

They offer support for carers of people with mental health difficulties. Lorraine Keith is their carers support officer.

### The Thistle Foundation

Niddrie Mains Road

Edinburgh

EH16 4EA

Tel: 0131 661 3366

Email: [info@thistle.org.uk](mailto:info@thistle.org.uk)

Website: [www.thistle.org.uk](http://www.thistle.org.uk)

Thistle offer a number of lifestyle management courses. There is a waiting list for these, but they have drop-in sessions for past-attendees and those who are waiting to attend.

### VOCAL (Voice of Carers Across Lothian)

8-13 Johnston Terrace

Edinburgh

EH1 2PW

Tel: 0131 622 6666

Email: [centre@vocal.org.uk](mailto:centre@vocal.org.uk)

Website: [www.vocal.org.uk](http://www.vocal.org.uk)

They provide practical advice on care packages, short breaks, carer's assessment and benefits. They also provide emotional support and work with carers to balance employment, social and leisure opportunities with their caring role. As well as this, they offer information, advice, emotional support and counselling, training, advocacy, and a family support addictions service.

## Complementary Therapies

### Aromatherapy

Essential oils are used for the treatment or prevention of disease, but the therapy treats the whole person and not just the symptom. It assists the body's natural ability to balance, regulate, heal and maintain itself.

### Scents of Wellbeing

25 Inverleith Row  
Edinburgh  
EH3 5QH  
Tel: 07811 073 202  
Email: [anne@scents-of-wellbeing.co.uk](mailto:anne@scents-of-wellbeing.co.uk)  
Website: [www.scents-of-wellbeing.co.uk](http://www.scents-of-wellbeing.co.uk)



### Shannon Watson Therapies

The Treatment Room  
52 Learmonth Grove  
Edinburgh  
EH4 1BN  
Tel: 0781 048 6953 / 0131 332 7707  
Email: [mail@shannon-watson-therapies.com](mailto:mail@shannon-watson-therapies.com)  
Website: [www.shannon-watson-therapies.com](http://www.shannon-watson-therapies.com)

### Craniosacral Therapy

The therapist works with the spine and all the different parts of the skull, tuning into the craniosacral rhythm and easing the restrictions of the nerve passages, optimizing the movement of cerebrospinal fluid and realigning bones.

### Tomasino Therapies

Bookings: 07940 474 746  
Email: [deannetomasino@yahoo.co.uk](mailto:deannetomasino@yahoo.co.uk)  
Website: [www.tomasinotherapies.co.uk](http://www.tomasinotherapies.co.uk)  
Deanne works at Mary Erskine School Sports Complex in Ravelston.

### Meditation

This refers to any of a number of practices which involve training the mind or self-inducing a mode of consciousness in order to receive some benefit.

### Edinburgh Buddhist Centre

30 Melville Terrace  
Edinburgh  
EH9 1LP  
Tel: 0131 622 6699  
Email: [ebudc@supanet.com](mailto:ebudc@supanet.com)  
Website: [www.edinburghbuddhistcentre.org.uk](http://www.edinburghbuddhistcentre.org.uk)

### Guided Healing Meditation

Jane Hill  
Tel: 01875 835233  
Email: [amethystliving@gmail.com](mailto:amethystliving@gmail.com)  
Website: [www.amethystliving.co.uk](http://www.amethystliving.co.uk)



### Reflexology

This is a safe, non-invasive treatment which stimulates the body's own natural ability to heal and rebalance. It involves a combination of massage and gentle pressure techniques to reflex points and zones on the feet and/or hands. By applying pressure to these reflex points, the corresponding organs and/or systems within the body can be enhanced.

### Feet First (Reflexology)

Lisa Beveridge  
Tel: 0131 319 1218/0783 779 3232  
Email: [reflexologyfeetfirst@yahoo.co.uk](mailto:reflexologyfeetfirst@yahoo.co.uk)  
Website: [www.reflexologyfeetfirst.co.uk](http://www.reflexologyfeetfirst.co.uk)  
Lisa works from premises at Bristo Place, Lothianburn and Bathgate — please contact her directly for dates, times and locations.



## *Difficult Behaviour*

- Remember that most inappropriate or difficult behaviour probably has underlying causes, such as frustration or anxiety.
- Keeping your own behaviour calm and controlled makes it easier to stop the situation escalating. If you are too frustrated to remain calm, try leaving the room for a while until you have cooled off.
- If your family member talks out loud to themselves, it can seem strange, but it may be helping them to organise and understand their own thoughts and opinions. It does not necessarily need to be treated as a negative behaviour.



# CARER INFORMATION

## General Therapy Centres

### Community Foundation for Planetary Healing (CFPH)

25 Palmerston Place  
Edinburgh  
EH12 5AP  
Tel: 07798 568 218

Email: [holistic@planetary-healing.co.uk](mailto:holistic@planetary-healing.co.uk)  
Website: [www.planetary-healing.co.uk](http://www.planetary-healing.co.uk)

Provides therapies and treatments to people on a low income or benefits, who are dealing with wellbeing issues. You can refer yourself or be referred by a health professional or other agency. A donation is requested according to what you can afford. They also have centres in Leith, Balerno and Portobello.

### Feel Good Therapies

The Courtyard  
35 Balgreen Avenue  
Edinburgh  
EH12 5SX  
Tel: 0131 337 1890

Email: [info@ilovefgt.com](mailto:info@ilovefgt.com)  
Website: [www.ilovefgt.com](http://www.ilovefgt.com)

They have a database of therapists to help you find one who meets your needs, in your area.

### Health All Round

Springwell House  
Ardmillan Terrace  
Edinburgh  
EH11 2JL  
Tel: 0131 537 7530

Email: [info@healthallround.org.uk](mailto:info@healthallround.org.uk)  
Website: [www.healthallround.org.uk](http://www.healthallround.org.uk)

They offer massage, reflexology, anxiety management, life coaching and other therapies.

### Health In Mind

40 Shandwick Place  
Edinburgh  
EH2 4RT

Tel: 0131 225 8508

Email: [contactus@health-in-mind.org.uk](mailto:contactus@health-in-mind.org.uk)

Website: [www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)

They have a resource centre with up-to-date information on therapy clinics in Edinburgh, and concessionary offers for carers and people on low incomes.

### The Whole Works

Jacksons Close  
209 Royal Mile  
Edinburgh  
EH1 1PZ

Tel: 0131 225 8092

Email: [enquiries@thewholeworks.co.uk](mailto:enquiries@thewholeworks.co.uk)

Website: [www.thewholeworks.co.uk](http://www.thewholeworks.co.uk)

They offer both counselling services and complementary therapies, including massage, aromatherapy and many others—full details are on their website.

## Counselling

### Action on Depression

11 Alva Street

Edinburgh

EH2 4PH

Weekly Information Service: 0808 802 2020

(Wednesdays 2-4pm)

Office: 0131 226 1803

Email: [info@actionondepression.org](mailto:info@actionondepression.org)

Website: [www.actionondepression.org](http://www.actionondepression.org)

Action on Depression are committed to providing support, raising awareness of depression and treatment options and reducing the stigma that still surrounds the condition. They run a number of support services, including an email and phone information service, self-help support groups and also run "Living Life to the Full" courses. For local information, check the following websites:

Edinburgh: [www.edspace.org.uk](http://www.edspace.org.uk)

Midlothian: [www.midspace.co.uk](http://www.midspace.co.uk)

West Lothian: [www.westlothianchcp.org.uk](http://www.westlothianchcp.org.uk)

East Lothian: [www.changeschp.org.uk](http://www.changeschp.org.uk)

### Breathing Space

Helpline: 0800 83 85 87 (6pm – 2am weeknights, all weekend)

Website: [www.breathingspacescotland.co.uk](http://www.breathingspacescotland.co.uk)

Anyone can feel down or depressed from time to time. Talking about how you feel is a positive first step in getting help. At Breathing Space, experienced advisors will listen and provide information and advice.

### *Family Mental Health*

- Your family member with autism may not be the only one with mental health issues. Supporting someone with an autism spectrum condition can be very stressful. Be sure that you and the rest of the family are properly supported and cared for. It is not selfish to take time out for your own interests and social life.

### Counselling Directory

Customer Services: 0844 8030 240

Website: [www.counselling-directory.org.uk](http://www.counselling-directory.org.uk)

Counselling Directory is an online directory that enables people in distress to find a counsellor close to them and appropriate for their needs. This is a free, confidential service that will hopefully encourage those in distress to seek help.

### Couple Counselling Lothian

9a Dundas Street

Edinburgh

EH3 6QG

Tel: 0131 556 1527

Email: [info@cclothian.org.uk](mailto:info@cclothian.org.uk)

Website: [www.cclothian.org.uk](http://www.cclothian.org.uk)

Couple Counselling Lothian provide counselling for a range of people, whether they are married, living together, in a less formal relationship, divorced or separated. Payment is made based on what you can afford.

### Edinburgh Institute of Counselling and Psychotherapy

86 Causewayside

Edinburgh

EH9 1PY

Tel: 0131 667 5251

Email: [enquiries@eicp.org](mailto:enquiries@eicp.org)

Website: [www.eicp.org.uk](http://www.eicp.org.uk)

They offer professional and confidential counselling, psychotherapy and cognitive behavioural therapy (CBT) for individuals, couples and groups experiencing mental health difficulties. They offer a low cost counselling scheme to those on low income. They have some therapists with experience of ASC.

### Health All Round

Springwell House

Ardmillan Terrace

Edinburgh

EH11 2JL

Tel: 0131 537 7530

Email: [info@healthallround.org.uk](mailto:info@healthallround.org.uk)

Website: [www.healthallround.org.uk](http://www.healthallround.org.uk)

They offer a short-term counselling service to people in Gorgie and Dalry, and the wide surrounding area. Their staff have worked with individuals on the spectrum, but they do not have specific training.

### Health In Mind

40 Shandwick Place

Edinburgh

EH2 4RT

Tel: 0131 225 8508

Email: [contactus@health-in-mind.org.uk](mailto:contactus@health-in-mind.org.uk)

Website: [www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)

You can pay for counselling through Health In Mind, which you might want to do if you do not qualify for services funded through social work, or if you have to go onto a waiting list to await a free place. Using self pay means that they can make a place available to you quickly, because you will be funding it.

# CARER INFORMATION

## Hope Park Counselling Service

8 Hope Park Square

Meadow Lane

Edinburgh

EH8 9NW

Tel: 0131 650 6696

Email: [counselling@hopepark.org.uk](mailto:counselling@hopepark.org.uk)

Website: [www.ed.ac.uk/schools-departments/health/hopepark/home](http://www.ed.ac.uk/schools-departments/health/hopepark/home)

They offer a low-cost counselling service to individuals and couples over the age of 16 living in Edinburgh.

## Penumbra

Norton Park

57 Albion Road

Edinburgh

EH7 5QY

Tel: 0131 475 2380

Email: [enquiries@penumbra.org.uk](mailto:enquiries@penumbra.org.uk)

Website: [www.penumbra.org.uk](http://www.penumbra.org.uk)

Penumbra are a mental health organisation who can provide counselling services to adults and young people.

## VOCAL (Voice of Carers Across Lothian)

8-13 Johnston Terrace

Edinburgh

EH1 2PW

Tel: 0131 466 8082

Email: [counselling@vocal.org.uk](mailto:counselling@vocal.org.uk)

Website: [www.vocal.org.uk/counselling1.html](http://www.vocal.org.uk/counselling1.html)

VOCAL has a team of counsellors who can help you, some of whom have experience of working with adults on the spectrum. Call or email them to find out about the service, and to arrange an initial appointment. A contribution is asked for the service, based on what you can afford.

## Your Call

Lothian Centre for Inclusive Living

Norton Park Centre

57 Albion Road

Edinburgh

EH7 5QY

Appointment Line: 08088 01 03 62

Email: [counselling@lothiancil.org.uk](mailto:counselling@lothiancil.org.uk)

Website: [www.lothiancil.org.uk/whatwedo/yourcall/index.php](http://www.lothiancil.org.uk/whatwedo/yourcall/index.php)

“Your Call” is a telephone counselling service available to disabled people who are resident in Scotland and are 18 years of age or older. The service will also work with family members who are resident with a disabled person. Calls are free and the number is withheld, and will not appear on your bill.

## Financial Assistance

### Elizabeth Finn Care

The Edinburgh Trust  
Elizabeth Finn Centre  
Thorn House  
5 Rose Street  
Edinburgh  
EH2 2PR  
Tel: 0131 243 2796

Email: [enquiries@elizabethfinn.org.uk](mailto:enquiries@elizabethfinn.org.uk)

Website: [www.elizabethfinncare.org.uk](http://www.elizabethfinncare.org.uk)

They can offer small grants to help those in financial need to pay for essentials, or they may refer you to a different organisation if they feel you would find more support there. There is a lot of very useful information about their eligibility criteria and their application process on their website.

### The Plan B Partnership

Tel: 0141 237 3895  
Mob: 07887 551 466

Email: [info@theplanbpartnership.co.uk](mailto:info@theplanbpartnership.co.uk)

Website: [www.theplanbpartnership.co.uk](http://www.theplanbpartnership.co.uk)

The Plan B Partnership are a social enterprise based in Glasgow, who offer financial advice and debt advice to people across Scotland. They tend to support those who are employed or have an income other than benefits, but who are experiencing debt problems.

Phone them for an initial chat and they can come out and visit you in a location of your choosing, if they think they will be able to help you.

### Turn 2 Us

Freephone: 0808 802 200(8am – 8pm, Monday – Friday)

Website: [www.turn2us.org.uk](http://www.turn2us.org.uk)

The Grants Search database contains details of around 3,500 charitable funds that give grants and other support to people who meet their eligibility criteria. Applications can be made through the website and staff can support you in this via phone or email.

## Learning About ASC

### Autism Network Scotland

School of Education  
Faculty of Humanities and Social Sciences  
Room 201, Lord Hope Building  
University of Strathclyde  
141 St James Road  
Glasgow  
G4 0LT  
Tel: 0141 444 8146

Email: [autism.network@strath.ac.uk](mailto:autism.network@strath.ac.uk)

Website: [www.autismnetworkscotland.org.uk](http://www.autismnetworkscotland.org.uk)

Autism Network Scotland provides a network for professionals in Scotland. The primary aim is to build the capacity of the workforce to make a difference to the lives of people with autism and their families. They also have a large information library on their website, covering a huge range of different topics, from causes of autism spectrum conditions, to life-transitions guidance and communication strategies.

### Autism Research Centre

University of Cambridge  
Department of Psychiatry  
Douglas House  
18b Trumpington Road  
Cambridge  
CB2 8AH

Tel: 01223 746 057

Email: [admin@autismresearchcentre.com](mailto:admin@autismresearchcentre.com)

Website: [www.autismresearchcentre.com](http://www.autismresearchcentre.com)

The mission of the Autism Research Centre is to understand the biomedical causes of autism spectrum conditions and to develop new methods of assessment and intervention.

### National Autistic Society (NAS)

Central chambers  
1<sup>st</sup> Floor  
109 Hope Street  
Glasgow  
G2 6LL

Tel: 0141 221 8090

Email: [scotland@nas.org.uk](mailto:scotland@nas.org.uk)

Website: [www.autism.org.uk](http://www.autism.org.uk)

NAS holds workshops and training on autism spectrum conditions. Check their website for training opportunities and to find out about local branches.

### PASDA

Unit 26, Norton Park  
57 Albion Road  
Edinburgh  
EH7 5QY

Tel: 0131 475 2416

Email: [info@pasda.org.uk](mailto:info@pasda.org.uk)

Website: [www.pasda.org.uk](http://www.pasda.org.uk)

PASDA offer support groups and sign-posting to appropriate services, and run training courses for carers of adults on the autistic spectrum. Check the website for information on all training and events, and call the office if you are interested.

### The Patrick Wild Centre

The University of Edinburgh  
Hugh Robson Building  
Edinburgh  
EH8 9XD

Email: [PWC\\_admin@ed.ac.uk](mailto:PWC_admin@ed.ac.uk)

Website: [www.patrickwildcentre.com](http://www.patrickwildcentre.com)

The Patrick Wild Research Centre researches autism, fragile X syndrome and intellectual disabilities. Their mission is to understand the neurological bases of these disorders, and to test new therapies. You can sign up for the monthly or bi-annual newsletter, or find out more about the Centre by contacting the email address above.

### Scottish Autism Research Group (SARG)

Email: [sarg@ed.ac.uk](mailto:sarg@ed.ac.uk)

Website: [www.education.ed.ac.uk/sarg/index.html](http://www.education.ed.ac.uk/sarg/index.html)

SARG is an interdisciplinary group of academic researchers, postgraduate students and practitioners involved in research into autism spectrum conditions.

## Legal Issues

The first part of this section explains some of the different legal issues that carers may come across in their caring role. After that, there is information about different services which may help if you have to address them.

### Guardianship

To read more about the *Adults with Incapacity Act (2000)*, which covers guardianship, have a look at “It’s your decision” by the Scottish Government ([scotland.gov.uk](http://scotland.gov.uk)). This document is written in a simple format and includes contact details for all the official agencies you may need when applying for welfare and/or financial guardianship.

A guardianship order is a court appointment which authorises a person to take action or make decisions on behalf of an adult with incapacity. It can be in relation to property and financial matters, personal welfare, or a combination of these. Usually, a guardian must be an individual, who can be anyone such as a relative or friend of the adult, or someone acting in a professional capacity, such as a solicitor. Before applying for guardianship, the applicant should be satisfied that the intervention will benefit the adult with incapacity and be the least restrictive means of managing their affairs. The adult with incapacity and relevant others, such as family members, must also be consulted.

### Power of Attorney

A power of attorney is the authority to act on somebody else’s behalf in a legal or business matter. The person granting the power of attorney must have the mental capacity to do so. Any decision made by the appointed Attorney must be for the benefit of the granter. All Powers of Attorney must be registered with the Office of the Public Guardian. If the person does not have capacity to grant you power of attorney, you must apply for guardianship instead.

### Wills and Trusts

It is important to think carefully about making a will when you want to leave money to someone with a disability. If you do not make a will, it could make their lives more complicated. ENABLE produce information factsheets on this subject, which you can download from their website. The easiest way to find them is to search the site for “factsheet” and look through the list.

When you organise your will you can set up financial trusts. A trust is a legal way for you to appoint one or more people to look after money for someone else. The appointed trustees own, invest and manage the money. The trust deed directs what they can spend the money on. You can also decide how they allocate funds on behalf of the person nominated in the trust. There are two types of trust— a Lifetime Trust, which starts during your lifetime, or a Testamentary Trust, which starts after you die.

### Rights for Carers

VOCAL supports carers to understand their rights in relations to many different issues of care, as do other organisations. They have produced a guide to laws regarding carers, called “Carers and their Rights” which can be found on their website ([www.vocal.org.uk](http://www.vocal.org.uk))

#### Disclaimer:

You should contact a qualified legal adviser if you wish to follow up any of issues discussed in this section. The information above is not intended to be legal advice, as we are not qualified to provide advice. It is merely intended as a summary to help you understand what services are available and how they may be of help to you. Legal aid can be provided in many cases.

### Cairn Trust Management & Cairn Legal

Graham Hills Building  
50 Richmond Street  
Glasgow  
G1 1XP  
Tel: 0141 303 8401

Website: [www.cairntrusts.co.uk](http://www.cairntrusts.co.uk)

Cairn Trust Management and Cairn Legal offer a range of services which can help you with wills and trusts, powers of attorney and guardianship, medical treatment, interventions, disability discrimination and a number of other issues.



### Caritas Bloom & Caritas Legal

Unit 3, Dunfermline Business Centre  
Izatt Avenue  
Dunfermline  
Fife  
KY11 3BZ  
Tel: 01383 431 101

Email: [lornabrown@caritasbloom.co.uk](mailto:lornabrown@caritasbloom.co.uk)

Website: [www.caritasbloom.co.uk](http://www.caritasbloom.co.uk)

Caritas Bloom and Caritas Legal can help you with arranging self-directed support and residential care, guardianship and powers of attorney, issues of reduced capacity, and arranging a will. All the staff are very helpful and approachable.





# CARER INFORMATION

## Legal Services Agency

Mental Health Legal Representation Project.

Princes House, 3<sup>rd</sup> Floor

5 Shandwick Place

Edinburgh

EH2 4RG

Tel: 0131 228 9993

Email: [Isaedin@lsa.org.uk](mailto:Isaedin@lsa.org.uk)

Website: [www.lsa.org.uk](http://www.lsa.org.uk)

They provide legal advice and representation for people with autism, mental health problems, acquired brain injury and dementia, their families and carers. They can provide support on detention and appeals under the Mental Health Act, adults with incapacity, powers of attorney and guardianship, and community care.

## Morrison's Solicitors LLP

Erskine House

68 Queen Street

Edinburgh

EH2 4NN

Tel: 0131 226 6541

Email: [gillian.brown@morrisonsslpl.com](mailto:gillian.brown@morrisonsslpl.com)

Website: [www.morrisonsslpl.com](http://www.morrisonsslpl.com)

Morrison's LLP can offer you advice and information on managing the affairs of an Adult with Incapacity. They have experience of liaising between families, charities and care providers, and they have a dedicated team to help people plan for the government's changes to social care management.

## VOCAL (Voice of Carers Across Lothian)

8-13 Johnston Terrace

Edinburgh

EH1 2PW

Tel: 0131 622 6666

Email: [centre@vocal.org.uk](mailto:centre@vocal.org.uk)

Website: [www.vocal.org.uk](http://www.vocal.org.uk)

VOCAL offers free monthly surgeries to set up and register Power of Attorney or 30 minute consultations with a solicitor about key issues such as Wills, Trusts and Guardianship. Contact them with enquiries or to make an appointment.

## Short Breaks and Respite

Being a carer is stressful, so it is important you get appropriate respite and breaks from your caring role. Health and Social Care can pay for respite and holidays for you and your family member, but they will not offer to do so unless you ask directly.

### Badaguish Outdoor Centre

Aviemore  
Inverness-shire  
PH22 1QU  
Tel: 01479 861 285 and press 2  
Email: [silvie.m@badaguish.org](mailto:silvie.m@badaguish.org)  
Website: [www.badaguish.org](http://www.badaguish.org)  
They offer outdoor holidays for disabled people, including respite care holiday breaks.

### Crossroads Caring Scotland

Website: [www.crossroads-scotland.co.uk](http://www.crossroads-scotland.co.uk)  
They are a charity who offer respite services across Scotland for a wide range of people.

#### Edinburgh:

Springwell House  
1 Gorgie Road  
Edinburgh  
EH11 2LA  
Tel: 0131 346 1596  
Email: [edinburgh@crossroadscotland.co.uk](mailto:edinburgh@crossroadscotland.co.uk)

#### West Lothian:

1 Waverly Street Industrial Estate  
Bathgate  
West Lothian  
EH48 4HY  
Tel: 01506 630 586  
Email: [westlothian@crossroads-scotland.co.uk](mailto:westlothian@crossroads-scotland.co.uk)

#### Mid- and East Lothian:

Fisherrow Community Centre  
South Street  
Musselburgh  
EH21 6AT  
Tel: 0131 665 3810  
Email: [mideastlothian@crossroads-scotland.co.uk](mailto:mideastlothian@crossroads-scotland.co.uk)

### ELCAP Ltd

Woodbine Cottage  
West Loan  
Prestonpans  
EH32 9WU  
Tel: 01875 814 114  
Website: [www.elcap.org.uk](http://www.elcap.org.uk)  
They have a seven-bed respite facility in Tranent, which is open to anyone with additional support needs.

### FAIR (Family Advice and Information Resource)

95 Causewayside  
Edinburgh  
EH9 1QG  
Tel: 0131 662 1962  
Email: [fair@fairadvice.org.uk](mailto:fair@fairadvice.org.uk)  
Website: [www.fairadvice.org.uk](http://www.fairadvice.org.uk)  
FAIR produce an up-to-date guide called "Holiday Help" for people with learning disabilities and/or ASC. It provides a comprehensive list of activity, canal, family and group holidays that you might like to consider going on, as well as ways of accessing funding.

### Shared Care Scotland

Unit 2 Dunfermline Business Centre  
Izatt Avenue  
Dunfermline  
Fife  
KY11 3BZ  
Tel: 01383 622 462  
Email: [office@sharedcarescotland.com](mailto:office@sharedcarescotland.com)  
Website: [www.sharedcarescotland.org.uk](http://www.sharedcarescotland.org.uk)  
Shared Care Scotland can help you search for a suitable short break for you and the person you care for.  
Shared Care Scotland run an Online Short Break Information Service. It is designed to provide easy access to information on all forms of short break and respite care services.

# CARER INFORMATION

## Short Breaks Service (City of Edinburgh Council)

Tel: 0131 200 2324

Email: [socialcaredirect@edinburgh.gov.uk](mailto:socialcaredirect@edinburgh.gov.uk)

The Short Breaks Team provides Edinburgh-wide, flexible, person-centred short breaks to adults with a learning disability. Short breaks are tailored to the needs of the individual, while helping to maintain their independence and promote their physical, mental and emotional wellbeing. The service can also provide regular respite for family carers who support their relatives to remain at home.

You can request this service through Social Care Direct.

## Sparkle Leisure

David McFayden

The Gate Lodge

27 Milton Road East

Edinburgh

EH15 2NL

Tel: 0131 454 4331

Email: [david.mcfayden@crossreach.org.uk](mailto:david.mcfayden@crossreach.org.uk)

Website: [www.sparkleleisure.co.uk](http://www.sparkleleisure.co.uk)

They offer supported holidays and leisure activities for people with learning disabilities. This year's programme includes T in the Park, Blackpool, Portugal and Turkey. Trips are usually funded by social work, but you can also fund them yourself.

## VOCAL (Voice of Carers Across Lothian)

8-13 Johnston Terrace

Edinburgh

EH1 2PW

Tel: 0131 622 6666

Email: [centre@vocal.org.uk](mailto:centre@vocal.org.uk)

Website: [www.vocal.org.uk](http://www.vocal.org.uk)

VOCAL can offer information and advice on how to access the short-breaks service in each of the council areas across the Lothians.

## Training

### Lothian Autistic Society

Davidson House  
57 Queen Charlotte Street  
Leith  
Edinburgh  
EH6 7EY  
Tel: 0131 661 3834  
Email: [office@lothianautistic.org](mailto:office@lothianautistic.org)  
Website: [www.lothianautistic.org](http://www.lothianautistic.org)

Most of the training offered by LAS is focused on caring for children with autism. Contact them for more information on their training options and to find out if there is anything that you might find helpful.

### Midlothian Voluntary Action

4/6 White Hart Street  
Dalkeith  
Midlothian  
EH22 1AE  
Tel: 0131 663 9471

Website: [www.mvacvs.org.uk](http://www.mvacvs.org.uk)

MVA offer a variety of training opportunities, which are generally aimed at those working with an organisation, rather than individual carers. However, you may find some of their events and training courses of use, and if there are spaces on the training course, then they will usually be happy for you to attend. Contact them for more specific information.

### National Autistic Society (NAS)

Training and Consultancy Services  
Castle Heights  
72 Maid Marion Way  
Nottingham  
NG1 6BJ  
Tel: 0115 911 3363  
Email: [training@nas.org.uk](mailto:training@nas.org.uk)  
Website: [www.autism.org.uk/our-services/training-and-consultancy.aspx](http://www.autism.org.uk/our-services/training-and-consultancy.aspx)

They have up-to-date information on their website about parent workshops and training events across the UK.

### PASDA

Unit 26, Norton Park  
57 Albion Road  
Edinburgh  
EH7 5QY  
Tel: 0131 475 2416

Email: [info@pasda.org.uk](mailto:info@pasda.org.uk)

Website: [www.pasda.org.uk](http://www.pasda.org.uk)

PASDA support a variety of training initiatives specifically for carers of adults on the autism spectrum, to educate carers about autism and to help them perform their caring role.

### Scottish Autism

Tel: 01259 720 044  
Email: [autism@scottishautism.org](mailto:autism@scottishautism.org)  
Website: [www.scottishautism.org](http://www.scottishautism.org)

Scottish Autism offers some specific courses for parents on relationships and other issues. They also offer bespoke training packages funded by other organisations.

### VOCAL (Voice of Carers Across Lothian)

8-13 Johnston Terrace  
Edinburgh  
EH1 2PW

Tel: 0131 622 6666

Email: [centre@vocal.org.uk](mailto:centre@vocal.org.uk)

Website: [www.carerstraining.co.uk](http://www.carerstraining.co.uk)

VOCAL offers a wide variety of training for a whole range of carers, covering topics such as well-being, good sleeping habits and so on.

# INFORMATION FOR YOUR RELATIVE

This section contains information on services and organisations that can help the person with ASC who you are caring for.

<b>Advocacy</b>	<b>33</b>	<b>Autism Support Cards</b>	<b>38</b>
ACE Advocacy (West Lothian)		Autism Alert Card	
AdvoCard		ARGH Card (Autism Rights Group Highland)	
Campbell Smith W.S. LLP		<i>Hints and Tips for Support Cards</i>	
CAPS (Consultation and Advocacy Promotion Service)			
Equal Futures		<b>Befriending/Mentoring</b>	<b>39</b>
FAIR (Family Advice and Information Resource)		Befriending Networks	
Kindred		Firsthand	
Legal Services Agency		Move On	
Partners in Advocacy		NAS e-befriending	
People First (Scotland)		Number 6 One Stop Shop	
		Re:discover Scheme	
		The Rock Trust	
<b>Associated Conditions</b>	<b>35</b>		
<b><u>ADHD</u></b>		<b>Care and Support</b>	<b>40</b>
AADD-UK		<b><u>Autism-Specific Services</u></b>	
Adult ADHD		Autism Initiatives Scotland	
Central Scotland Adult ADHD support		Living Autism	
NHS Lothian Adult ADHD service		National Autistic Society	
<b><u>Dyslexia</u></b>		Scottish Autism	
British Dyslexia Association		<b><u>Other Support Services</u></b>	
Scottish Dyslexia Helpline		The Action Group	
<b><u>Dyspraxia</u></b>		Capability Scotland	
Dyspraxia Foundation Scotland		Carr-Gomm Scotland	
<b><u>General</u></b>		ELCAP Ltd	
DANDA (Developmental Adult Neuro-Diversity Association)		ENABLE Works	
<b><u>Learning Disability</u></b>		Garvald Centre Edinburgh	
Better Info, Better Lives		Inclusion Alliance	
Community Learning Disability Team		Redwoods Caring Foundation	
The Knowledge Network		The Richmond Fellowship Scotland	
Mindroom		Tiphereth	
<b><u>Mental Health</u></b>		Upward Mobility	
Action on Depression			
Breathing Space		<b>Communication Aids</b>	<b>42</b>
<i>Hints and Tips for Mental Health</i>		Black and Lizars	
CRUSE		Picture Exchange Communication System (PECS)	
Edinburgh Self-Harm Project		Signalong	
Edinburgh Users Forum		Visual Stress/Irlen Syndrome	
Living Life to the Full		<i>Hints and Tips for Making Communication Easier</i>	
Mental Welfare Commission			
Penumbra			
Scottish Association for Mental Health			

# INFORMATION FOR YOUR RELATIVE

## Complementary Therapies

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### Alexander Technique

Dance Base

### Aromatherapy

Scents of Wellbeing

Shannon Watson Therapies

### Craniosacral Therapy

Tomasino Therapies

### Meditation

Edinburgh Buddhist Centre

Guided Healing Meditation—Jane Hill

### Reflexology

Feet First—Lisa Beveridge

### General Therapy Centres

Community Foundation for Planetary Healing

Feel Good Therapies

Health All Round

Health in Mind

The Whole Works

## Counselling

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Action on Depression

Breathing Space

Counselling Directory

Couple Counselling Lothian

Edinburgh Institute of Counselling and Psychotherapy

Health All Round

*Hints and Tips for Romantic Relationships*

Health in Mind

Hope Park Counselling Service

Penumbra

Your Call

## Education

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Autism After 16

Bethany Christian Trust

Borders College

City of Edinburgh Council—Children and Families

Donaldson's School

Edinburgh College

Edinburgh Grid for Learning

FAIR (Family Advice and Information Resource)

Jewel and Esk College

Lead Scotland

Leith Academy

Newbattle Abbey College

The Open University

Pishwanton

TeensPlus

*Hints and Tips for Education*

University of Edinburgh Disability Service

### Financial Support

ILA Scotland (Individual Learning Account)

Student Awards Agency for Scotland (SAAS)

## Health

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### Dental Health

Community Dental Services

Craigroyston Dental Clinic

Emergency Dental Services

Oranurse

### Diet and Nutrition

Edinburgh Community Food

FAIR (Family Advice and Information Resource)

Health in Mind

*Hints and Tips for Eating Habits*

*Hints and Tips for Medical Appointments*

### General Health

General Medical Services Search

NHS24

Health Promotion Resource Centre

*Hints and Tips for Taking Medication*

### Sexual Health and Relationships

Caledonia Youth

C:Card

Chalmers Sexual Health Centre

ENABLE Scotland

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# INFORMATION FOR YOUR RELATIVE

## Advocacy

Advocates support people to express their views and feelings about their situation. They provide information and advice on your rights and how to access the right services.

### ACE Advocacy (West Lothian)

28 Heatherbank

Ladywell

Livingston

EH54 6EE

Tel: 01506 444 330

Email: [ace.advocacy@enable.org.uk](mailto:ace.advocacy@enable.org.uk)

ACE Advocacy offer citizen advocacy, collective advocacy and volunteer advocacy for people with learning difficulties in West Lothian, including those diagnosed with autism.

### AdvoCard

332 Leith Walk

Edinburgh

EH6 5BR

Tel: 0131 554 5307

Email: [advocacy@advocard.org.uk](mailto:advocacy@advocard.org.uk)

Website: [www.advocard.org.uk](http://www.advocard.org.uk)

AdvoCard offer independent professional advocacy and volunteer advocacy for people using mental health services or in-patients of the Royal Edinburgh hospital.

### Campbell Smith W.S. LLP

John Andrew, Partner

33 York Place

Edinburgh

EH1 3HP

Tel: 0131 556 3737

Email: [john.andrew@camsmith.co.uk](mailto:john.andrew@camsmith.co.uk)

A firm of solicitors with experience of working with people on the autism spectrum, with learning disabilities and with mental health problems. They have an extensive elderly client base, as well as experience of applications to the Sheriff Court under the Adults with Incapacity (Scotland) Act 2000. They can also assist with other issues such as education and family law. Legal Aid is available.

### CAPS (Consultation and Advocacy Promotion Service)

Old Stables

Eskmills Park, Station Road

Musselburgh

EH21 7PQ

Tel: 0131 273 5116

Email: [contact@capsadvocacy.org](mailto:contact@capsadvocacy.org)

Website: [www.capsadvocacy.org](http://www.capsadvocacy.org)

CAPS is an independent advocacy service for people who use or have used mental health services. They do work with individuals on the autism spectrum.

### Equal Futures

54 Manor Place

Edinburgh

EH3 7EH

Tel: 0131 226 5454

Email: [info@equalfutures.org.uk](mailto:info@equalfutures.org.uk)

Website: [www.equalfutures.org.uk](http://www.equalfutures.org.uk)

Equal Futures advocate on behalf of people with disabilities, with government and non-government agencies.

### FAIR (Family Advice and Information Resource)

95 Causewayside

Edinburgh

EH9 1QG

Tel: 0131 662 1962

Email: [fair@fairadvice.org.uk](mailto:fair@fairadvice.org.uk)

Website: [www.fairadvice.org.uk](http://www.fairadvice.org.uk)

FAIR is an information and advice service for people with learning disabilities and/or autism, parents, carers and people who work with them in Edinburgh. They provide a general advocacy service, by appointment only.

### Kindred

14 Rillbank Terrace

Edinburgh

EH9 1LN

Tel: 0131 536 0583 (helpline) or 0131 536 0360 (office)

Email: [kindred.enquiries@gmail.com](mailto:kindred.enquiries@gmail.com)

Website: [www.kindred-scotland.org](http://www.kindred-scotland.org)

Kindred provide advocacy, emotional support and information for parents and carers of children and young people with additional support needs. They also provide advocacy, information and support to young people (14-24).

### Legal Services Agency

Mental Health Legal Representation Project

Princes House, 3<sup>rd</sup> Floor

5 Shandwick Place,

Edinburgh

EH2 4RG

Tel: 0131 228 9993

Email: [lsaedin@lsa.org.uk](mailto:lsaedin@lsa.org.uk)

Website: [www.lsa.org.uk](http://www.lsa.org.uk)

They provide legal advice and representation for people with autism, mental health problems, acquired brain injury and dementia, their families and carers. They can provide support on detention and appeals under the Mental Health Act, adults with incapacity, powers of attorney and guardianship, and community care.

# INFORMATION FOR YOUR RELATIVE

## Partners in Advocacy

Central Office

The McIntosh Suite

2<sup>nd</sup> Floor

Beaverhall House

27/5 Beaverhall Road

Edinburgh

EH7 4JE

Tel: 0131 478 7723/7724

Email: [edinburgh@partnersinadvocacy.org.uk](mailto:edinburgh@partnersinadvocacy.org.uk)

Website: [www.partnersinadvocacy.org.uk](http://www.partnersinadvocacy.org.uk)

Partners in Advocacy provides advocacy to people with additional needs in Edinburgh, East Lothian and Midlothian.

## People First (Scotland)

77-79 Easter Road

Edinburgh

EH7 5PW

Tel: 0131 478 7707 (Edinburgh and general enquiries) or 07753822706 (Midlothian)

Email: [peoplefirst1@btconnect.com](mailto:peoplefirst1@btconnect.com)

Website: [www.peoplefirstscotland.org](http://www.peoplefirstscotland.org)

People First is an organisation run by and for people with learning difficulties, to raise awareness of and campaign for the rights of people with learning difficulties and to support self advocacy groups across the country. They offer collective advocacy for people with learning difficulties, including autism spectrum conditions.

## Associated Conditions

### Attention Deficit (Hyperactivity)

#### Disorder – AD(H)D

ADHD in adulthood has only recently been recognised. It is characterised by an inability to inhibit or control impulses, which leads to a lack of focus and attention, restlessness and emotional reactions.

#### AADD-UK

Website: [www.aadduk.org](http://www.aadduk.org)

AADD is a small UK charity which has an interactive website and an online community to support adults with ADHD.

#### Adult ADHD

Website: [www.aboutadultadhd.com](http://www.aboutadultadhd.com)

This is an American website which contains a variety of information about ADHD and how it affects adults.

#### Central Scotland Adult ADHD Support

Email: [info@addbal.co.uk](mailto:info@addbal.co.uk)

Website: [sites.google.com/site/scottishadhdadultsorg](https://sites.google.com/site/scottishadhdadultsorg)

This is a support group for adults with ADHD. Meetings are informal and cover issues relating to dealing with ADHD on a daily basis. All are welcome, with or without diagnosis, and spouses, partners and close family members as well. Meetings are held on the first Thursday evening of every month – email for more information.

#### NHS Lothian Adult ADHD Service

Royal Edinburgh Hospital

Morningside Terrace

Edinburgh

EH10 5HF

Tel: 0131 537 600

The Lothian Adult ADHD clinic, based at the Royal Edinburgh Hospital, provides assessments and advice for adults with potential ADHD. It can be accessed, if required, after being assessed by a general psychiatrist and is aimed at providing advice for those with more complex presentations. The clinic can also provide information and education on adult ADHD.

### Dyslexia

Dyslexia is a broad term for a learning difficulty that impairs a person's ability to read. There are many subtypes of dyslexia.

#### British Dyslexia Association

Unit 8, Bracknell Beeches

Old Bracknell Lane

Bracknell

RG12 7BW

Tel: 0845 251 9003

Email: [helpline@bdadyslexia.org.uk](mailto:helpline@bdadyslexia.org.uk)

Website: [www.bdadyslexia.org.uk](http://www.bdadyslexia.org.uk)

BDA is a national charity with a vision to create a dyslexia friendly society that enables dyslexic people of all ages to reach their full potential.

#### Scottish Dyslexia Helpline

Dyslexia Scotland

Stirling Business Centre

Wellgreen

Stirling

FK8 2DZ

Tel: 0844 800 8484

Monday to Friday, 10am-1pm and 2pm-4pm

Email: [helpline@dyslexiascotland.org.uk](mailto:helpline@dyslexiascotland.org.uk)

Website: [www.dyslexiascotland.org.uk](http://www.dyslexiascotland.org.uk)

They can help answer any questions you may have about dyslexia and how it may affect you. They have resources online for people with dyslexia, parents, educators and professionals.

### Dyspraxia

Dyspraxia is an impairment of the organisation of movement.

It is often accompanied by problems with language, perception and thought. It is a deficit in the way that the brain processes information, which results in messages not being properly transmitted.

#### Dyspraxia Foundation Scotland

Helpline: 01462 454 986 (10am- 1pm, Monday – Friday)


Email: [dyspraxia@dyspraxiafoundation.org.uk](mailto:dyspraxia@dyspraxiafoundation.org.uk)

Website: [www.dyspraxiafoundation.org.uk](http://www.dyspraxiafoundation.org.uk)

They have information about dyspraxia in adults, in education, and information for professionals.

# INFORMATION FOR YOUR RELATIVE

## General

**DANDA** (Developmental Adult Neuro-Diversity Association) 

Email: [info@danda.org.uk](mailto:info@danda.org.uk)

Website: [www.danda.org.uk](http://www.danda.org.uk)

DANDA was set up for people who have one or more of a variety of conditions, including dyspraxia, AD(H)D, Asperger's Syndrome, dyslexia and dyscalculia. They have information and support networks for individuals who are affected.

## Learning Disability

A learning disability often occurs alongside autism, but less often alongside Asperger's Syndrome. A learning disability is diagnosed in people with an IQ lower than 70. Even if their IQ is higher than 70, your family member may have learning difficulties in specific areas.

## Better Info, Better Lives

Website: [www.betterinfo.org.uk](http://www.betterinfo.org.uk)

This website has lots of information about the services and support that people with learning disabilities might need. All of the resources are easy to understand.

## Community Learning Disability Team

Website: [www.communityld.scot.nhs.uk/referral.htm](http://www.communityld.scot.nhs.uk/referral.htm)

They have a number of different bases across Edinburgh and the Lothians – find your local details on their website. There is also a specific challenging behaviour team for those with learning disabilities.

## The Knowledge Network

Website: [www.knowledge.scot.nhs.uk](http://www.knowledge.scot.nhs.uk)

The website provides information, resources and education for health and social care staff supporting children and adults with learning disabilities in Scotland. There is also information here which may be of use to carers.

## Mindroom

Norton Park

57 Albion Road

Edinburgh

EH7 5QS

Tel: 0131 475 2330

Email: [moreinfo@mindroom.org](mailto:moreinfo@mindroom.org)

Website: [www.mindroom.org](http://www.mindroom.org)

Mindroom is a charity which supports children and adults with learning difficulties. They can provide information and one-to-one support to individuals who have a learning disability and/or an autism spectrum condition.

## Mental Health

There are a variety of disorders under the heading of mental health which are often associated with or diagnosed alongside autism spectrum conditions. Most common among these are anxiety disorders and depression, although there is a wide range of potential issues.

## Action on Depression

11 Alva Street

Edinburgh

EH2 4PH

Weekly Info Service: 0808 802 2020

(Wednesday, 2-4pm)

Office: 0131 226 1803

Email: [info@actionondepression.org](mailto:info@actionondepression.org)

Website: [www.actionondepression.org](http://www.actionondepression.org)

Action on Depression are a user-influenced organisation committed to providing support, raising awareness of depression and treatment options and reducing the stigma that still surrounds the condition. They run a number of support services, including an email and phone information service, self-help support groups and also run "Living Life to the Full" courses, based on Cognitive Behavioural Therapy, in the Highlands, Lothian, East Ayrshire and online.

## Breathing Space

Tel: 0800 83 85 87

Website: [www.breathingspacescotland.co.uk](http://www.breathingspacescotland.co.uk)

They offer a free, confidential phone-line you can call when you are feeling down. You might be feeling stressed about work or exams or relationships or money, or just fed up for no specific reason. Whatever your reason, call Breathing Space to talk things over.

### *Mental Health*

- If your family member is prescribed anti-depressants or other medication, keep a careful watch on their behaviour and be sure that the medication is making things better for them, and not worse. Try to keep in contact with the prescriber in case you have concerns.
- Consider a pet to improve wellbeing, confidence, self-esteem, anxiety levels, loneliness, etc.

# INFORMATION FOR YOUR RELATIVE

## CRUSE

CBCS  
3 Rutland Square  
Edinburgh  
EH1 2AS  
Tel: 0845 600 2227  
Email: [edinburgh@crusescotland.org.uk](mailto:edinburgh@crusescotland.org.uk) or  
[eastlothian@crusescotland.org.uk](mailto:eastlothian@crusescotland.org.uk)  
Website: [www.crusescotland.org.uk](http://www.crusescotland.org.uk)  
CRUSE offers bereavement care and support to people who have lost someone close to them.

## Edinburgh Self-Harm Project

Penumbra  
6 Cambridge Street  
Edinburgh  
EH1 2DY  
Tel: 0131 229 6262  
Email: [selfharm.edinburgh@penumbra.org.uk](mailto:selfharm.edinburgh@penumbra.org.uk)  
The Edinburgh Self-Harm Project is run by Penumbra for people aged 16+, who would like to discuss self-harm or suicide in a confidential and non-judgemental environment. They also run a monthly carers' group and Awareness-Raising sessions to provide information, support and group discussions about the issues surrounding self-harm and suicide.

## Edinburgh Users Forum

c/o AdvoCard  
332 Leith Walk  
Edinburgh  
EH6 5BR  
Tel: 0131 554 5307  
Email: [info@edinburghusersforum.org](mailto:info@edinburghusersforum.org)  
Website: [www.edinburghusersforum.org](http://www.edinburghusersforum.org)  
This forum is for people who use or have used mental health services, to promote the interests of all service users.

## Living Life to the Full

This is a free, online, life skills course designed to help you combat low mood and anxiety.  
Website: [www.lltf.com](http://www.lltf.com)  
Individuals with Asperger's Syndrome or High Functioning Autism can take part in the course at the Number 6 One Stop Shop. Call them on 0131 220 1075 for more information.

## Mental Welfare Commission

Thistle House  
91 Haymarket Terrace  
Edinburgh  
EH12 5HE  
Tel: 0131 313 8777 or 0800 389 6809 (Freephone. Monday to Friday 9am-5pm)  
Email: [enquiries@mwscot.org.uk](mailto:enquiries@mwscot.org.uk)  
Website: [www.mwscot.org.uk](http://www.mwscot.org.uk)  
An independent organisation working to safeguard the rights and welfare of everyone with a mental illness, learning disability or other mental disorder. The Welfare Commission can give you information or advice about your rights in relation to mental health care and treatment. They may also be able to help put things right. They check that professionals are working within the law and that individual treatment is safe and in line with good practice. They monitor the Mental Health (Care & Treatment)(Scotland) Act 2003 and the welfare parts of the Adults with Incapacity (Scotland) Act 2000.

## Penumbra

Norton Park  
57 Albion Road  
Edinburgh  
EH7 5QY  
Tel: 0131 475 2380  
Email: [enquiries@penumbra.org.uk](mailto:enquiries@penumbra.org.uk)  
Website: [www.penumbra.org.uk](http://www.penumbra.org.uk)  
Penumbra are one of Scotland's leading mental health organisations, providing a wide range of support services to adults and young people.

## Scottish Association for Mental Health

SAMH Information Service  
Brunswick House  
51 Wilson Street  
Glasgow  
G1 1UZ  
Tel: 0141 530 1000  
Email: [info@samh.org.uk](mailto:info@samh.org.uk) or [enquiries@samh.org.uk](mailto:enquiries@samh.org.uk)  
Website: [www.samh.org.uk](http://www.samh.org.uk)  
SAMH have an information service promoting mental health, campaigning and training on mental health issues. For specific enquires relating to mental health, mental health problems or welfare benefits, contact the SAMH Information Service. For information on what other services they have to offer, contact enquires.

# INFORMATION FOR YOUR RELATIVE

## Autism Support Cards

### Autism Alert Card

5 Granton Square

Edinburgh

EH5 1HX

Tel: 0131 551 7260

Email: [alertcard@aiscotland.org.uk](mailto:alertcard@aiscotland.org.uk)

Autism Initiatives Scotland, the National Autistic Society and Lothian and Borders Police have worked together to produce an Autism Alert Card for people in Edinburgh and the Lothians with an autism spectrum condition. The card contains information that will help other people communicate with and understand the person to whom it belongs. It can contain contact information for someone who can help. The card can be used in any situation which is difficult or unusual. To apply for an autism alert card, contact AIS as above.

### ARGH Card (Autism Rights Group Highland)

Email: [info@arghighland.co.uk](mailto:info@arghighland.co.uk)

Website: [www.arghighland.co.uk/arghcard.html](http://www.arghighland.co.uk/arghcard.html)

The ARGH Autism Alert Card is designed by people with autism and is available to people with autism across the UK. The card is made in a credit card style, contains information about autism and what to expect from the individual, their name and a contact telephone number. They cost £1 and you can apply for a card by enquiring through email.

### *Support Cards*

- If your family member goes out places on their own and you worry that they may get into difficulty, creating a personalised autism alert card may help if you do not feel the “official” version meets your needs. On one side, include information that will help other people to deal with your family member, and on the other side, include information that will help your adult to help themselves.



## Befriending and Mentoring

### Befriending Networks

63-65 Shandwick Place

Edinburgh

EH2 4SD

Tel: 0131 225 6156

Email: [info@befriending.co.uk](mailto:info@befriending.co.uk)

Website: [www.befriending.co.uk](http://www.befriending.co.uk)

They have a database of befriending services available in your locality.

### Firsthand Lothian

39 Broughton Place

Edinburgh

EH1 3RR

Tel: 0131 557 3121

Email: [info@firsthand-edinburgh.org.uk](mailto:info@firsthand-edinburgh.org.uk)

Website: [www.firsthand-edinburgh.org.uk](http://www.firsthand-edinburgh.org.uk)

They offer one-to-one befriending support to young people (age 15-24) with mental health problems and/or a disability.

### Move On

(2f1) 25 Greenside Place

Edinburgh

EH1 3AA

Tel: 0131 558 3740

Email: [mail@moveon.org.uk](mailto:mail@moveon.org.uk)

Website: [www.moveon.org.uk](http://www.moveon.org.uk)

They offer a befriending service to people who have experienced homelessness and who now live independently in Edinburgh. It helps to give confidence to new tenants, and to prevent isolation.

### NAS e-befriending

Nancy Lynch

PO Box 28085

Edinburgh

EH16 5SB

Tel: 0131 662 6934

Email: [e-befriending@nas.org.uk](mailto:e-befriending@nas.org.uk)

The National Autistic Society offer an e-befriending service, where individuals can receive support from a trained volunteer befriender via email. Contact them for an application form.

### Number 6 One Stop Shop

Autism Initiatives Scotland

24 Hill Street

Edinburgh

EH2 3JZ

Tel: 0131 220 1075

Email: [stewart.campbell@aiscotland.org.uk](mailto:stewart.campbell@aiscotland.org.uk) (Volunteer Coordinator)

Website: [www.number6.org.uk](http://www.number6.org.uk)

A befriending service can be available to those with a diagnosis of Asperger's Syndrome or High Functioning Autism, although it is limited by the number of volunteers. Contact Stewart Campbell for more information.

### Re:discover Scheme

Health in Mind

40 Shandwick Place

Edinburgh

EH2 4RT

Tel: 0131 225 8508

Email: [readmin@health-in-mind.org.uk](mailto:readmin@health-in-mind.org.uk)

Website: [www.health-in-mind.org.uk/services/befriending.html](http://www.health-in-mind.org.uk/services/befriending.html)

This scheme supports adults who are isolated as a result of experiencing mental health difficulties to step back out into the world, develop social networks and rediscover interests and hobbies. Re:discover operates in Edinburgh, Scottish Borders and Midlothian.

### The Rock Trust

55 Albany Street

Edinburgh

EH1 3QY

Tel: 0131 557 4059

Email: [admin@therocktrust.org](mailto:admin@therocktrust.org)

Website: [www.rocktrust.org](http://www.rocktrust.org)

The Rock Trusts's "Networks" mentoring project supports socially excluded 16-25 year olds who are at risk of homelessness. They offer a mentoring service alongside group activities which aim to help individuals expand their social networks.

# INFORMATION FOR YOUR RELATIVE

## Care and Support

Outreach support involves outreach workers visiting you or your family member and helping them with tasks at home or going to other places. A day service will be based in a particular place and you or your family member will go to the centre to be with support staff and other people who use the service.

### Autism-Specific Services

#### Autism Initiatives Scotland

11 Granton Square

Edinburgh

EH5 1HX

Tel: 0131 551 7260

Website: [www.autisminitiatives.org](http://www.autisminitiatives.org)

Autism Initiatives offers outreach and day services to any individual with a diagnosis of autism across Edinburgh and the Lothians. Get in touch to find out what is available and how to access the service.

59 Blackfriars Street

Edinburgh

EH1 1NB

Tel: 0131 558 7597

AI also has a service which provides outreach support specifically for adults with a diagnosis of Asperger's Syndrome or High Functioning Autism who live in the Lothians. Contact their office for more details.



#### Living Autism

The Raylor Centre

James Street

York

YO10 3DW

Tel: 0113 8150 320

Email: [info@livingautism.co.uk](mailto:info@livingautism.co.uk)

Website: [www.livingautism.co.uk](http://www.livingautism.co.uk)

This is a network of service providers looking to make sure that autism support services are high quality. They can help you find a service which suits you, and your family member, and they are considerate of the parent or family member viewpoint.

#### National Autistic Society (NAS)

Central Chambers

1<sup>st</sup> Floor

109 Hope Street

Glasgow G2 6LL

Tel: 0141 221 8090

Email: [scotland@nas.org.uk](mailto:scotland@nas.org.uk)

Website: [www.autism.org.uk](http://www.autism.org.uk)

The National Autistic Society provides limited support services in Edinburgh, but see their website for comprehensive advice on care and support.

#### Scottish Autism

Lothian and Borders Area Services

17d North High Street

Musselburgh

EH21 6JA

Tel: 0845 300 9274

Email: [lothian@scottishautism.org](mailto:lothian@scottishautism.org)

Website: [www.scottishautism.org](http://www.scottishautism.org)

The Society has a wide range of services, including day services, supported living and outreach support. Contact them directly for more information.

### Other Support Services

#### The Action Group

Norton Park Centre

57 Albion Road

Edinburgh

EH7 5QY

Tel: 0131 475 2315

Email: [advice@actiongroup.org.uk](mailto:advice@actiongroup.org.uk)

Website: [www.actiongroup.org.uk](http://www.actiongroup.org.uk)

They have housing support services and care at home services for anyone who has additional support needs.

#### Capability Scotland

Westerlea

11 Ellersly Road

Edinburgh

EH12 6HY

Tel: 0131 337 9876

Email: [stuart.thomson@capability-scotland.org.uk](mailto:stuart.thomson@capability-scotland.org.uk)

Website: [www.capability-scotland.org.uk](http://www.capability-scotland.org.uk)

They have a wide range of services for adults with learning disabilities.

#### Carr-Gomm Scotland

11 Harewood Road

Edinburgh

EH16 4NT

Tel: 0300 666 3030

Email: [edinburgh@carrgomm.org](mailto:edinburgh@carrgomm.org)

Website: [www.carrgomm.org](http://www.carrgomm.org)

They offer day services and outreach support for people with a range of difficulties, including staff specifically trained to work with people on the spectrum.

# INFORMATION FOR YOUR RELATIVE

## ELCAP Ltd

Woodbine Cottage  
West Loan  
Prestonpans  
EH32 9WU  
Tel: 01875 814 142  
Website: [www.elcap.org](http://www.elcap.org)  
Outreach services for those with additional support needs.

## ENABLE Works

Woodhall at the Inch  
Inchpark Nurseries  
46 Old Dalkeith Road  
Edinburgh  
EH16 4TD  
Tel: 0131 672 1541  
Email: [woodhall@enable.org.uk](mailto:woodhall@enable.org.uk)  
Horticultural day services for those with additional needs.

## Garvald Centre Edinburgh

2 Montpelier Terrace  
Edinburgh  
EH10 4NF  
Tel: 0131 228 3712  
Website: [www.garvaldedinburgh.org.uk](http://www.garvaldedinburgh.org.uk)  
Day places and workshops for people with learning disabilities.

## Inclusion Alliance

John Cotton Business Centre  
Unit 15  
10 Sunnyside  
Edinburgh  
EH7 5RA  
Tel: 0131 447 6501  
Email: [admin@inclusionalliance.org.uk](mailto:admin@inclusionalliance.org.uk)  
Website: [www.inclusionalliance.org.uk](http://www.inclusionalliance.org.uk)  
Community based day services for those with long term support needs.

## Redwoods Caring Foundation

Kirk Farm House  
6 Lasswade Road  
Edinburgh  
EH16 6RZ  
Tel: 0131 672 2999  
Email: [office@redwoods.org.uk](mailto:office@redwoods.org.uk)  
Website: [www.redwoods.org.uk](http://www.redwoods.org.uk)  
Day care facility for people with learning disabilities.

## The Richmond Fellowship Scotland

3 Buchanan Gate  
Buchanan Gate Business Park  
Cumbernauld Road  
Stepps  
North Lanarkshire  
G33 6FB  
Tel: 0845 013 6300  
Email: [info@trfs.org.uk](mailto:info@trfs.org.uk)  
Website: [www.trfs.org.uk](http://www.trfs.org.uk)  
They offer day services and outreach support for people with a range of difficulties, including staff specifically trained to work with people on the spectrum.

## Tiphereth

49 Torphin Road  
Edinburgh  
EH13 0PQ  
Tel: 0131 441 2401 / 441 2055  
Website: [www.tiphereth.org.uk](http://www.tiphereth.org.uk)  
They offer day service care and activity placements in arts and crafts, cooking, gardening, and environmental activities.

## Upward Mobility

Arts Complex  
St Margaret's House  
151 London Road  
Edinburgh  
EH7 6AE  
Tel: 0131 661 4411  
Email: [info@upwardmobilityproject.com](mailto:info@upwardmobilityproject.com)  
Website: [www.upwardmobilityproject.com](http://www.upwardmobilityproject.com)  
Upward Mobility delivers educational and creative workshops within a day service environment. Workshops are designed to build self-confidence, while providing opportunities for creative expression and personal development. Upward Mobility currently runs over 30 workshop sessions per week, including Film, Photography, Multimedia, Drama, Music, Creative Movement, Yoga, Community Gardening and Work Experience. Upward Mobility provides 1 to 1 support services every day of the year.

## Communication Aids

### Black and Lizards

George Street: 0131 257 4257

Rose Street: 0131 226 5485

Lothian Road: 0131 229 7738

Davidsons Mains: 0131 336 3004

Haddington: 01620 822 425

Website: [www.blackandlizards.com](http://www.blackandlizards.com)

Eye examinations are usually paid for by the NHS, and eligible groups may receive free glasses.

### Picture Exchange Communication System (PECS)

Website: [www.pecs.org.uk](http://www.pecs.org.uk)

PECS is an augmentative communication system developed to help individuals quickly acquire a functional means of communication. PECS is appropriate for individuals who do not use speech or who may speak with limited effectiveness, those who have articulation or motor planning difficulties, limited communicative partners, or lack of initiative in communication.

### Signalong

Tel: 0845 450 8422

Email: [info@signalong.org.uk](mailto:info@signalong.org.uk)

Website: [www.signalong.org.uk](http://www.signalong.org.uk)

Signalong empowers children and adults with impaired communication to understand and express their needs, choices and desires, by providing a vocabulary for life and learning.

### Visual Stress/Irlen Syndrome

Website: [www.irlenscotland.co.uk](http://www.irlenscotland.co.uk)

Irlen Syndrome is a perceptual problem that may affect achievement, learning and performance for those who struggle to read. Many people with reading problems, AD(H)D, dyslexia or other learning difficulties suffer from Irlen Syndrome.

#### Symptoms:

Light Sensitivity – sufferers may be bothered by fluorescent lighting, glare, bright light, sunlight or may have problems driving at night.

Poor achievement – Poor progress in reading, grades do not reflect effort and knowledge, test scores may be lower than expected.

The Irlen Method is a patented technique which uses coloured overlays and precision spectral filters, worn as glasses or contact lenses, to reduce or eliminate perceptual difficulties and/or light sensitivity. An intensive diagnostic assessment is necessary to determine the most beneficial spectral filter or filter combination.

You can get an Irlen screening, funded by the NHS, at:

Jordans

5 Newmarket Street

Ayr

KA57 1LL

Tel: 01292 284 555



## *Making Communication Easier*

- Agreeing a time and place to talk each week can help create a good environment for communicating and allows both parties to prepare properly. You can discuss appointments for the week, finances and other issues which take a little more time to address.
- When there are complicated issues to discuss, or a lot of information to explain, a PowerPoint slideshow (or flashcards) can help you organise your thoughts, and help your family member to process the information at their own pace.
- Use a large notebook or diary to list everything that must be done on a particular day, including times, people, and places, and all the details of the arrangements. Having a timetable of the week can help them to be organised.
- Emails can be a good way of communicating instructions, especially if your family member lives independently. They will be able to refer to them when necessary, or can print them and keep them somewhere handy.
- If your family member lives with others, make sure their housemates understand how they communicate, what makes them anxious, and why they sometimes behave “unusually”.
- Communication among flatmates can be made easier by using a whiteboard in a communal area.
- If your family member has difficulty finding their way, you can often use mobile phones as a means of guiding them, without having to be with them.

# INFORMATION FOR YOUR RELATIVE

## Complementary Therapies

People on the spectrum can often be anxious and stressed. Some kinds of complementary therapies may help them to relax and may give them some space to calm down and get away from their usual stressors.

### Alexander Technique

The Alexander Technique analyses your whole movement pattern and helps you to become aware of balance, posture and coordination while performing everyday actions. This brings into consciousness tensions throughout your body that have previously gone unnoticed. Some people on the spectrum find it particularly helpful.

#### Dance Base

14-16 Grassmarket  
Edinburgh  
EH1 2JU  
Tel: 0131 225 5525

Email: [dance@dancebase.co.uk](mailto:dance@dancebase.co.uk)  
Website: [www.dancebase.co.uk](http://www.dancebase.co.uk)

They run drop-in classes for the Alexander Technique on a Wednesday evening, which cost £6.50 per class.



### Aromatherapy

Essential oils are used for the treatment or prevention of disease, but the therapy treats the whole person and not just the symptom. It assists the body's natural ability to balance, regulate, heal and maintain itself.

#### Scents of Wellbeing

25 Inverleith Row  
Edinburgh  
EH3 5QH  
Tel: 0131 552 4830/07811 073 202  
Email: [anne@scents-of-wellbeing.co.uk](mailto:anne@scents-of-wellbeing.co.uk)  
Website: [www.scents-of-wellbeing.co.uk](http://www.scents-of-wellbeing.co.uk)

#### Shannon Watson Therapies

The Treatment Room  
52 Learmonth Grove  
Edinburgh  
EH4 1BN  
Tel: 0781 048 6953 / 332 7707  
Email: [mail@shannon-watson-therapies.com](mailto:mail@shannon-watson-therapies.com)  
Website: [www.shannon-watson-therapies.com](http://www.shannon-watson-therapies.com)

### Craniosacral Therapy

The therapist works with the spine and all the different parts of the skull, tuning into the craniosacral rhythm and easing the restrictions of the nerve passages, optimizing the movement of cerebrospinal fluid and realigning bones.

#### Tomasino Therapies

Bookings: 07940 474 746  
Email: [deannetomasino@yahoo.co.uk](mailto:deannetomasino@yahoo.co.uk)  
Website: [www.tomasinotherapies.co.uk](http://www.tomasinotherapies.co.uk)  
Deanne works at Mary Erskine School Sports Complex in Ravelston.

### Meditation

This refers to any of a number of practices which involve training the mind or self-inducing a mode of consciousness in order to receive some benefit.

#### Edinburgh Buddhist Centre

30 Melville Terrace  
Edinburgh  
EH9 1LP  
Tel: 0131 622 6699  
Email: [ebudc@supanet.com](mailto:ebudc@supanet.com)  
Website: [www.edinburghbuddhistcentre.org.uk](http://www.edinburghbuddhistcentre.org.uk)

#### Guided Healing Meditation

Jane Hill  
Tel: 01875 835233  
Email: [amethystliving@gmail.com](mailto:amethystliving@gmail.com)  
Website: [www.amethystliving.co.uk](http://www.amethystliving.co.uk)



# INFORMATION FOR YOUR RELATIVE

## Reflexology

This is a safe, non-invasive treatment which stimulates the body's own natural ability to heal and rebalance. It involves a combination of massage and gentle pressure techniques to reflex points and zones on the feet and/or hands. By applying pressure to these reflex points, the corresponding organs and/or systems within the body can be enhanced.

### **Feet First (Reflexology)**

Lisa Beveridge

Tel: 0131 319 1218/0783 779 3232

Email: [reflexologyfeetfirst@yahoo.co.uk](mailto:reflexologyfeetfirst@yahoo.co.uk)

Website: [www.reflexologyfeetfirst.co.uk](http://www.reflexologyfeetfirst.co.uk)

Lisa works from premises at Bristo Place, Lothianburn and Bathgate —please contact her directly for dates, times and locations.

## General Therapy Centres

### **Community Foundation for Planetary Healing**

25 Palmerston Place

Edinburgh

EH12 5AP

Tel: 07798 568 218

Email: [holistic@plantary-healing.co.uk](mailto:holistic@plantary-healing.co.uk)

Website: [www.planetary-healing.co.uk](http://www.planetary-healing.co.uk)

Provides therapies and treatments to people on a low income or benefits, who are dealing with wellbeing issues. You can refer yourself or be referred by another agency. A donation is requested according to what you can afford. They also have centres in Leith, Balerno and Portobello.

### **Feel Good Therapies**

The Courtyard

35 Balgreen Avenue

Edinburgh

EH12 5SX

Tel: 0131 337 1890

Email: [info@ilovefgt.com](mailto:info@ilovefgt.com)

Website: [www.ilovefgt.com](http://www.ilovefgt.com)

They can help you find a therapist who meets your needs, in your area.

### **Health All Round**

Springwell House

Ardmillan Terrace

Edinburgh

EH11 2JL

Tel: 0131 537 7530

Email: [info@healthallround.org.uk](mailto:info@healthallround.org.uk)

Website: [www.healthallround.org.uk](http://www.healthallround.org.uk)

They offer massage, reflexology, anxiety management, life coaching and other therapies.

### **Health In Mind**

40 Shandwick Place

Edinburgh

EH2 4RT

Tel: 0131 225 8508

Email: [contactus@health-in-mind.org.uk](mailto:contactus@health-in-mind.org.uk)

Website: [www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)

They have a resource centre with up to date information on therapy clinics in Edinburgh, and concessionary offers for carers and people on low incomes.

### **The Whole Works**

Jacksons Close

209 Royal Mile

Edinburgh

EH1 1PZ

Tel: 0131 225 8092

Email: [enquiries@thewholeworks.co.uk](mailto:enquiries@thewholeworks.co.uk)

Website: [www.thewholeworks.co.uk](http://www.thewholeworks.co.uk)

They offer both counselling services and complementary therapies, including massage, aromatherapy and many others—full details are on their website.



## Counselling

### Action on Depression

11 Alva Street  
Edinburgh  
EH2 4PH  
Weekly Information Service: 0808 802 2020  
(Wednesdays 2-4pm)  
Office: 0131 226 1803  
Email: [info@actionondepression.org](mailto:info@actionondepression.org)  
Website: [www.actionondepression.org](http://www.actionondepression.org)

Action on Depression are committed to providing support, raising awareness of depression and treatment options and reducing the stigma that still surrounds the condition. They run a number of support services, including an email and phone information service, self-help support groups and also run "Living Life to the Full" courses. For local information check the following websites:

Edinburgh: [www.edspace.org.uk](http://www.edspace.org.uk)  
Midlothian: [www.midspace.co.uk](http://www.midspace.co.uk)  
West Lothian: [www.westlothianchcp.org.uk](http://www.westlothianchcp.org.uk)  
East Lothian: [www.changeschp.org.uk](http://www.changeschp.org.uk)

### Breathing Space

Helpline: 0800 83 85 87  
(open 6pm – 2am weeknights, and all weekend)  
Website: [www.breathingspacescotland.co.uk](http://www.breathingspacescotland.co.uk)  
Anyone can feel down or depressed from time to time. Talking about how you feel is a positive first step in getting help. At Breathing Space, experienced advisers will listen and provide information and advice.

### Counselling Directory

Customer Services: 0844 8030 240  
Website: [www.counselling-directory.org.uk](http://www.counselling-directory.org.uk)  
Counselling Directory is an online directory that enables those in distress to find a counsellor close to them and appropriate for their needs. This is a free, confidential service that will hopefully encourage those in distress to seek help.

### Couple Counselling Lothian

9a Dundas Street  
Edinburgh  
EH3 6QG  
Tel: 0131 556 1527  
Email: [info@cclouthian.org.uk](mailto:info@cclouthian.org.uk)  
Website: [www.cclouthian.org.uk](http://www.cclouthian.org.uk)  
Couple Counselling Lothian provides counselling for a range of people, whether you are married, living together, in a less formal relationship, divorced or separated. Payment is made based on what you can afford.

### Edinburgh Institute of Counselling and Psychotherapy

86 Causewayside  
Edinburgh  
EH9 1PY  
Tel: 0131 667 5251  
Email: [enquiries@eicp.org](mailto:enquiries@eicp.org)  
Website: [www.eicp.org.uk](http://www.eicp.org.uk)  
They offer professional and confidential counselling, psychotherapy and cognitive behavioural therapy (CBT) for individuals, couples and groups experiencing mental health difficulties. They offer a low cost counselling scheme to those on low income.

## Romantic Relationships

- When your family member starts to have close friendships or romantic relationships, there will undoubtedly be issues which complicate your relationship with them.
- Having a line of communication (e.g. texting) with the other person can help your peace of mind, and can also give you a way to talk over your family member's particular needs or quirks.
- Their relationship can seem unconventional and difficult to you, especially if both parties have ASC. Try not to get involved unless you feel that the partner is taking advantage.
- Some friends can be very helpful and supportive, but encourage them not to allow your family member to become too dependent.
- Sometimes your family member is so excited about a relationship that they may stop communicating with you. Be sensitive to their needs as an adult, whilst also remaining supportive. They will be even more vulnerable if they don't have you on their side.



# INFORMATION FOR YOUR RELATIVE

## Health All Round

Health All Round  
Springwell House  
Ardmillan Terrace  
Edinburgh

EH11 2JL

Tel: 0131 537 7530

Email: [info@healthallround.org.uk](mailto:info@healthallround.org.uk)

Website: [www.healthallround.org.uk](http://www.healthallround.org.uk)

They offer a short-term counselling service to people in Gorgie and Dalry, and the surrounding area.

## Health In Mind

40 Shandwick Place

Edinburgh

EH2 4RT

Tel: 0131 225 8508

Email: [contactus@health-in-mind.org.uk](mailto:contactus@health-in-mind.org.uk)

Website: [www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)

You can pay for counselling through Health In Mind. This is something you might want to do if you do not qualify for services funded through social work, or if you have to go onto a waiting list to await a free place. The “self-pay” system means that they can make a place available to you quickly. They also offer a counselling service for individuals in the Craigmillar area.

## Hope Park Counselling Service

8 Hope Park Square

Meadow Lane

Edinburgh

EH8 9NW

Tel: 0131 650 6696

Email: [counselling@hopepark.org.uk](mailto:counselling@hopepark.org.uk)

Website: [www.ed.ac.uk/schools-departments/health/hopepark/home](http://www.ed.ac.uk/schools-departments/health/hopepark/home)

They offer a low-cost counselling service to individuals and couples over the age of 16 living in Edinburgh.

## Penumbra

Norton Park

57 Albion Road

Edinburgh

EH7 5QY

Tel: 0131 475 2380

Email: [enquiries@penumbra.org.uk](mailto:enquiries@penumbra.org.uk)

Website: [www.penumbra.org.uk](http://www.penumbra.org.uk)

Penumbra are a mental health organisation who can provide counselling services to adults and young people.

## Your Call

Lothian Centre for Inclusive Living

Norton Park Centre

57 Albion Road

Edinburgh

EH7 5QY

Appointment Line: 0808 801 03 62

Email: [counselling@lothiancil.org.uk](mailto:counselling@lothiancil.org.uk)

Website: [www.lothiancil.org.uk/whatwedo/yourcall/index.php](http://www.lothiancil.org.uk/whatwedo/yourcall/index.php)

“Your Call” is a telephone counselling service available to disabled people who are resident in Scotland and are 18 years of age or older. The service will also work with family members who are resident with a disabled person. Calls are free and the number is withheld, and will not appear on your bill.

# INFORMATION FOR YOUR RELATIVE

## Education

### Autism After 16

Website: [www.autismafter16.com](http://www.autismafter16.com)

This website is for teenagers and young people in the UK who have autism and are wondering what opportunities and services there will be when they leave school. It is also useful for parents, carers and professionals. If you wish to get in touch with them, there is a contact form on their website.

### Bethany Christian Trust

Community Education Programme

32 Jane Street

Edinburgh

EH6 5HD

Tel: 0131 454 3119

Website: [www.bethanychristiantrust.com](http://www.bethanychristiantrust.com) (use the "Our Services" tab then select Edinburgh)

Bethany's Community Education service runs a full programme of drop-in sessions and learning groups which help people to learn and to become more confident. The drop-ins offer a safe and welcoming atmosphere where people can get to know others and can learn at their own pace.

### Borders College

Scottish Borders Campus

Nether Road

Galashiels

TD1 3HE

Tel: 01896 662 506

Email: [studentwelfare@borderscollege.ac.uk](mailto:studentwelfare@borderscollege.ac.uk)

Website: [www.borderscollege.ac.uk](http://www.borderscollege.ac.uk)

For information on student support services, please contact the Student Advice Centre.

### City of Edinburgh Council

(Children and Families)

Community Learning and Development

Business Centre 1/2

4 East Market Street

Edinburgh

EH8 8BG

Tel: 0131 469 3250

Email: [community.learninganddevelopment@edinburgh.gov.uk](mailto:community.learninganddevelopment@edinburgh.gov.uk)

Website: [www.joininedinburgh.org](http://www.joininedinburgh.org)

Contact the council to find information about community learning opportunities that may suit you, and to find out where to locate your local library and community centre.

### Donaldson's School

Preston Road

Linlithgow

West Lothian

EH49 6HZ

Tel: 01506 841 900

Website: [www.donaldsons.org.uk](http://www.donaldsons.org.uk)

This is a school for people under the age of 25 who have communication difficulties. They have a Transitions Group and a Future Focus Group for those aged 16-25.

### Edinburgh College

350 West Granton Road

Edinburgh

EH5 1QE

Tel: 0131 669 4400

Email: [info@edinburghcollege.ac.uk](mailto:info@edinburghcollege.ac.uk)

Website: [www.edinburghcollege.ac.uk](http://www.edinburghcollege.ac.uk)

Edinburgh College has a wide range of career related programmes to help you progress into work or university. Contact the Learner Services Guidance Team on the number above for more information on the kind of support they can offer to students on the autism spectrum. Alternatively, email the Learning Support officer on [info@edinburghcollege.ac.uk](mailto:info@edinburghcollege.ac.uk).

### Edinburgh Grid for Learning

Adult Education Team

South Bridge Resource Centre

Infirmity Street

Edinburgh

EH1 1LT

Tel: 0131 556 7978

Email: [adult.education@edinburgh.gov.uk](mailto:adult.education@edinburgh.gov.uk)

Website: [ces.egfl.net/programme](http://ces.egfl.net/programme)

At the website above there is an up to date programme for classes held all over Edinburgh, which you can pay to attend.

### FAIR (Family Advice and Information Resource)

95 Causewayside

Edinburgh

EH9 1QG

Tel: 0131 662 1962

Email: [fair@fairadvice.org.uk](mailto:fair@fairadvice.org.uk)

Website: [www.fairadvice.org.uk](http://www.fairadvice.org.uk)

Make a one to one appointment with a FAIR adviser to discuss your education options.

# INFORMATION FOR YOUR RELATIVE

## Jewel and Esk College

Main Reception: 0131 344 7000

Email: [info@jec.ac.uk](mailto:info@jec.ac.uk)

Website: [www.jec.ac.uk](http://www.jec.ac.uk)

### Edinburgh Campus:

24 Milton Road East

Edinburgh

EH15 2PP

### Midlothian Campus:

46 Dalhousie Road

Dalkeith

EH22 3FR

## Lead Scotland

Princes House

5 Shandwick Place

Edinburgh

EH2 4RG

Tel: 0131 228 9441

Email: [enquiries@lead.org.uk](mailto:enquiries@lead.org.uk)

Website: [www.lead.org.uk](http://www.lead.org.uk)

They are a voluntary organisation set up to widen access to learning for disabled young people and adults and carers across Scotland.

## Leith Academy

20 Academy Park

Edinburgh

EH6 8JQ

Tel: 0131 553 2810

Email: [admin@leith.edin.sch.uk](mailto:admin@leith.edin.sch.uk)

Website: [www.leith.edin.sch.uk](http://www.leith.edin.sch.uk)

Leith Academy runs various community education classes, including arts and crafts. Contact them for more information on adult enrolment, or download their programme and the application form from the website.

## Newbattle Abbey College

Newbattle Road

Dalkeith

EH22 3LL

Tel: 0131 663 1921

Email: [office@newbattleabbeycollege.ac.uk](mailto:office@newbattleabbeycollege.ac.uk)

Website: [www.newbattleabbeycollege.ac.uk](http://www.newbattleabbeycollege.ac.uk)

The college offers a Full-Time and Open Learning Arts and Humanities Award, which is a general qualification for those with no previous higher education, and it can guarantee access to university or to a new career.

## The Open University

Student Registration and Enquiry Service

PO Box 197

Milton Keynes

MK7 6BJ

Tel: 0845 300 60 90

Website: [www.open.ac.uk](http://www.open.ac.uk)

Some people find that the Open University meets their needs more closely than other education institutions. People on the autism spectrum might find working from home less stressful than having to spend time in a less familiar environment.

To contact their disability advisers, call 01908 653 745 or email [disabled-student-resources@open.ac.uk](mailto:disabled-student-resources@open.ac.uk).

## Pishwanton

The Life Science Trust

Quince Cottage

4 Baxersyke

Gifford

East Lothian

EH41 4PL

Tel: 01620 810 259

Website: [www.pishwanton.com](http://www.pishwanton.com)

The Pishwanton project is an environmental educational classroom with a difference, on 60 acres of land in the Lammermuir Hills. They have a small farm, gardens and simple buildings integrated with woodland and wetland and offer a multitude of practical activities for people of all ages and abilities.

## TeensPlus

Inch Community Centre

225 Gilmerton Road

Edinburgh

EH16 5UF

Tel: 0131 672 2555

Website: [www.teensplus.org.uk](http://www.teensplus.org.uk)

They offer transitional and long term education programmes for those with complex additional support needs and severe communication problems.

# INFORMATION FOR YOUR RELATIVE

## University of Edinburgh Disability Service

Third Floor, The Main Library Building  
George Square  
Edinburgh  
EH8 9LJ

Tel: 0131 650 6828

Email: [disability.services@ed.ac.uk](mailto:disability.services@ed.ac.uk)

Website: [www.ed.ac.uk/schools-departments/student-disability-service](http://www.ed.ac.uk/schools-departments/student-disability-service)

The Disability Service at Edinburgh University offers open sessions and appointments with learning disabilities advisors, some of whom are specifically trained to work with individuals on the spectrum. Students can also drop in to see if anyone is free.



### *Education*

- Try to support activities, like coursework or homework, for example, which are stressful and difficult. Help your family member to prepare a list of tasks and set a time limit. Explain to tutors what difficulties your family member is having so that they can accommodate them better.

## Financial Support

### ILA Scotland (Individual Learning Account)

Tel: 0808 100 1090

Email: [ilalearners@sds.co.uk](mailto:ilalearners@sds.co.uk)

Website: [www.ilascotland.org.uk](http://www.ilascotland.org.uk)

ILA Scotland is a Scottish Government scheme that helps you pay for learning that you can do at a time, place, and pace and in a way that suits you. It is for people over 16 in Scotland who have an income of £22,000 a year or less, or who are on benefits.

### Student Awards Agency for Scotland (SAAS)

Gyleview House

3 Redheughs Rigg

Edinburgh

EH12 9HH

Tel: 0300 300 3133 (8.30-5pm, Monday to Friday)

Website: [www.saas.gov.uk](http://www.saas.gov.uk)

SAAS deal with support for Scottish students on courses of higher education. You may be eligible for the Disabled Students' Allowance (DSA) for certain extra expenses that arise because you are on a course. You can only apply for this once you are accepted onto a course.

# INFORMATION FOR YOUR RELATIVE

## Health

### Dental Health

#### Community Dental Services

Duncan Street Dental Centre  
16 Duncan Street  
Edinburgh  
EH9 1SR

Tel: 0131 667 7114

Anyone who finds it hard to access a dentist – for example, because they are housebound, have special needs, or are disabled – should contact the community dental service.

#### Craigroyston Dental Clinic

1b Pennywell Road  
Edinburgh  
EH4 4PH

Tel: 0131 332 7930

Other carers have said that the dentists at Craigroyston are very understanding, and can reduce a lot of the stress involved in visiting a dentist. They have a waiting list for patients with additional needs, however if dentist visits are a big issue for your family member, it is worth contacting them.



#### Emergency Dental Services

Chalmers Dental Centre  
3 Chalmers Street  
Edinburgh  
EH3 9EW

Tel: 0131 536 4800

You should contact your own dentist for emergency treatment if possible. If you can't do so, the Chalmers Dental Centre offers a walk-in clinical service during the day for adults over 16, which provides pain relief only. In the evenings, phone the Lothian Dental Advice line on the number above.

#### Oranurse

Website: [www.oranurse.co.uk](http://www.oranurse.co.uk)

Oranurse is a toothpaste produced by Dent-o-care which was intended for use with children on the spectrum – it is unflavoured, and therefore may be preferable for people who find the strong taste of normal toothpaste overwhelming.

### Diet and Nutrition

#### Edinburgh Community Food

22 Tennant Street  
Edinburgh  
EH6 5ND

Tel: 0131 467 7326

Email: [admin@edinburghcommunityfood.org.uk](mailto:admin@edinburghcommunityfood.org.uk)

Website: [www.edinburghcommunityfood.co.uk](http://www.edinburghcommunityfood.co.uk)

Visit the Edinburgh Community Food website for information on healthy eating initiatives in your local community. You can also download useful resources, such as the "Eatwell Plate", which can help people with autism understand what healthy eating means.

#### FAIR (Family Advice and Information Resource)

95 Causewayside  
Edinburgh  
EH9 1QG

Tel: 0131 662 1962

Email: [fair@fairadvice.org.uk](mailto:fair@fairadvice.org.uk)

Website: [www.fairadvice.org.uk](http://www.fairadvice.org.uk)

FAIR produces booklets to help people with learning difficulties understand issues such as *Eating Well* and *Staying Fit*. Contact FAIR to order booklets or CDs produced in conjunction with *Health Scotland*. You can also download useful resources from their website.

#### Health In Mind

40 Shandwick Place  
Edinburgh  
EH2 4RT

Tel: 0131 225 8508

Email: [contactus@health-in-mind.org.uk](mailto:contactus@health-in-mind.org.uk)

Website: [www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)

Health in Mind has information on healthy eating initiatives in Edinburgh and the Lothians. Drop in and pick up some leaflets, or make an appointment to speak to an adviser.

### Eating Habits

- Help your family member to make good decisions about portion sizes and diet – some people on the spectrum have very little insight to understand when they have eaten enough.
- Be aware that many people with ASC have a restricted diet, and they can find changes or mistakes very distressing.
- When trying new foods, having a very small bit at a time can be helpful, with the option to spit the food out if they want. This allows the individual to gain confidence and familiarity with a food at their own pace.

# INFORMATION FOR YOUR RELATIVE

## *Medical Appointments*

- Many healthcare professionals can be unfamiliar with specific issues which may affect adults on the spectrum, so you need to be prepared to explain again to each professional who works with your adult.
- Anyone is allowed to take a supporter into medical appointments – a support worker, or someone they are not emotionally involved with, can sometimes feel preferable to a parent.
- Before you go to the meeting, agree who will do most of the talking, and what they are going to say.
- Write things down, especially things which are difficult or emotionally charged, as it is easy to forget when anxious.
- Ask for a double appointment at the GP, so that there is less time pressure.
- Try to book the first appointment of the morning, or the first one after lunch, as these are the most likely to happen one time.
- Some medical professionals will talk only to you and ignore your family member, whilst others will ask you not to say anything at all. It is important to find out what your family member wants, and make sure all parties are aware.
- Using drawing and pictures in sessions may be useful if they find talking about emotions difficult.
- Beware of the environment and try to work together with medical professionals to reduce sensory disturbances.
- Get your family member's permission and speak to their psychologist or psychiatrist yourself, to make sure they know things which your family member may find hard to express.
- Ask that letters or emails are used as a means of communication so that there is more time to process complex questions. You could also ask that test results are sent by text message or email, rather than over the phone.

## General Health

### General Medical Services Search

Website: [www.nhs24.com/findlocal](http://www.nhs24.com/findlocal)

You can use this website to search for a doctor, dentist, pharmacist or optician near you.

### NHS 24

If you are concerned about your own or someone else's health, you can phone NHS 24 on 08454 24 24 24 to speak to a healthcare professional who will give you advice and support.

You can also look for information online at [www.nhs24.com](http://www.nhs24.com)

## Health Promotion Resource Centre

Blackford Pavilion  
Astley Ainslie Hospital  
133 Grange Loan  
Edinburgh  
EH9 2HL

Tel: 0131 537 9337 or 9338

Email: [resource.centre@nhslothian.scot.nhs.uk](mailto:resource.centre@nhslothian.scot.nhs.uk)

The Resource Centre holds many resources on health-related topics which are designed for people with learning difficulties and/or mental health difficulties.

## *Taking Medication*

- If your family member has trouble remembering to take prescribed medication, speak to your pharmacist about supplying their tablets in a special box, with sections labelled for different days and times, so that they know exactly what to take and when.

# INFORMATION FOR YOUR RELATIVE

## Sexual Health and Relationships

### Caledonia Youth

5 Castle Terrace

Edinburgh

EH1 2DP

Tel: 0131 229 1402

Email: [information@caledoniayouth.org](mailto:information@caledoniayouth.org)

Website: [www.caledoniayouth.org](http://www.caledoniayouth.org)

Caledonia Youth works closely with young people (under 25s) who have complex needs – multiple physical, social, emotional and behavioural problems, those with learning difficulties, sensory impairment, homeless and young offenders. They also work with young parents and young carers.

They provide information in a broad range of communication formats, including visual tools and leaflets. Their counsellors are experienced in helping with contraception advice, unplanned pregnancy and sexually transmitted infections.

### C:Card

Tel: 0800 22 44 88

Website: [www.cc.org.uk](http://www.cc.org.uk)

The c:card network provides free condoms at more than 60 C:card points across Lothian.

### Chalmers Sexual Health Clinic

2A Chalmers Street

Edinburgh

EH3 9ES

Tel: 0131 536 1070

Website: [www.lothiansexualhealth.scot.nhs.uk](http://www.lothiansexualhealth.scot.nhs.uk)

They offer a range of contraception, as well as counselling, testing and treatment (where appropriate) for HIV, STIs or pregnancy. As well as this, they give detailed advice on safer sex, and they can offer specific services if you have been sexually assaulted. They also provide a range of specialist gynaecological services for women.

### ENABLE Scotland

Tel: 0141 226 4541

Email: [enabledirect@enable.org.uk](mailto:enabledirect@enable.org.uk)

Website: [www.enable.org.uk](http://www.enable.org.uk)

ENABLE Scotland produces booklets about sexual abuse and adults with learning difficulties.

### FAIR (Family Advice and Information Resource)

95 Causewayside

Edinburgh

EH9 1QG

Tel: 0131 662 1962

Email: [fair@fairadvice.org.uk](mailto:fair@fairadvice.org.uk)

Website: [www.fairadvice.org.uk](http://www.fairadvice.org.uk)

FAIR produces a range of booklets and resources designed to teach people with learning difficulties about personal hygiene, dealing with periods, dealing with smear tests, checking for lumps and entering into a sexual relationship.

### Family Planning Association

Unit 10, Firhill Business Centre

76 Firhill Road

Glasgow

G20 7BA

Tel: 0845 122 8676

Website: [www.fpa.org.uk](http://www.fpa.org.uk)

### Health In Mind

40 Shandwick Place

Edinburgh

EH2 4RT

Tel: 0131 225 8508

Email: [contactus@health-in-mind.org.uk](mailto:contactus@health-in-mind.org.uk)

Website: [www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)

Health in Mind can help you find the right support service in your locality. They also offer a counselling service to victims of sexual abuse.

### LGBT Centre for Health and Wellbeing

9 Howe Street

Edinburgh

EH3 6TE

Tel: 0131 523 1100

Email: [admin@lgbthealth.org.uk](mailto:admin@lgbthealth.org.uk)

Website: [www.lgbthealth.org.uk](http://www.lgbthealth.org.uk)

They promote the health and wellbeing of lesbian, gay, bisexual and transgender (LGBT) people. We provide a varied programme of groups, courses and events, as well as services including individual mental health support, information and advocacy, community safety, counselling and age project (50+).

### Lothian LGBT Helpline

Tel: 0131 556 4049

Wednesday 12.30-7pm

Lothian LGBT Helpline offers information and support for anyone who is lesbian, gay, bisexual or transgender, those questioning their sexual orientation or gender identity as well as partners, family and friends.

### Women's Aid

4 Cheyne Street

Edinburgh

EH4 1JB

Tel: 0131 315 8110

National Helpline: 0800 027 1234

Email: [info@edinwomensaid.co.uk](mailto:info@edinwomensaid.co.uk)

Website: [www.edinwomensaid.co.uk](http://www.edinwomensaid.co.uk)

Women's Aid provide help and refuge to women suffering from domestic violence. If you are in the Lothians you can call the national helpline and they can put you in touch with your local centre.



## Money Management

### Information and Advice

#### Advice Shop

85-87 South Bridge

Edinburgh

EH1 1HN

Tel: 0131 200 2360

Email: [advice.shop@edinburgh.gov.uk](mailto:advice.shop@edinburgh.gov.uk)

The Advice Shop have opened a debt advice service, which can help you if you have questions about anything to do with debt.

#### FAIR (Family Advice and Information Resource)

95 Causewayside

Edinburgh

EH9 1QG

Tel: 0131 662 1962

Email: [fair@fairadvice.org.uk](mailto:fair@fairadvice.org.uk)

Website: [www.fairadvice.org.uk](http://www.fairadvice.org.uk)

FAIR cannot help with direct financial advice, but they can make sure that your benefits are correct. They can help with disability living allowance forms and claims for other benefits. FAIR information officers can also help with appeals for benefits.

They can also look for extra help by putting you in touch with trusts and charities. You may be able to apply for money from them for holidays, equipment or even to pay off debts.

They have copies of *Being in Control* of your money booklets for carers and people with learning difficulties. Contact them to request a copy, or to make an appointment with one of their advisers.

#### National Autistic Society (NAS)

Helpline: 0845 070 4004

Website: [www.managingmoney.org.uk](http://www.managingmoney.org.uk)

The website contains a huge number of different modules which can explain various aspects of money management in the areas money coming in, money going out, and keeping money.

### Financial Aid

#### Elizabeth Finn Care

Thorn House

5 Rose Street

Edinburgh

EH2 2PR

Tel: 0131 243 2796

Email: [enquiries@elizabethfinn.org.uk](mailto:enquiries@elizabethfinn.org.uk)

Website: [www.elizabethfinncare.org.uk](http://www.elizabethfinncare.org.uk)

They can offer small grants to help those in financial need to pay for essentials, or they may refer you to a different organisation if they feel you may find more support there. There is a lot of very useful information about their eligibility criteria and their application process on the website.

#### Turn2Us

Freephone: 0808 802 200 (8am – 8pm, Monday – Friday)

Website: [www.turn2us.org.uk](http://www.turn2us.org.uk)

The Grants Search database contains details of around 3,500 charitable funds that give grants and other support to people who meet their eligibility criteria. Applications can be made through the website and staff can support you in this via phone or email.

# INFORMATION FOR YOUR RELATIVE

## Support Networks

### The Big Plan

Edinburgh Development Group  
Unit 15, John Cotton Business Centre  
Sunnyside  
Edinburgh  
EH7 5RA  
Tel: 0131 476 0522  
Email: [steve@edg-sco.org](mailto:steve@edg-sco.org)  
Website: [www.edg-sco.org](http://www.edg-sco.org)

The Edinburgh Development Group offer person-centred planning in the form of The Big Plan. Young people and their families and supporters get together to plan life after school. For more information, get in touch or have a look at their website.

### Equal Futures

54 Manor Place  
Edinburgh  
EH3 7EH  
Tel: 0131 226 5454  
Email: [info@equalfutures.org.uk](mailto:info@equalfutures.org.uk)  
Website: [www.equalfutures.org.uk](http://www.equalfutures.org.uk)  
Equal Futures specialises in developing circles of support for individuals. They can help you develop a personal future plan for your family member.

## Social and Support Groups

### ELAS (Edinburgh and Lothians Asperger Society)

Email: [keeno.1@blueyonder.co.uk](mailto:keeno.1@blueyonder.co.uk)

Website: [www.elas-scot.org.uk](http://www.elas-scot.org.uk)

ELAS is a social group for adults aged 18 and over with Asperger's Syndrome, living in Edinburgh and the Lothians. They hold support meetings on a monthly basis and organise social events throughout the year.

### Number 6, One Stop Shop

Autism Initiatives Scotland

24 Hill Street

Edinburgh

EH2 3JZ

Tel: 0131 220 1075

Website: [www.number6.org.uk](http://www.number6.org.uk)

Number 6 is an Autism Initiatives Scotland service, which provides support for adults (over 16s) with a diagnosis of High Functioning Autism or Asperger's Syndrome. They have a number of different social activities, including art, sport, music, creative writing, computer gaming, pool and computer drop-ins, girls' group, relaxation and much more.

### NAS Edinburgh Social Group

Sandra Buckley

Social Programmes Manager

NAS Scotland

Central Chambers

109 Hope St

Glasgow

G2 6LL

Tel: 0141 221 8090

Email: [sandra.buckley@nas.org.uk](mailto:sandra.buckley@nas.org.uk)

Website: [www.nas.org.uk](http://www.nas.org.uk)

The National Autistic Society are running Social Groups for people over the age of 16 at the high-functioning end of the autism spectrum, such as those with Asperger's syndrome (AS). The groups will meet monthly, and activities are discussed and decided on by group members. Activities can include going to the cinema, meeting up in the pub for a drink, going for a meal, visiting a museum, or meeting up as a group for a chat or to play board games.

## *Social Interaction*

- Many people on the spectrum want to be sociable, even though they find social interaction very difficult.
- Some people on the spectrum may find it easier to interact with people outside their own peer group. For example, they may find more to talk about with their grandparents, or they may get on well with children.
- Direct eye contact can make people on the spectrum feel uncomfortable, so keep your body pointed towards them, and look just below their eyes instead of directly at them.
- You can help your family member by raising their awareness of their own body language, and by teaching them what different signals mean. Even simple things are worth explaining, like crying, or personal space.
- Facebook and other social media can help your family member to have more social interaction and form a kind of support network. There is also a risk that negative interactions can occur, and it is hard to escape these.
- Siblings and other supportive peers can help your adult to use social media safely, as they are likely to understand the possibilities and pitfalls themselves.
- If you are preparing for a busy social occasion, like a wedding or a big family party, help your family member develop a repertoire of questions they could use to start or maintain conversations—generic questions like “what are you doing at the weekend?” can work, or topical questions like “Have you seen this new film?”, for example.

# INFORMATION FOR YOUR RELATIVE

## Social Skills

### Autism Initiatives Resource Library

11 Granton Square

Edinburgh

EH5 1HX

Tel: 0131 551 7260

Contact Autism Initiatives to ask about the social skills resources they have available in their library.

### Face Cards

Website: [www.face-cards.com](http://www.face-cards.com)

Face cards are special flash cards for people with autism, Asperger's Syndrome or anyone who needs help with understandings, feelings and faces. You can order them online.

### Social Eyes

Email: [socialeyes.team@nas.org.uk](mailto:socialeyes.team@nas.org.uk)

Website: [www.autism.org.uk/shop](http://www.autism.org.uk/shop)

Social Eyes is a resource pack designed by the National Autistic Society. It is a new and innovative approach to learning social skills and developing social understanding for people on the autism spectrum, and is primarily suitable for people with Asperger's Syndrome. The pack focuses on eight social skills that people on the autism spectrum can have difficulty with, including starting a conversation, eye contact and personal space.

### *Face-to-Face Communication*

- Emails, notes and text messages can help to reduce the emotional content of the message, and they allow time for consideration.
- It is important to keep your voice calm and even, to ensure that you do not overload your family member with so much emotional information that they can't understand the meaning.
- If phone conversations become heated and/or negative, make a firm end to the conversation, e.g. *I am going to say goodbye now and will phone again another time*. This halts repetition and gives both of you a chance to recover before addressing the issue again.
- Try to explain yourself literally – people on the spectrum can struggle with figures of speech. For example, instead of saying *it'll take the weight off your mind*, try something like *it'll be much easier not to worry*.
- Remember that understanding can often be weaker than expression – sometimes people speak very fluently, but cannot understand if you speak at your normal rate. This may be especially difficult for them when talking to someone with a different accent than they are used to, or with a very different tone of voice.
- Reducing the number of available options can make it much easier for them to process decisions, for example, *would you like a coffee?* Rather than *what would you like to drink?*
- Your family member may recognise that you are frustrated or angry, but can often find it hard to tell the difference. Explain clearly how you feel in a calm voice to avoid these misunderstandings.

# INFORMATION FOR YOUR RELATIVE

## Sport, Leisure and the Arts

### Artlink

13a Spittal Street  
Edinburgh  
EH3 9DY

Tel: 0131 229 3555

Email: [info@artlinkedinburgh.co.uk](mailto:info@artlinkedinburgh.co.uk)

Website: [www.artlinkedinburgh.co.uk](http://www.artlinkedinburgh.co.uk)

Artlink support a range of opportunities for individuals to get involved in the arts, as an audience member, or through arts programmes in local communities and in hospitals. They look at imaginative ways in which to support individuals to access the arts, and to work in partnership with the artists. Contact Artlink directly to find out about how you can get involved.

### Cameo Picturehouse

38 Home Street  
Edinburgh  
EH3 9LZ

Box Office Tel: 0871 902 5723

Email: [cameo@picturehouses.co.uk](mailto:cameo@picturehouses.co.uk)

Website: [www.picturehouses.co.uk](http://www.picturehouses.co.uk)

During Autism-Friendly Screenings low lights are left on in the auditorium and the volume of the soundtrack is reduced. It is fine for customers to move around, make a noise or take a break during the film. Tickets cost £3 for everyone (there are no concessions or free tickets for support workers). Autism Friendly Screenings are managed in partnership with the National Autistic Society. Contact the cinema directly to find out when the next autism-friendly films are showing.

Telephone lines are open from 9.30am – 8.30pm, seven days a week.

### CEA Card (Cinema Exhibitors' Association)

Website: [www.ceacard.co.uk](http://www.ceacard.co.uk)

This is a national card that can be used to verify that the holder is entitled to one free ticket for a person accompanying them to the cinema.

Printed application forms are available from cinemas across the UK supporting this card, or you can download one from the website. To apply for the card you will need to submit proof to show that you meet one or more of the following criteria – in receipt of Disability Living Allowance, or Attendance Allowance; or be a registered blind person. You will also need to supply a passport-sized photo with your application to appear on the card.

A processing fee of £5.50 is chargeable per card. This is to be sent along with the completed application.

### Dimensions UK

Tel: 0300 373 3730

Website: [www.dimensions-uk.org](http://www.dimensions-uk.org)

This cinema chain runs autism-friendly screenings around the UK, including the Odeon at Wester Hailes, Glasgow Quays, Dundee and Kilmarnock – full list on website, where you can also sign up for updates on future screenings.

### Disabled Go

Email: [questions@disabledgo.com](mailto:questions@disabledgo.com)

Website: [www.disabledgo.com](http://www.disabledgo.com)

They provide online access to information on a huge range of public venues, including hotels, hospitals, council offices and so on, about accessibility for the disabled.

### DRUM Riding for the Disabled

Drum Estate

Gilmerton

Edinburgh

EH17 8RX

Tel: 0131 664 5803

Email: [drumrda@hotmail.co.uk](mailto:drumrda@hotmail.co.uk)

Website: [www.drumrda.org.uk](http://www.drumrda.org.uk)

Contact the centre directly for more information on horse riding lessons and events for individuals with additional needs. There is a large waiting list for Saturdays, and limited places through the week.

### Edinburgh Leisure

Head Office

Vantage Point

3 Cultins Road

Edinburgh

EH11 4DF

Tel: 0131 458 2100

Email: [mail@edinburghleisure.co.uk](mailto:mail@edinburghleisure.co.uk)

Website: [www.edinburghleisure.co.uk](http://www.edinburghleisure.co.uk)

Edinburgh Leisure has a variety of exercise programmes available across the city. For more information on classes that will suit your individual needs, contact your local branch. You can find your local branch on the Edinburgh Leisure website, or by calling their head office. They will provide concessionary rates for people on benefits.

# INFORMATION FOR YOUR RELATIVE

## Edinburgh Zoo

134 Corstorphine Road  
Edinburgh  
EH12 6TS

Tel: 0131 334 9171

Email: [info@rzss.org.uk](mailto:info@rzss.org.uk)

Website: [www.rzss.org.uk](http://www.rzss.org.uk)

Information about accessibility and about concessions prices is available on the website.



## Enjoy Leisure

Tel: 0131 653 5200

Email: [info@enjoyleisure.com](mailto:info@enjoyleisure.com)

Website: [www.enjoyleisure.com](http://www.enjoyleisure.com)

They have information about East Lothian sport and leisure facilities.

## The Gallery on the Corner

34 Northumberland Street  
Edinburgh  
EH3 6LS

Tel: 0131 557 8969

Email: [info@thegalleryonthecorner.org.uk](mailto:info@thegalleryonthecorner.org.uk)

Website: [www.thegalleryonthecorner.org.uk](http://www.thegalleryonthecorner.org.uk)

The Gallery was the first social firm from Autism Initiatives UK and was established to create employment opportunities and experiences for people with Autism Spectrum Conditions in Scotland.

Autism Ventures Scotland offers traineeships and other opportunities to people with ASC. The traineeships provide on the job and vocational training, resulting in a recognised qualification. The gallery fully represents and supports inclusive art work and crafts produced by artists who have a physical or mental health condition, or those from a disadvantaged background. It provides a platform to exhibit and sell artwork in a high profile location in the heart of Edinburgh's gallery district.

## Get Up & Go

Tel: 0131 529 7844

Email: [getupandgo@edinburgh.gov.uk](mailto:getupandgo@edinburgh.gov.uk)

Website: [www.edinburgh.gov.uk/getupandgo](http://www.edinburgh.gov.uk/getupandgo)

Get Up & Go is a free guide to what's on in Edinburgh for the 50+ population. It lists activities that will keep you fit and active, including creative arts classes, social gatherings, exercise sessions and lots more. You can pick up a copy of the brochure at your local library, St Andrew's Square Bus Station, Edinburgh Leisure facilities, doctors' surgeries and health centres. You can also access an electronic version online or by emailing directly.

## Leith Academy

20 Academy Park  
Leith

Edinburgh

EH6 8JQ

Tel: 0131 553 2810

Email: [admin@leith.edin.sch.uk](mailto:admin@leith.edin.sch.uk)

Website: [www.leith.edin.sch.uk](http://www.leith.edin.sch.uk)

Leith Academy runs various community education classes including arts and crafts. Contact them for more information on adult enrolment, or download their programme and the application form from the website.

## Lothian Disability Sport

Tel: 01875 619 070

Email: [gfraser1@eastlothian.gov.uk](mailto:gfraser1@eastlothian.gov.uk)

Website: [www.lothiandisabilitysport.co.uk](http://www.lothiandisabilitysport.co.uk)

They offer a wide range of recreational activities for people of all ages and abilities.

## Royal Highland Show

Royal Highland Centre  
Ingliston

Edinburgh

EH28 8NB

Tel: 0131 335 6200

Email: [showdept@rhass.org.uk](mailto:showdept@rhass.org.uk)

Website: [www.royalhighlandshow.org](http://www.royalhighlandshow.org)

The website has information about concessions tickets and wheelchair hire. Those who are registered disabled can get a free ticket for a carer.



## South Side Community Centre

117 Nicolson Street  
Edinburgh  
EH8 9ER

Tel: 0131 667 0484

Email: [krzysztof.ciesielka@ea.edin.sch.uk](mailto:krzysztof.ciesielka@ea.edin.sch.uk)

They offer a variety of activities available for all ages, including a carer-recommended drama group which is supportive of people on the spectrum, and which can help them to build their confidence and self-esteem.



# INFORMATION FOR YOUR RELATIVE

## Upward Mobility

Arts Complex

St Margaret's House

151 London Road

Edinburgh

EH7 6AE

Tel: 0131 661 4411

Email: [info@upwardmobilityproject.com](mailto:info@upwardmobilityproject.com)

Website: [www.upwardmobilityproject.com](http://www.upwardmobilityproject.com)

Upward Mobility delivers educational and creative workshops within a day service environment. Workshops are designed to build self-confidence, while providing opportunities for creative expression and personal development. Upward Mobility currently runs over 30 workshop sessions per week, including Film, Photography, Multimedia, Drama, Music, Creative Movement, Yoga, Community Gardening and Work Experience. Upward Mobility provides 1 to 1 support services every day of the year.

## WHALE Arts Agency

(Wester Hailes Arts for Leisure and Education)

30 Westburn Grove

Edinburgh

EH14 2SA

Tel: 0131 458 3267

Email: [info@whalearts.co.uk](mailto:info@whalearts.co.uk)

Website: [www.whalearts.co.uk](http://www.whalearts.co.uk)

WHALE Arts is a community arts centre in Wester Hailes, Edinburgh. They provide arts courses, events and activities for the people of South West Edinburgh, to inspire change for individuals and their community. Activities are for all ages, children and adults, and for all abilities. Information on the termly programme can be found on the website.



# INFORMATION FOR YOUR RELATIVE

## Transport and Mobility

### Blue Badge

Website: [bluebadge.direct.gov.uk/directgovapply.html](https://bluebadge.direct.gov.uk/directgovapply.html)

The Blue Badge scheme allows drivers of passengers with severe mobility problems to park near where they need to go. You can apply online at the address above, or contact your local library.

### Concessions

Email: [freebus@transportscotland.gsi.gov.uk](mailto:freebus@transportscotland.gsi.gov.uk)

In Scotland, people over sixty and individuals with disabilities are entitled to free Scotland-wide bus travel on nearly all services. Concessionary bus passes and taxicard applications forms can be obtained from Transport Scotland on one of the numbers below, or you can contact your local library.

Edinburgh: 0131 200 2351

East Lothian: 01620 827 667

West Lothian: 01506 775 000

Midlothian: 0131 561 5445

### Motability

Tel: 0845 456 4566 (8.30am til 5.30pm, Monday to Friday)

Website: [www.motability.co.uk](http://www.motability.co.uk)

Motability is an independent charity set up to help people with disabilities use their higher rate mobility component of Disability Living Allowance to improve their mobility. It offers two schemes: contract hire and hire purchase. Both schemes offer cars (including cars adapted to carry a driver or passenger in their wheelchair), powered wheelchairs and mobility scooters. For the car scheme, see [www.motabilitycarscheme.co.uk](http://www.motabilitycarscheme.co.uk).

### Prodrive

Ian Darroch

Tel: 01506 824 942

Mobile: 07751 116 956

Website:

[www.prodrivewestlothian.co.uk](http://www.prodrivewestlothian.co.uk)

Ian Darroch is an approved driving instructor, and a member of the Institute of Advanced Motorists. He was formerly a Class 1 driver for the police. He is able to work with individuals on the spectrum and accommodate particular needs that they may have.

### Thistle Assistance Card

Website: [www.SEStran.gov.uk](http://www.SEStran.gov.uk)

The South East Scotland transport partnership offers the Thistle Assistance Card, which is for anyone to use who needs a little bit of extra time getting on and off the bus. Have a look at the website for more information on how to apply for a card.

### Traveline Scotland

Tel: 0871 200 2233

Website: [www.travelinescotland.com](http://www.travelinescotland.com)

Traveline provides information on bus timetables and information.



## Planning Journeys and Activities

- Planning can make journeys and activities much more straightforward and less stressful. Even for simple things, like visiting the supermarket, advance warning can make a big difference. It is also important to stick to the plan as far as possible, otherwise changes may make your family member more anxious.
- Avoid trying to force your family member into doing things or going places that they do not want to go. Sometimes the stress caused can outweigh the benefit of seeing family or getting some fresh air.
- Book a taxi or ask someone to collect them so that they know when they are leaving and do not have to worry about when to go.
- Ear plugs can help if they want to go to a party or a concert but find it too noisy.
- When preparing for an important trip or occasion, break down all the information into smaller chunks, so that they can process everything and feel comfortable that they know what will happen. Make sure to cover travel and accommodation; what will happen at the event; who will be there that they know; who are they likely to meet for the first time; who they will sit beside, if there is a seating plan; and how they can escape if they feel overwhelmed.
- If your family member has difficulty finding their way, you can often use a mobile phone to guide them, without having to be with them.

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# HELPLINES & EMERGENCY CONTACTS

Local 24 Hour Emergency Services	Telephone Number
Police, Ambulance and/or Fire	999
Castlecliff Hostel (Emergency Accommodation)	0131 225 1643
Edinburgh Crisis Centre	0808 801 0414
Edinburgh Samaritans	0131 221 9999
Emergency Social Work Service	0800 731 6969
If you smell gas	0800 111 999
NHS 24	08454 24 24 24
Psychiatric Emergency Team/ Royal Edinburgh Hospital	0131 537 6000
National Crisis Helplines	
Breathing Space (Mon-Thur 6pm-2am, Fri 6pm—Mon 6am)	0800 83 85 87
Samaritans (For people experiencing feelings of distress or despair)	08457 90 90 90
Scottish Domestic Abuse Helpline	0800 027 1234
Rape Crisis Scotland (6pm—Midnight)	08088 01 03 02
Other Useful Services	
The Access Point (housing, social work and health assistance)	0131 529 7438
The Advice Shop (City of Edinburgh Council, Benefits Advice)	0131 200 2360
AdvoCard—Mental Health Advocacy	0131 554 5307
Edinburgh Police (non-emergency)	0131 311 3131
Emergency Dental Services	0131 536 4800
FAIR (Family Advice and Information Resource)	0131 662 1962
Legal Services Agency	0131 228 9993
Shelter's Free Housing Advice Line	0808 800 4444
Social Care Direct (Edinburgh)	0131 200 2324

# FEEDBACK FORM

If you would like to help us improve our PASDA Handbook in future editions, please fill in this form and pop it in the post, or hand it back to us the next time you join us for a meeting or an event. If you just have general comments to make, feel free to email [info@pasda.org.uk](mailto:info@pasda.org.uk), or call 0131 475 2416.

Your Name: \_\_\_\_\_

Your Address: \_\_\_\_\_

\_\_\_\_\_  
Postcode: \_\_\_\_\_

Your Phone Number: \_\_\_\_\_

Today's Date: \_\_\_\_\_

1. Where did you hear about the Handbook?

PASDA Website ☐ PASDA Support Meetings ☐ Through a Member of Staff ☐  
Through Another Organisation ☐ Other ☐ (please specify) \_\_\_\_\_

2. Do you have a hard copy of the Handbook? Yes ☐ No ☐

If Yes, when did you receive your copy? \_\_\_\_\_

3. Have you accessed the online version of the Handbook? Yes ☐ No ☐

4. Which of the following describes you (please tick all applicable):

Parent of an adult diagnosed with autism ☐ Parent of an adult suspected to have autism ☐  
Other carer of an adult diagnosed with autism ☐ Other carer of an adult suspected to have autism ☐  
An individual with autism ☐ A professional working with people with autism ☐  
Other (please specify) \_\_\_\_\_

5. Roughly how often do you use the Handbook?  
(Please circle)

Daily	Weekly	Monthly	Less often
-------	--------	---------	------------

6. How useful have you found the Handbook?

Not at all useful	Somewhat useful	Useful	Very useful
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# FEEDBACK FORM

7. How do you use your handbook? (tick all that apply)

To find contact details of services that I already know exist ☐

To find out about services that I have never heard of before ☐

To find out about ways of supporting someone with ASD ☐

To find out about carer support ☐ To look up topics of particular interest to me ☐

Other (please explain) \_\_\_\_\_

8. Which topics did you find the most useful?

9. Where there any topics that you felt were missing?

10. What was the best thing about the Handbook?

11. Was there anything we could have done better?

12. Do you have any other comments?

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