



**Positive Behaviour Training for Family Carers of Adults with Autism (with or without a Learning Disability) who are living in Edinburgh and East Lothian.**

**An opportunity for carers to receive practical training to help and support their family member who is aged 16 years and above.**

**Sessions will focus on -**

- **Understanding emotional & behavioural challenges in people with autism**
- **Sensory differences and their impact on behaviour**
- **Social skills for people with autism - and innovative solutions**
- **Communication and its link with emotional and behavioural challenges**
- **Working through difficult situations - what to do when the going gets tough**



### **Training Information**

This training is being funded by the City of Edinburgh Council, Pasda and East Lothian Council.

#### **Part 1 (Starts 5th October 2015)**

There will be **4 half-day training sessions held at Number 6 One-Stop Shop, 24 Hill Street, Edinburgh** and there is the flexibility of day and evening training available. These sessions will run every 2 weeks during an 8 week period (with a 1 week break in between). As well as training sessions there is **Intensive Support in 1:1 Sessions**.

#### **1:1 Sessions**

These will be held either in your home or locally out with the family home. 4 sessions are available to you. These will focus on:

- Providing practical support and guidance to you
- Problem-solving around difficulties that you and your family are facing
- Feedback regarding new ideas & providing further advice

#### **Part 2 (A follow up a year later)**

In October 2016 carers will have the opportunity to reconnect and continue to receive specialist behavioural support. During this 3 week period there will be one training session and there will two 1:1 Sessions available.

#### ***Family carers who have attended this training have said:***

- *"My son is enjoying using the tools that were put in place".*
- *"The 1 to 1 contact was the real winning aspect of the course".*
- *"We feel empowered now".*

#### **Positive Pathways Lothian**

The training will be led by Laura Andrew from **The Richmond Fellowship Scotland's Positive Behaviour Support Team**.



#### **To find out more or to book**

Please contact PASDA on 0131 475 2416 or [info@pasda.org.uk](mailto:info@pasda.org.uk). Visit **[www.pasda.org.uk](http://www.pasda.org.uk)** to complete an application form.

**The closing date for applications is  
Sunday the 6th of September 2015**