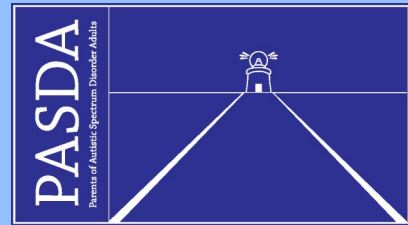


# PASDA NEWS

January 2013 ISSUE #29  
Supporting families of adults with autism  
in Edinburgh & Lothian



## Self Directed Support Bill

The Scottish Government passed the Self-Directed Support bill on 28th November 2012, meaning the legislation will soon come into effect. The preparations for the Bill are already being made, so you should be able to ask your social worker about your options in the very near future.

The Bill's key feature is to require your local authority to offer you four different options as to how you would like your support to be managed—you can have full control of the budget and what you spend it on, or you can choose to let the local authority manage things entirely, or something in between. The options are:

1. You manage your own money, in the form of a Direct Payment, and you choose what it is spent on.
2. The Local Authority keeps hold of the money but you choose the services and support that is right for you.
3. The Local Authority manages the money and chooses which support agency or service to use—this option allows people who are happy with their current care provision to have things remain the same without any hassle.
4. You can arrange for some aspects of each to be included in your package of care. For example you may wish to have the Local Authority to manage the budget for your support service of choice, whilst receiving a small direct payment that you use to pay for a weekly art class or other respite activity.

The Bill also means that your social worker can now release funds to support unpaid carers directly, where this is helpful. This can be used for respite, transport, an extra pair of hands, or any other support needed to help you maintain your caring role.

For more information, see [www.selfdirectedsupportscotland.org.uk](http://www.selfdirectedsupportscotland.org.uk)

## Christmas Fair

Thank you for all your generous donations of crafts and prizes, and for everyone who came along on the day and bought gifts or entered the raffle and tombola, or who made a cash donation. We are immensely grateful for each and every one of these contributions—they all make a difference to the on-going success of PASDA. From the Fair and the raffle we made over £500.

We had a really great time at the Fair and we hope you did too.

Happy Christmas, and best wishes for the New Year.



Parents of Autistic Spectrum Disorder Adults (PASDA)

Contact Details: PASDA, c/o Autism Initiatives, 24 Hill Street, Edinburgh EH2 3JZ 0131 220 1075  
info@pasda.org.uk

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

Scottish Charity No. 042678

# REGULAR PASDA MEETINGS

## PASDA Information Meeting

We hold our main carers' meeting on the second Wednesday of the month at Autism Initiatives' One Stop Shop (24 Hill Street, Edinburgh EH2 3JZ). This meeting is open to all parents and carers of adults (over 16's) with an autism spectrum condition, living in Edinburgh or the Lothians.

Next meeting: **Wednesday 9th January, 7-9pm**: This month we will be meeting without a speaker. There will be lots of opportunity to chat and a chance to relax after the excitement of Christmas and New Year.



## Carer Discussion Group

Our next carer discussion group meeting is planned for **Friday 11th January 10am-12noon**, at 24 Hill Street, Edinburgh, EH2 3JZ. This is a small, closed meeting which provides an opportunity to raise issues which are current for you, and to share information and encouragement with other carers. Please let us know if you plan to come along. This group is facilitated by Karina and Hester.

**East Lothian Carers Group**: This monthly group is open to parents and carers in East Lothian and takes place at Carers of East Lothian at 94 Musselburgh High Street. The group will meet next on **Thursday 31st January**, from 6.30-8.30pm.



**Partners Group** Our next Partner's Group is taking place on Thursday 10th January, 6-8pm at 24 Hill Street, Edinburgh, EH2 3JZ. This session will be facilitated by Karina, and is open to all spouses and partners of adults with an autism spectrum condition. Please let Karina know if you are interested in coming along.

## Complex Needs Group

We have set up a new group specifically for parents and carers of adults who have autism plus significant learning disabilities and other complex needs. This month the group will be on **Monday 21st January**, from **11am-12.30** at 24 Hill Street and will be facilitated by parent, Tom Wightman. If you are interested in coming along, please speak to Katie or Karina for more information and to confirm your attendance.



## PASDA Social Group Wednesday 16th January 7pm

This monthly group provides the opportunity to meet other parents/carers in a relaxed, informal environment. This month we have tickets for the pantomime at the Kings Theatre, near Tollcross - this year it is Mother Goose. Using our Creative Breaks funding, we have covered the cost of tickets, and if you are travelling into Edinburgh, we can reimburse your travel expenses if you provide us with receipts within 7 days of the Social Group. Please get in touch with Karina if you would like to come along as places are limited.

**CREATIVE  
breaks**

## Facebook Workshop

We are offering a workshop on **Thursday 17th January**, 12-2pm, for anyone who is looking to learn how to use their Facebook account, or to build on their existing skills. Please get in touch with Katie if you are interested. The workshop will be held at 24 Hill Street, EH2 3JZ.

[katie.goudie@aiscotland.org.uk](mailto:katie.goudie@aiscotland.org.uk)

**If you are unsure about which of the above groups may be the most suitable for you to attend, please contact Karina for a chat on 0131 220 1075.**

## CARER INFORMATION & OPPORTUNITIES

**Summary of December Information Meeting:** This month we had Kirsty and Ian along from the Lothian Centre for Inclusive Living. This is a service run by and for disabled people, to help people to live independently in the community. They offer an independent living service to help people set up their support package; a payroll service for people employing a personal assistant; training for disabled people, for organisations and personal assistants; the Grapevine information service; and a telephone counselling service for disabled people and their families.

For more information about these services have a look at [www.lothiancil.org.uk](http://www.lothiancil.org.uk)



### Advocacy Service for Carers of Adults with ASD

VOCAL are now running an Advocacy Service for carers of adults with ASD in Lothian. If you feel like you are struggling to have your voice heard you may benefit from support from an advocate. An advocate is someone who is there to help you communicate your needs and rights to professionals who you come into contact with in your caring role. They can come with you to meetings, make phone calls and write letters on your behalf, provide you with information on your rights or just help you to decide what you are going to say for yourself. For more information, contact Mark Johnston at VOCAL on 0131 622 6666 or email [advocacy@vocal.org.uk](mailto:advocacy@vocal.org.uk)



### Our Peer Support Network: PASDA CONNECT

For many parents, carers it makes all the difference to have someone to talk to who really knows how you feel and who understands what you are going through. This is why we set up our peer support network, PASDA Connect, to link up people with similar experiences so that they can support each other when things are difficult and celebrate their successes together. We already have about 20 people signed up but we are looking for more members. If you are interested, please fill out the Connect Profile which came with your newsletter, and send it back to us. If you would like further information, please email [katie.goudie@aiscotland.org.uk](mailto:katie.goudie@aiscotland.org.uk) or phone us in the office on 0131 220 1075.



### Free Parent & Carer Workshops 2013

PASDA are running a course of workshops for parents and other family carers of adults (over-16s) with autism spectrum conditions living in Edinburgh or the Lothians.

**Understanding Autism** *Tuesday 15th January 2013, 6-8.30pm, 24 Hill Street, Edinburgh, EH2 3JZ*

**Understanding Behaviour** *Tuesday 29th January 2013, 6-8.30pm, 24 Hill Street, Edinburgh, EH2 3JZ*

**Who Should Attend?** These workshops are geared towards parents and carers of adults who have had a recent diagnosis of autism (within 3 years) or parents and carers who would like the chance to refresh their awareness of current thinking of autism and behavioural approaches.

#### Next Steps: Planning for the Future

**Part 1:** *Tuesday 5th February 2013, 6-8.30pm, 24 Hill Street, Edinburgh EH2 3JZ*

**Part 2:** *Tuesday 12th February 2013, 6-8.30pm, 24 Hill Street, Edinburgh EH2 3JZ*

**Who Should Attend?** These workshops are appropriate for any parent/carer who would like to find out more about services and resources that are available in Lothian and anyone who feels that they could do with some help with moving forward with regards to their caring role.

**We are limited to 8 places for this course, so please book your place as soon as possible.** For further information or to book a place, please contact Karina Williams on 0131 220 1075 or email [karina.williams@aiscotland.org.uk](mailto:karina.williams@aiscotland.org.uk)

## January 2013—Quick Guide to What's On at PASDA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Office Closed	2 Office Closed	3	4	5	6
7	8	9 Carer Information Meeting 24 Hill Street EH2 3JZ 7-9pm	10 Partners Group 24 Hill Street EH2 3JZ 6-8pm	11 Discussion Group 24 Hill Street EH2 3JZ 10am—12noon	12	13
14	15 Understanding Autism Workshop 24 Hill Street, EH2 3JZ 6-8.30pm	16 Social Group—Panto Kings Theatre, near Tollcross 7pm	17 Facebook Workshop 24 Hill Street, EH2 3JZ 12-2pm	18	19	20
21 Complex Needs Group 24 Hill Street, EH2 3JZ 11-12.30pm	22	23	24	25	26	27
28	29 Understanding Behaviour Workshop 24 Hill Street, EH2 3JZ 6-8.30pm	30	31 East Lothian Group, COEL, Musselburgh 6.30-8.30pm			

### Parents of Autistic Spectrum Disorder Adults (PASDA)

Contact Details: PASDA, c/o Autism Initiatives, 24 Hill Street, Edinburgh EH2 3JZ

0131 220 1075

karina.williams@aiscotland.org.uk/katie.goudie@aiscotland.org.uk

www.pasda.org.uk

Contact Hours: Monday-Friday, 9-5pm

Scottish Charity No.: SC042678