

PASDA NEWS

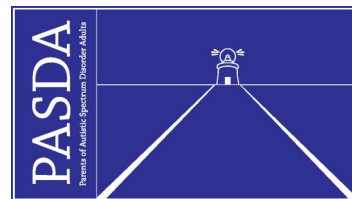
ISSUE #35

July 2013

*Supporting families of adults with autism
in Edinburgh & Lothian*

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News

It's been a busy month at PASDA. So far we have successfully recruited an Administrator and a Senior Manager who will hopefully be starting with us in August and we are soon to recruit a second Project Worker to complete our staff team. We have also identified new premises at Norton Park (Albion Road) into which we expect to move mid-August. We expect August to be a very busy month, so we will probably be suspending some of our services during this period. Our change of premises will also affect when and where we will be holding our regular carer meetings in the future, so please keep your eye out for any changes. Please bear with us whilst we are going through this transition. In other news, *City of Edinburgh Council's* Autism Plan is open for consultation until 26th July 2013, so please make sure you have your say before then (further details below).

The PASDA Team



City of Edinburgh Council Autism Plan

City of Edinburgh Council have developed a draft Autism Plan called *Towards an Autism Strategy* in response to the Scottish Government's National Autism Strategy which was published in 2011. The draft Plan is now open for consultation by people with autism, their families and service providers/other interested parties. The Plan is available online at the Council's website:

<http://www.edinburgh.gov.uk/autismplan>

We urge you to read the Plan and respond to the Consultation. Please pass this information onto anyone else who might be interested. This is your chance to have your say about how you think services should be developed over the next 10 years. Please get in touch should you have any questions about this consultation process. Please note that the consultation is open until **26th July 2013**.

Scottish Government Consultation on Waiving Charges for Carers Support

This 12 week consultation is on the guidance, regulations, legal duties and powers which will accompany the Social Care (Self-directed Support) Act 2013. The Act, due to be implemented in 2014, contains new laws which aim to deliver more personalised, flexible forms of social care support, and the accompanying regulations will be key to ensuring the benefits promised by the Act are delivered throughout Scotland. The Draft Carers (Waiving Charges for Support) (Scotland) Regulations will be of particular interest to unpaid carers, and to those organisations providing support and services to unpaid carers – including short breaks and respite care.

Make your views known

To help gather views on the draft regulations to waive charges for carer support, the *National Carer Organisations* have developed a short online questionnaire. The results of the questionnaire will be fed back to the Scottish Government. You can complete the survey here: surveymonkey.com/s/G7S3LTC You can find information about the wider consultation with links to the relevant documents on the *Shared Care Scotland* website - sharedcarescotland.org.uk/news/

Parents of Autistic Spectrum Disorder Adults (PASDA)
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Scottish Charity No. 042678

REGULAR PASDA MEETINGS

Below you will find information about all of our monthly support groups for family and friends of adults with autism* (*please note that the term 'autism' includes all conditions occurring across the autism spectrum including Asperger syndrome)

PASDA Information Meeting: Wednesday 10th July, 7-9pm at 24 Hill Street, Edinburgh

This meeting is open to all family and friends supporting adults (over 16's) with an autism spectrum condition, living in Edinburgh or the Lothians.

This month, we will be welcoming Marion Smith from the new *Dates 'n' Mates* Lothian service. *Dates 'n' Mates Lothian* is a small charity which has set up a dating and friendship service for adults with disabilities. Their aim is to help people find and develop friendships and a sense of community with the possibility of romance too. Jane Greenacre from VOCAL will also be coming along to tell us about the free Information Surgeries that are currently available to PASDA carers at VOCAL on Power of Attorney, Guardianship and related issues.



Coffee Morning: Friday 12th July, 10am-12noon at 24 Hill Street, Edinburgh

Our monthly coffee morning is open to all family and friends of over-16s with autism across Lothian. It provides the opportunity to raise issues which are current for you, and to share ideas and encouragement with others. Please let us know if you plan to come along.



East Lothian Carers Group: Thursday 25th July, 6.30-8.30pm at Carers of East Lothian, Musselburgh

This monthly group is open to all family carers in East Lothian. This month we will be welcoming Kirsty Robertson (Self-Directed Support Coordinator at Autism Initiatives Scotland) who will be telling us about the Self-Directed Support Act (2013) and how it may affect families caring for someone. Please let us know if you plan to attend.

Partner & Spouses Group: Thursday 4th July, 6-8pm at 24 Hill Street, Edinburgh

This month the group will be facilitated by Karina. We will have the chance to discuss how things have been for everyone and to plan for the next few months. For more information, please contact: karina.williams@aiscotland.org.uk/0131 220 1075

West Lothian Carers Group: Monday 15th July, 6-7.30pm, at Autism Initiatives' Resource Base, Almond House, Quarryrood Court, Livingston, EH54 6AX. This group is open to all family carers of adults with autism living in West Lothian. This month we will be welcoming Kirsty Robertson (Self-Directed Support Coordinator at Autism Initiatives Scotland) who will be telling us about the Self-Directed Support Act (2013) and how it may affect families caring for someone. Please let Graeme know if you plan to attend: graeme.syme@aiscotland.org.uk/0131 220 1075.

Autism & Complex Needs Group: Wednesday 17th July, 10.30am-12.30 at 24 Hill Street

This group is for parents and carers of adults who have autism and moderate, severe or profound learning disabilities living in Lothian. Please let Graeme know if you plan to attend.

Social Group—Trip to South Queensferry! Saturday 13th July, 12noon -3pm

We have set up this group using Creative Breaks funding as we know that many carers do not have sufficient funds to give themselves a break.



This month's social group will involve meeting at the Co-Op in South Queensferry before taking a walk around the village and taking time to enjoy the views of the Firth of Forth and the bridges. The group will then head to the Hawes Inn for lunch at 1pm. Using our Creative Breaks funding, we can cover up to £25 per person for lunch and refreshments (excluding alcohol) and we can refund travel expenses up to £10 per person. If you are interested in coming along, please contact Karina or Graeme.

**CREATIVE
breaks**

CARER INFORMATION & OPPORTUNITIES

Self-Advocacy Workshops for Carers of Adults with Autism

Carers Rights: What are they and how to make use of them (2 Sessions)

2nd & 9th July, 6.30-8.30pm at 24 Hill Street, Edinburgh, EH2 3JZ

Carers have a variety of legal rights and responsibilities covering a range of issues and areas of life. As well as these, there are both formal and informal expectations that are placed on service providers to involve and consult with carers. This course will help carers understand their rights and responsibilities and how they can ensure they are used effectively.

Speaking for the person you care for (2 sessions)

23rd & 30th July, 6.30-8.30 at 24 Hill Street, Edinburgh, EH2 3JZ

Carers often have to speak up for the person that they care, as that persons health or condition prevents them from clearly understanding many issues, or being heard clearly by other people. This course will look at the dilemmas and challenges faced by carers when speaking up for the adult you care for, and how these can be addressed to enable the carer to be listened to and taken seriously by others.

Please contact Karina or Graeme for more information or to book a place.



PASDA Carer Workshops:

Understanding Autism —Friday 26th July, 10am-1.30pm at 24 Hill Street, Edinburgh, EH2 3JZ

Karina and Graeme will be facilitating a session on *Understanding Autism*. As part of this session, we will be piloting a new DVD resource that we have developed in partnership with *Tailor Ed Foundation*. This session is geared towards family carers whose adult family member has had a recent diagnosis of an autism spectrum condition. For more information or to book a place, please get in touch. A light lunch will be provided at 1pm.

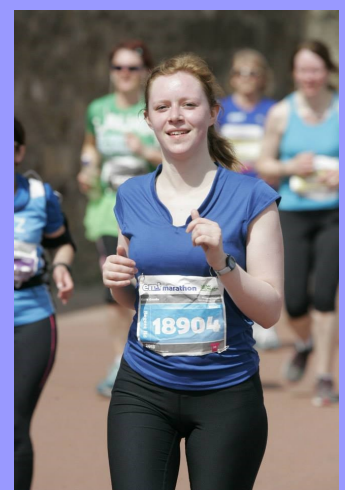
Autism & Employment—Monday 29th July, 6.30-8.30pm at 24 Hill Street, Edinburgh, EH2 3JZ

Karina and Graeme will be facilitating a session on the them of Employment. This workshop will gives carers the opportunity to consider the main issues facing individuals with autism spectrum conditions in finding and sustaining employment opportunities. We will also discuss the main employment support services available to individuals with autism in Edinburgh. For more information or to book a place, please speak to Karina or Graeme. karina.williams@aiscotland.org.uk/graeme.syme@aiscotland.org.uk/0131 220 1075

Please note that both workshops are open to family carers of adults with ASC across Lothian.

Thank You to our Marathon Runners and Sponsored Walkers!

We would like to say a huge thank you to Lesley and family who successfully completed the Relay Marathon on 26th May and to Katie Goudie who completed the full marathon as well as the PASDA parents who took part in our Sponsored Walk on 2nd June. Over £800 has been raised so far. We greatly appreciate all your support and all donations raised will enable us to continue to provide support to families across Lothian.



July 2013—Quick Guide to What's On at PASDA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2 Vocal Carers Rights Workshop 24 Hill Street EH2 3UZ 6:30—8:30pm	3	4 Partners Group 6-8pm 24 Hill Street EH2 3JZ	5	6	7
8	9 Vocal Carers Rights Workshop 24 Hill Street EH2 3UZ 6:30—8:30pm	10 Carer Information Meeting 24 Hill Street EH2 3JZ 7-9pm	11	12 Coffee Morning 24 Hill Street EH2 3JZ 10am-12noon	13 Social Group 12noon—3pm South Queensferry	14
15 West Lothian Group Almond House, Livingston 6-7.30pm	16	17 Complex Needs group 24 Hill Street EH2 3UZ 10:30—12:30	18	19	20	21
22	23 Vocal Speaking for the Person you care for Workshop 24 Hill Street EH2 3UZ 6:30—8:30pm	24	25 East Lothian Group, COEL, Musselburgh 6.30-8.30pm	26 Understanding Autism 24 Hill Street EH2 3JZ 10—1.30pm	27	28
29 Employment Workshop 24 Hill Street EH2 3JZ 6:30—8:30pm	30 Vocal Speaking for the Person you care for Workshop 24 Hill Street EH2 3UZ 6:30—8:30pm	31				

Parents of Autistic Spectrum Disorder Adults (PASDA)

Contact Details: PASDA, 24 Hill Street, Edinburgh EH2 3JZ

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Scottish Charity No.: SC042678