



This booklet is intended to provide you with information about **where to find support as an adult with Autism or Asperger's Syndrome living in Kent.**

Some of the information is available on websites. If you don't have a computer at home, your local library has computers that you can use without having to pay, and the library staff will help you to use them if necessary.

Sometimes information changes, so we will also put the information on the Grange Park School website, and we will keep it up to date. So if a link doesn't work, or if a telephone number has changed, you should find the correct information on the school website. If you get stuck, call Grange Park, and we'll do our best to help.

All this information is included on the memory stick.

Autistic Spectrum Conditions Team in Kent

This team can help if you need an assessment for care or support.

If you need to know what support you can receive in Kent, please call one of these telephone numbers:

Tel: **03000 416161** Or Enquiries: **03000418100**

Or email them: **AutisticSpectrumConditions@kent.gov.uk**

For more information, here is their website:

<http://www.kmpt.nhs.uk/autistic-spectrum-conditions.htm>

They may have a waiting list, but they will let you know how long the wait will be.

Advocacy for All



Advocacy for All is an organisation that arranges meetings for groups of adults with autism in different areas in Kent. Contact the organiser for your area, and they will visit you to tell you about the local group. The organisers are also a brilliant source of information and advice, **even if you don't go to one of the group meetings.** Their leaflet is in your pack.

For:

Maidstone area
Tunbridge Wells area
Tonbridge and Malling area
Sevenoaks area
Dartford area
Gravesham area

Tel: 020 8300 9666
Mobile: 07715 068 948
Email: info@advocacyforall.org.uk
Website: www.advocacyforall.org.uk

For:

Ashford area
Swale area
Thanet area
Canterbury area
Shepway area
Dover area

Tel: 01233 668 518
Mobile: 07702 252 805
Email: info@advocacyforall.org.uk
Website: www.advocacyforall.org.uk

Kent Supported Employment:

This team can help you find and keep a suitable job.

They help with:

- job searches
- writing applications
- interviews

Once you have got a job they can provide a **Job Coach** (a sort of work buddy) to help you settle in and cope with the new environment.

They will help with **travel training** and help you develop **independence**.

The team supports people of all working ages, not just young people.

Get in touch with Kent Supported Employment through their website:

www.kent.gov.uk/jobs/helping-disabled-people-into-work

Support with Benefits

Information about benefits changes often, and the National Autistic Society's website is usually a good up-to-date source of information:

<http://www.autism.org.uk/living-with-autism/benefits-and-community-care/benefits-for-adults-with-autism.aspx>

Another way to find the page is to look at the National Autistic Society website:

www.autism.org.uk and type **benefits** in the search box.

- Leaflet called: **Ten Top Tips for choosing a support provider**

If you have a personal budget, this leaflet will help you or your family or carer to make decisions about how to use your budget wisely.



Autism Alert Card

An Autism Alert card can alert the Police and other emergency services to the fact that you have an Autism Spectrum Condition.

In Kent, you can obtain an Autism Alert card from the Kent Autistic Trust.

<http://www.katfamilysupportfundraising.co.uk/about-us/>

The card tells the emergency services that you have autism and could be very anxious or upset.

This is likely to be helpful if you are in the community independently, or are lost. It is available to all ages

To receive an application form:

Phone **01634 405168** or email **fsadmin@kentautistic.com**, including your name and address.

Click on this link to print the application form: **[Application form](#)** and post it to Please return this completed form and proof to:

Kent Autism Alert Card
Kent Autistic Trust
14 High Street
Brompton
Gillingham
Kent
ME7 5AE

A copy of the application form is also in your pack

Apprenticeships

Employers are keen to offer apprenticeships to pupils who are leaving school, which allows them to continue studying in a workplace and earn a salary. They are normally for a specific period of time, normally 12- 18 months, and after that the employer may be able to offer employment or the next level of apprenticeship. You will be required to do some studying towards the vocational aspect of your apprenticeship and often English and Maths.

Below are a few links to provide you with more information and apprenticeships available in your area:

Apprentice Kent - <https://www.apprenticekent.com/home>

Kent County Councils website offering both council and private business apprenticeships from Level 1 up.

Not Going to Uni - <https://www.notgoingtouni.co.uk/>

A website to help you find apprenticeships, college courses or work experience to start building your future.

Get So Far - <https://www.getingofar.gov.uk/>

Government website providing support and advice about apprenticeship

Kent Wheels 2 Work - <https://www.w2wkent.co.uk/>

Scheme that provide low cost loans of mopeds and bicycles to people struggling to reach places of work, education or training. This help goes hand in hand with practical support in planning their journey, taking care of their vehicle and safety training. Invaluable to people in rural areas with little public transport or working Sundays or late shifts when alternatives aren't available.



Bluewater Learning Shop

Contact the Bluewater Learning Shop for support with a range of employment skills:

- Support CV Writing
- Interview Technique Support
- Job fairs
- Jobs at Bluewater

Contact: 01322 624455 or learningshop@northkent.ac.uk

Technology and social networking

If you like technology and keeping in touch using the computer, there are some systems that can help you become more independent.

- ***Brain in Hand***

This is a smartphone app which you have to pay for, but some people find it useful.

Find out more about it on their website: www.braininhand.co.uk

- ***Autism Links website***: Lots of useful information about Autism.

Look at the website: <http://www.autismlinks.co.uk/>

- ***Managing your money***

On the memory stick you will find an easy and fun spreadsheet tool to help you with budgeting.

It is called **My Money Toolkit**, and there is a picture of it included in the pack.