

If you want to know more about local services that might be helpful for people on the autism spectrum, it can be difficult to know where to begin. This guide has been created to help you get started to find out which services are available in your area.

## **Adults and Children**

### **How to Get a Diagnosis of Autism**

If you are concerned that you or your relative is on the autistic spectrum, or someone has suggested it to you, contact your GP. Take along notes of things which are causing you concern. Ask any staff or professionals involved with yourself or your relative (eg: teacher, health visitor, support worker) to put in writing to you any concerns they have, so that you can take these with you too. Ask the GP if you or your relative can be referred for assessment. If you are referred to another professional, find out what to expect so that you can prepare yourself. Try to take someone with you to the appointments so that you feel supported. If you have any questions about any of the above, ask the professionals to explain the process to you.

### **The Local Autism Directory (LAD)**

The LAD is a direct response to people's request for an online one-stop-shop of information across Hampshire and the Isle of Wight. It helps to connect the autism community, professionals, employers and service providers and help them access autism information all in one place. The LAD provides online information about many local services including support groups, activities, schools, employment and housing. It also highlights developments taking place across the county and neighbouring regions and has clear and simply written autism research articles to help people stay up to date with new approaches and helpful information.

Web: [www.autismhampshire.org.uk/local-autism-directory/](http://www.autismhampshire.org.uk/local-autism-directory/)

### **Autism Hampshire**

Autism Hampshire is a local charity which delivers high quality services that meet the diverse needs of people on the autism spectrum in Hampshire and the surrounding area. They provide autism focused Training, Domiciliary Care, Supported Living Services, University Mentoring and a Community Access Team that responds to an average of 12,000 requests for information, advice and support each year.

Tel: 01489 880881 Email: [info@autismhampshire.org.uk](mailto:info@autismhampshire.org.uk)

Web: [www.autismhampshire.org.uk/](http://www.autismhampshire.org.uk/)

### **Hampshire County Council Autism Support Service**

This grant funded service is provided by the Community Access team from Autism Hampshire. They offer support for children and adults across Hampshire who are on the autism spectrum, their families and professionals. The support service provides help pre, post and during diagnosis, offering advice, guidance, support and signposting. They also provide a free book and resource lending service and the autism alert programme resources.

Tel: 02380 766162 Email: [communityaccess@autismhampshire.org.uk](mailto:communityaccess@autismhampshire.org.uk)

Web: <https://www.autismhampshire.org.uk/how-we-can-help/information-advice/>

### **Autism Alert Programme**

This provides an autism alert card, car sticker and app, which are free to Hampshire residents. To request these resources please contact Autism Hampshire.

Web: [www.autismhampshire.org.uk/service-development/autism-alert-card](http://www.autismhampshire.org.uk/service-development/autism-alert-card)

## **National Autistic Society**

The National Autistic Society are the leading UK charity for autistic people (including those with Asperger syndrome) and their families.

Tel: 0808 800 4104      Web: [www.autism.org.uk/](http://www.autism.org.uk/)

## **National Autistic Society, South Hampshire Branch**

The South Hampshire Branch is a self-funded branch of the National Autistic Society and run entirely by volunteers. They provide a variety of services across Hampshire and Southampton including groups for all ages, a resource library, contact with other local support groups and access to a wealth of advice and information.

Tel: 07767 618325      Email: [shants@nas.org.uk](mailto:shants@nas.org.uk)      Web: [www.shantsnas.org.uk](http://www.shantsnas.org.uk)

## **Hampshire Autism Voice (HAV)**

Hampshire Autism Voice (HAV) is the parent, carers and people on the autism spectrum group established within the Hampshire Autism Partnership Board (HAPB). HAV actively participates in the planning, delivery and monitoring of services for children, young people and adults on the autism spectrum living in Hampshire.

Tel: 07480 615037      Web: [www.hampshireautismvoice.org.uk/](http://www.hampshireautismvoice.org.uk/)

## **Adults**

### **Hampshire County Council Information for Adults**

Web: [www3.hants.gov.uk/adultsocialcare/disabilitysupport/autism.htm](http://www3.hants.gov.uk/adultsocialcare/disabilitysupport/autism.htm)

### **Connect to Support Online Directory of Services**

Web: [www.connecttosupporthampshire.org.uk/home](http://www.connecttosupporthampshire.org.uk/home)

## **Children and Young People**

### **Hampshire County Council Local Offer, Information for Children and Young People**

Online information directory on services available in Hampshire for children and young people from birth to 25 who have Special Educational Needs and/or Disabilities (SEND).

Tel: 0300 303 8603      Email: [localoffer@roseroad.org.uk](mailto:localoffer@roseroad.org.uk)      Web: [www.hantslocaloffer.info/en/Main\\_Page](http://www.hantslocaloffer.info/en/Main_Page)

### **Hampshire Parent Voice**

Hampshire Parent Voice Service is an information and advice service for parents and carers of disabled children aged 0-25 in Hampshire. They post a free weekly bulletin packed full of activities and run a local rate helpline if you need advice on anything about your disabled child, with workers in every area.

Tel: 0300 303 8603      Email: [parentvoice@roseroad.org.uk](mailto:parentvoice@roseroad.org.uk)

Web: [www.parentvoice.info/en/Home\\_Page](http://www.parentvoice.info/en/Home_Page)

### **Hampshire Gateway**

The Hampshire Gateway website is packed full of places to go and things to do for children with a disability or additional need, with lots of information to help you to access activities. It will help you to use your gateway card which all children. The Gateway Card is free and gives you access to activities, play schemes and buddy schemes through the Hampshire short breaks programme.

Tel: 0300 303 8603      Email: [gateway-project@hotmail.co.uk](mailto:gateway-project@hotmail.co.uk)

Web: [http://www.hampshiregateway.info/en/Home\\_Page](http://www.hampshiregateway.info/en/Home_Page)

### **Hampshire Support4SEND**

Provides free impartial advice, information and support to parents and carers of children and young people with special educational needs and disabilities (SEND) throughout Hampshire. They also encourage parents and carers to be involved in the development of local SEND policy and practice.

Tel: 01962 845870      Email: [enquiries.pps@hants.gov.uk](mailto:enquiries.pps@hants.gov.uk)

Web: [www.hants.gov.uk/parentpartnership](http://www.hants.gov.uk/parentpartnership)

## **Carers**

Carers Together provides support if you care, unpaid, for a friend or relative who is ill, disabled or vulnerable. Tel: 01794 519495      Web: <http://www.carerstogether.org.uk/>