



THE AUTISM INFORMATION & ADVICE SERVICE

The Autism Information and Advice Service is Derby City and Derbyshire's specialist signposting service, commissioned specifically to support autistic people (16+), parents and carers of autistic adults & children and professionals working with the autistic community. We can direct you to any type of support you may require pre, post or mid diagnosis – no matter what the issue or the type of support needed, we can help!

What can we do for you?

- We have a helpline, accessible by phone, email or our website, open **Monday to Friday, 9:30am to 4:30pm**, ran by our helpful autism advisors.
- We host a monthly **Autism Alliance** - an online peer support group where you can share your experiences with like-minded individuals.
- We run a monthly **parent/carer course** and offer **autism awareness raising training to professionals**.
- We **Signpost to local and national services** on a range of issues, including: **mental health support, get into work schemes and respite services**.
- We make **referrals to Citizens Advice** services including **legal, debt and housing** information and support.
- We source **peer support and social groups**.
- We offer **Pre, Post and Mid diagnosis support & signposting** to specialist autism services.
- We provide information on **EHCPs, social care assessments, and benefits**; plus, support with **form-filling and benefit checks**.
- We offer information and advice on **reasonable adjustments, support in the workplace/education setting** and navigating scenarios.
- We refer and signpost to **advocacy services**.
- We host **drop-in events in the community**, circulate a monthly **newsletter** and create useful resources.

Telephone: 01332 228 790

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Website: www.autisminformationandadvice.org.uk

Instagram: @autisminformationandadvice

