Information sheets and leaflets available from the Autism Helpline

SYMBOLES

+ = Leaflet available from the Autism Helpline (for bulk orders contact NAS Publications)

* = Available as a free information sheet from the Autism Helpline or to order as a booklet from NAS Publications

@ = Available on the NAS website or to order as a booklet from NAS Publications

Autism and Asperger syndrome

Adolescents and adults with autism spectrum disorders: resources for parents and professionals [http://www.autism.org.uk/27562]

ASD jargon

Asperger syndrome: a selective guide to books and other resources [http://www.autism.org.uk/15346]

Attention Deficit Hyperactivity Disorder and autism [http://www.autism.org.uk/15354]

Autism: a selective guide to books and other resources [http://www.autism.org.uk/15345]

Basic guidelines for parents of children with an autism spectrum disorder


The genetics of autism spectrum disorders: a briefing [http://www.autism.org.uk/24984]

A GP’s guide to adults with Asperger syndrome + [http://www.autism.org.uk/14109]

Pathological demand avoidance [http://www.autism.org.uk/15355]


Recognising autistic spectrum disorder [http://www.autism.org.uk/14110]

Resources for adults with Asperger syndrome [http://www.autism.org.uk/27405]

Semantic Pragmatic Disorder [http://www.autism.org.uk/20591]


What is Asperger syndrome + [http://www.autism.org.uk/asperger]

## Approaches, interventions and therapies

**Applied behavioural analysis (ABA)**  
Before choosing an approach:  
[http://www.autism.org.uk/26567](http://www.autism.org.uk/26567)

**Counselling**  

**Dolphin therapy**  
Counsellors and psychotherapists: a guide  

**Medication and autism spectrum disorders**  
Organising, sequencing and prioritising  

*The sensory world of autism*  

**Serotonin**

**The Son-Rise Program**

**SPELL**  

**TEACCH (parent version)**

**TEACCH (professionals' version)**  

## Behaviour

**Anxiety**  

**Autism spectrum disorders and self-injurious behaviour**  

**Behaviour guidelines**  
[http://www.autism.org.uk/19044](http://www.autism.org.uk/19044)

**Behaviour: common questions answered (only on website)**  

**Biting**  

**Challenging behaviours and ASD**  

**Change: preparing a person with an autism spectrum disorder for change**  

## Dietary management for children and adolescents with autism spectrum disorders

- Dietary management for children and adolescents with autism spectrum disorders – Over eating  

- Dietary management for children and adolescents with autistic spectrum disorders - Restricted diet  

- Obsessions, repetitive behaviours and routines  

- Sleep and autism: helping your child  

- Toilet-training  

## Benefits and finance

**The abolition of adult Disability Living Allowance**  

**Benefit appeals**  

**Benefits for adults with autism**  

**Benefits for children with autism and their families**

**Benefits for young people with autism (aged 16-20)**

**Blue badge (disabled parking) scheme**

**Blue badge scheme**  

**Blue badge scheme: example of a parental supporting letter**

**Borrowing money and managing debt**  

**Carer's Allowance**  

**Disabled Students Allowance supporting letter**

**Disability Living Allowance for Children: tips for making a claim**  

**Disability Living Allowance for children under 16**  
[http://www.autism.org.uk/11808](http://www.autism.org.uk/11808)

**DLA – guidance for adults with ASD completing the form**  
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**Communication**

Basic guidelines for interviewing a child with an autism spectrum disorder


Makaton

Social and communicative interactions in autism spectrum disorders


Social isolation

[http://www.autism.org.uk/16261](http://www.autism.org.uk/16261)

Social Stories™ and comic strip conversations


Speech and language therapy


**Community Care and Respite**

Carer’s rights [http://www.autism.org.uk/25606](http://www.autism.org.uk/25606)

Care and support services for adults with autism [http://www.autism.org.uk/15359](http://www.autism.org.uk/15359)

Care services: complaints and remedies (England) [http://www.autism.org.uk/23926](http://www.autism.org.uk/23926)


Direct Payments: a guide for adults and young people who have an ASD [http://www.autism.org.uk/20535](http://www.autism.org.uk/20535)


Introduction to charging for community care services in England [http://www.autism.org.uk/31174](http://www.autism.org.uk/31174)


Person-centred planning [http://www.autism.org.uk/21282](http://www.autism.org.uk/21282)


Self-directed support [http://www.autism.org.uk/24618](http://www.autism.org.uk/24618)
Self-directed support: myths busted
http://www.autism.org.uk/28707

Social services: getting help for your child
(England and Wales)
http://www.autism.org.uk/17378

Criminal justice

Autism spectrum disorders (ASD) and prison

Autism spectrum disorders: a guide for criminal justice professionals (web only)
http://www.autism.org.uk/cjp

Being a victim or witness of a crime (with 'What's my story?)

Criminal justice system and ASDs
http://www.autism.org.uk/17130

Diagnosis

Asperger syndrome: broaching the subject

What are the benefits of diagnosis? (formerly: Diagnosis: how can it benefit me as an adult? and Why get a diagnosis as an adult?)
http://www.autism.org.uk/18332

Diagnosis: the process for adults (formerly Gaining a diagnosis in adulthood)
http://www.autism.org.uk/18378

Diagnosis: what to expect
http://www.autism.org.uk/23620

Telling a child about their diagnosis
http://www.autism.org.uk/23604

What next? Moving on from diagnosis (a guide for adults) +

Education – general

Autism spectrum disorders: a resource pack for school staff @ http://www.autism.org.uk/24999

Bullying: a guide for parents
http://www.autism.org.uk/18331

Bullying: a guide for young people with an autism spectrum disorder http://www.autism.org.uk/23602

Circle of Friends: promoting inclusion and interaction http://www.autism.org.uk/16877

Classroom and playground - support for children with autism spectrum disorders
http://www.autism.org.uk/29638

College and university: supporting students with Asperger syndrome
http://www.autism.org.uk/18333

Education and autism: a selective guide to resources http://www.autism.org.uk/15361

Education: Meeting the needs of students in FE and HE http://www.autism.org.uk/15693

Education: working with an Asperger pupil in secondary schools @
http://www.autism.org.uk/17005

Exams: guidelines for teachers and parents of young people with an autism spectrum disorder
http://www.autism.org.uk/29230

Home education http://www.autism.org.uk/23635


Student support information

Supporting children with an autistic spectrum disorder (ASD) with homework
http://www.autism.org.uk/25541

Understanding difficulties at breaktime and lunchtime @ http://www.autism.org.uk/16836

University: choosing and applying
http://www.autism.org.uk/18455

University: starting http://www.autism.org.uk/20552

Education – England and Wales

Annual review (England and Wales)

Disability discrimination in education (England and Wales) http://www.autism.org.uk/18087

Education: advocacy tips for parents (England and Wales) http://www.autism.org.uk/18451

Education: choosing a school in England and Wales http://www.autism.org.uk/10919
Education: getting extra help in school (England and Wales) [http://www.autism.org.uk/17386]

Education: Individual education plans (IEP) (England and Wales) [http://www.autism.org.uk/17513]

Education: statements of special educational needs (England and Wales) [http://www.autism.org.uk/13515]

Education: statutory assessment (England and Wales) [http://www.autism.org.uk/13516]

Education jargon (England and Wales) [http://www.autism.org.uk/17385]

Fixed term exclusion (England and Wales) [http://www.autism.org.uk/19716]

Permanent exclusion (England) [http://www.autism.org.uk/19717]

Permanent exclusion (Wales) [http://www.autism.org.uk/29649]

Transition planning at the age of 14 (England and Wales)

Transport from home to school (England) [http://www.autism.org.uk/24253]

Education – Northern Ireland

Education: advocacy tips for parents (Northern Ireland) [http://www.autism.org.uk/29729]

Education: checking statements - a summary (Northern Ireland) [http://www.autism.org.uk/29735]

Education: checking statements of special educational needs (Northern Ireland) [http://www.autism.org.uk/29731]

Education: getting a statement of special educational needs (Northern Ireland) [http://www.autism.org.uk/29732]

Education: getting extra help in school (Northern Ireland) [http://www.autism.org.uk/23631]

Education: statutory assessment (Northern Ireland) [http://www.autism.org.uk/29733]

Education: terms you may hear (Northern Ireland) [http://www.autism.org.uk/29730]

Education: understanding the SEN system in Northern Ireland [http://www.autism.org.uk/29734]

Education - Scotland

Additional support needs tribunal (Scotland) [http://www.autism.org.uk/30309]

Co-ordinated Support Plan (CSP) (Scotland) [http://www.autism.org.uk/19620]

Education: additional support needs (Scotland) [http://www.autism.org.uk/19619]

Education advocacy tips for families (Scotland) [http://www.autism.org.uk/19219]

Education appeal committees (Scotland) [http://www.autism.org.uk/30413]

Education: disability discrimination (Scotland) [http://www.autism.org.uk/20543]

Education jargon (Scotland) [http://www.autism.org.uk/19220]

Education: mediation (Scotland) [http://www.autism.org.uk/20541]

Education: placing requests (Scotland) [http://www.autism.org.uk/20542]

Exclusion (Scotland) [http://www.autism.org.uk/31509]

Getting extra help in school (Scotland) [http://www.autism.org.uk/30534]

Independent adjudication (Scotland) [http://www.autism.org.uk/23632]

Individualised educational programmes (IEP) (Scotland) [http://www.autism.org.uk/20540]

Transition (Scotland) [http://www.autism.org.uk/24387]

Employment

Bullying in the workplace [http://www.autism.org.uk/23601]

Employment: tips for interviewing people with autism or Asperger syndrome [http://www.autism.org.uk/15692]
Looking for Staff? +
Managing someone with an ASD
http://www.autism.org.uk/23708

Recruiting someone with an ASD
http://www.autism.org.uk/23707

The undiscovered workforce: looking for a job

The undiscovered workforce: looking for staff

Holidays
Holidays: autism-friendly venues
http://www.autism.org.uk/007903

Holidays: preparation and practicalities
http://www.autism.org.uk/18059

Information for partners
Help for partners – some frequently asked questions
http://www.autism.org.uk/22520

Information for students
Asperger syndrome in your classroom
(information for classmates)
http://www.autism.org.uk/18320

Autism: information for HE students studying the condition
http://www.autism.org.uk/20538

Education: worksheet for primary school children
http://www.autism.org.uk/18324

NAS Services and resources
After diagnosis +

Autism Accreditation

Autism Data: a brief guide to searching (info sheet not currently available, under revision)

Autism Helpline

Autism Services Directory: searching techniques

Careers: so you want to work with people with autism?
http://www.autism.org.uk/30132

NAS Information Centre +

Signpost

What next? +

Social skills
Social skills for adolescents and adults
http://www.autism.org.uk/socialskills

Social skills in young children
http://www.autism.org.uk/18453

Other
Advocacy and autism
http://www.autism.org.uk/18589

Autism: a guide for activity leaders and sports instructors
http://www.autism.org.uk/23143

Autism: books and DVDs for children and young people
http://www.autism.org.uk/18321

Autism spectrum disorders and hearing impairments
http://www.autism.org.uk/25568

Autism worksheet for brownies, cubs and other clubs
http://www.autism.org.uk/23603

Christmas and autism spectrum disorders
http://www.autism.org.uk/16876

Courses for professionals in autism and other related topics
http://www.autism.org.uk/16562

Death and bereavement and autism spectrum disorders
http://www.autism.org.uk/17129

Dentist: preparing for a visit *
http://www.autism.org.uk/17369

Dentists: supporting adults with autism
http://www.autism.org.uk/18261

Designing websites suitable for people with autism spectrum disorders
http://www.autism.org.uk/23633

Doctor: preparing for a visit
http://www.autism.org.uk/19827

Driving
http://www.autism.org.uk/20551
Environment and surroundings *  
http://www.autism.org.uk/18450

Early years and autism *

Families: supporting brothers and sisters  
http://www.autism.org.uk/16720

Grandparents  
http://www.autism.org.uk/20544

Guidelines for airline staff

Hairdressers: preparing for a visit  
http://www.autism.org.uk/18354

Housing options: an introduction for people with autism and their families  
http://www.autism.org.uk/20590

Housing options for older people with autism  
http://www.autism.org.uk/31126

Lasting power of attorney  
http://www.autism.org.uk/23605

Mental health in people with autism and Asperger syndrome: a guide for health professionals *  
http://www.autism.org.uk/15350

Moving house *  
http://www.autism.org.uk/18456

Parents of adults with autism: your rights  
http://www.autism.org.uk/20546

Professionals in autism: a guide for parents and carers (formerly Who can help? Professionals involved in autism)  
http://www.autism.org.uk/19844

Religion: going to a place of worship  
http://www.autism.org.uk/20594

Sex education and children and young people with autism spectrum disorders  
http://www.autism.org.uk/17079

Shopping: strategies to help *  
http://www.autism.org.uk/17368

Understanding a parent with autism: a guide for young people  
http://www.autism.org.uk/23616

For a copy of any of the above information sheets or free leaflets please contact the Autism Helpline. Please note that the Helpline can only send out a maximum of 5 information sheets at any one time. Helpline Advisers are available to discuss any of the above issues.

@ Available on the NAS website at www.autism.org.uk  
+ Leaflet available from the Autism Helpline (for bulk orders contact NAS Publications)  
* Available as a free information sheet from the Autism Helpline or to order as a booklet from NAS Publications

If you require further information please contact the NAS Autism Helpline, tel: 0808 800 4104  
autismhelpline@nas.org.uk  
Text your name, address and title of the information sheet you require to 07903 200200

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Last updated: August 2013  
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