

## FAQ : Frequently asked questions

### You just learned you're autistic, so what's next?

#### **BENEFITS**

**Q:**What help is available through social services?

**Q:**What is the needs assessment?

**A:**Care needs assessment from your local authority can be the first step towards getting the help and support you need with your everyday life. The aim is to work out how much help you need to enable you to live as independently as possible.

**Q:**How do I request a needs assessment?

**A:**Check Resources for Autistic adults tab Benefits for more information

**Q:**What kind of benefits are there and how to apply for them?

**A:**Please refer to our article about benefits in Resources for autistic adults tab, you can also check : <https://www.benefitsandwork.co.uk/>

**Q:**How to apply for PIP?

**A:**Please refer to our article about benefits in Resources for autistic adults tab

#### **HEALTH**

**Q:**What kind of therapies are available for me?

**A:**Resources for Autism provide X therapies. The waiting list is X. Please refer to our article about Health, Mental Health for more information on this subject. There is also inclusive disability psychotherapy service (<https://lapis.org.uk/>) London Accessibility Psychotherapy & Inclusive Supervision.

**Q:**Do you offer counselling?

**Q:**Do you offer support groups?

**Q:**I need help with sleep problems, can you help?

**Q:**I struggle with impulse control, can you help?

**Q:**I struggle with cooking

**Q:**I'm set in my ways about food

**Q:**I am addicted to my phone,can you help?

#### **SOCIAL**

**Q:**What are the social opportunities for me?

Please refer to our Map of social opportunities in England.

**Q:**How do I make friends?

**Q:**Where can I share my special interests and go into specifics?

**Q:**How do I date online?

**Q:**How do I stay safe online?

**Q:**Making friends online?

## **HOUSING**

**Q:**What are the housing possibilities for me?

**Q:**As a single person?

**Q:**As a person with a child?

## **EMPLOYMENT**

**Q:**What are my rights as disabled person at work?

**A:** Please check out this webpage: <https://www.disabilityrightsuk.org/guidance-resources>

**Q:**What are the work opportunities for me?

**A:**Please refer to our Notice board for Work opportunities as well as our article about. You can also browse opportunities on these webpages: <https://www.employ-ability.org.uk/> , <https://jobs.ambitiousaboutautism.org.uk/jobs/home/> , <https://care-trade.org/> , <https://www.evenbreak.co.uk/>

**Q:**Is there any support at work?

**Q:**Reasonable adjustments, what it is and how to ask for it?

**Q:** Are there any aids for work that can be helpful for me?

**A:** There are prompt guides with chat GPT, <https://pomofocus.io/> , <https://asmentoring.co.uk/> , Mentoring <https://www.autismforward.org.uk/> , <https://businessdisabilityforum.org.uk/> , <https://www.myplusconsulting.com/>

## **EDUCATION**

**Q:**What kind of support is available at universities?

**A:** Please check out this webpage: <https://www.ipsea.org.uk/> , <https://www.equalityenterprise.co.uk/>

**Q:** Are there any universities catered to autistic adults?

**Q:**What opportunities are available for students?

**A:**

<https://www.leonardcheshire.org/get-support/working/change-100-internships/change-100-applicants>

## **GENERAL**

**Q:**Can someone help me with paperwork?

**Q:**I struggle with organisation, where can I find help?

**Q:**I struggle with money, where can I get help?

**Q:**Can you tell me about private diagnosis?

**WAIT TIMES**

**Q:** I'm frustrated by long wait times, can you help me?