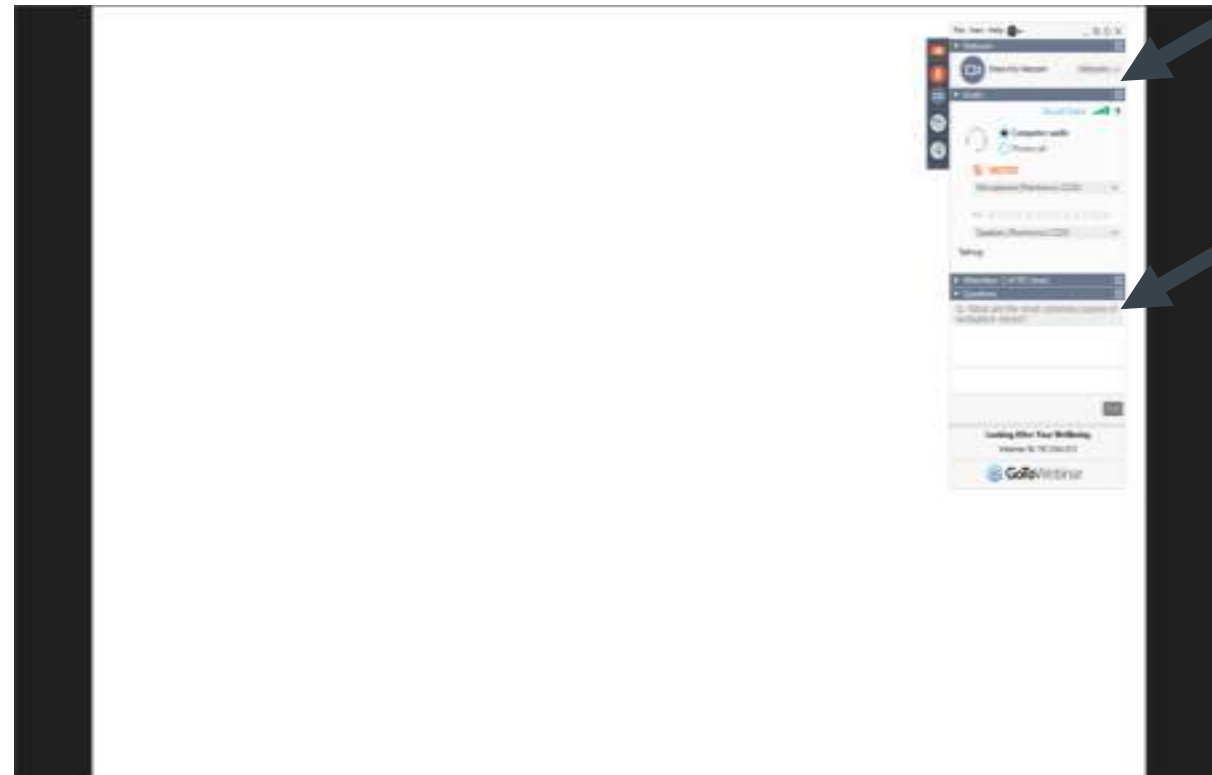


*Welcome to
your charity*



Welcome to our Webinar

The console will show audio levels of the speaker; your mic will remain muted.



Type questions, thoughts or comments and press 'send'. They will only be visible to the host of the webinar.

Our Vision...

is to be a supportive community in which everyone has the chance to live their life to the full.

We offer...

a range of financial assistance and services to support you.

Key Facts

- ▶ All serving, former or retired civil servants (and their dependants) can seek the Charity's help at any time
- ▶ There is no need to donate to be eligible for our help, (but it's great if you do and there are many ways you can)
- ▶ We are **NOT** a membership organisation

In 2021...

People came to us for help nearly **97,000** times



Nearly **£1.66 million** was given out in **4,700** payments to support people in need



Every **minute** someone accessed or applied for help



80% of the total times people came to us for help was related to wellbeing

Linda Eades
Head of Wellbeing Services

A Training for Carers of an Adult child

Autism & ADHD

Dr Annie Clements(Hons)



A little bit about myself and my team



Current issues

- Broken system
- Lack of appropriate care
- No trainings specifically for us
- Returning home from University or failed placements with little purpose
- Impact on our own lives and expectations

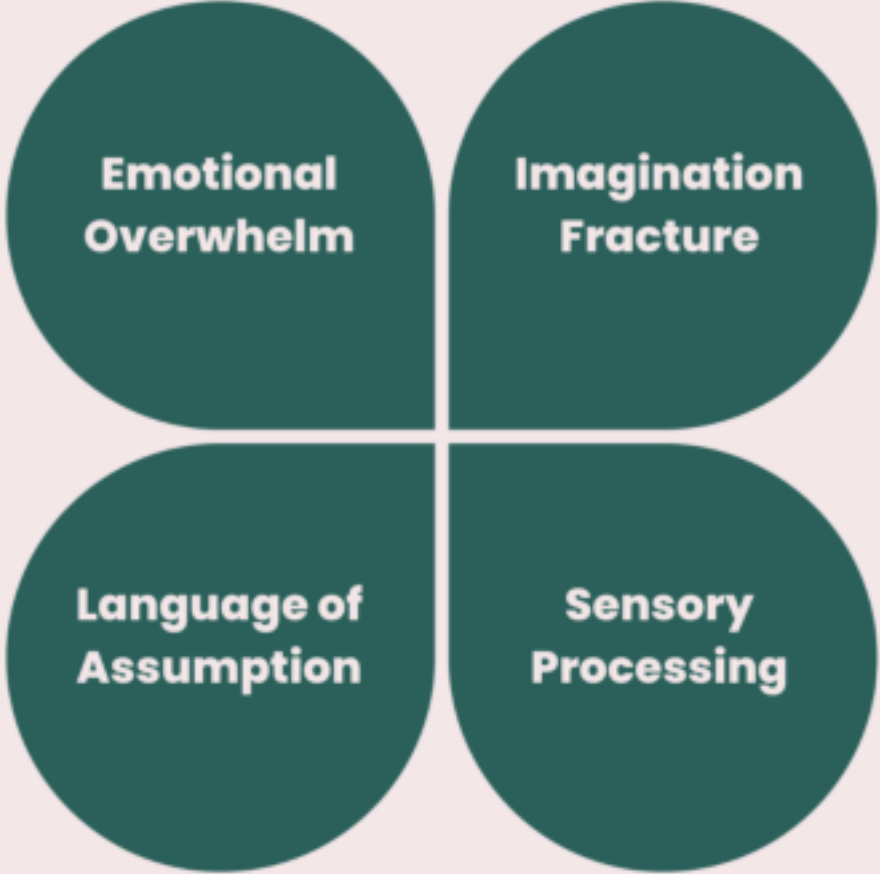
Diagnosis Challenges

- Mental Health presentation following childhood traumas
- Long waiting lists
- Identity issues
- Coming to terms with assessment

Being a Carer of an adult child can be.....

- Isolating
- Scary
- Overwhelming
- Exhausting
- Lonely

Let talk about Autism
& ADHD



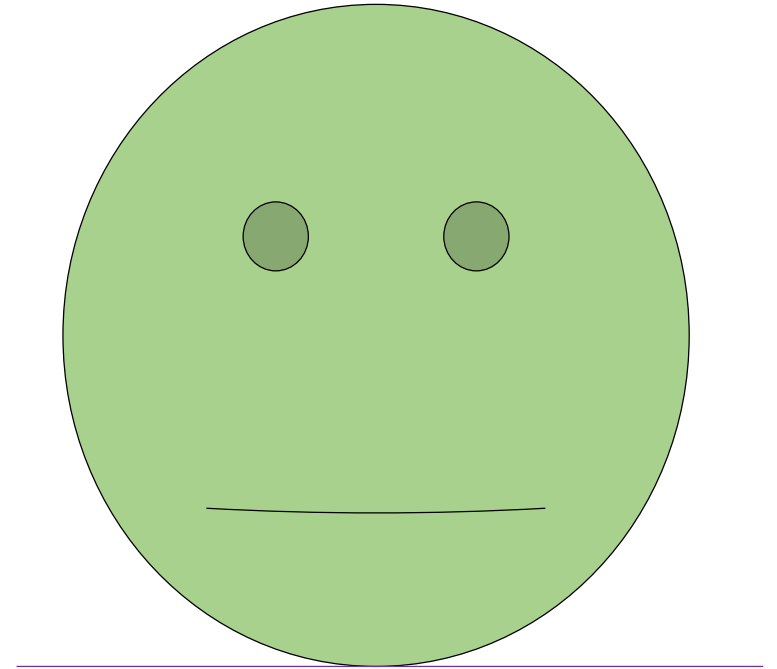
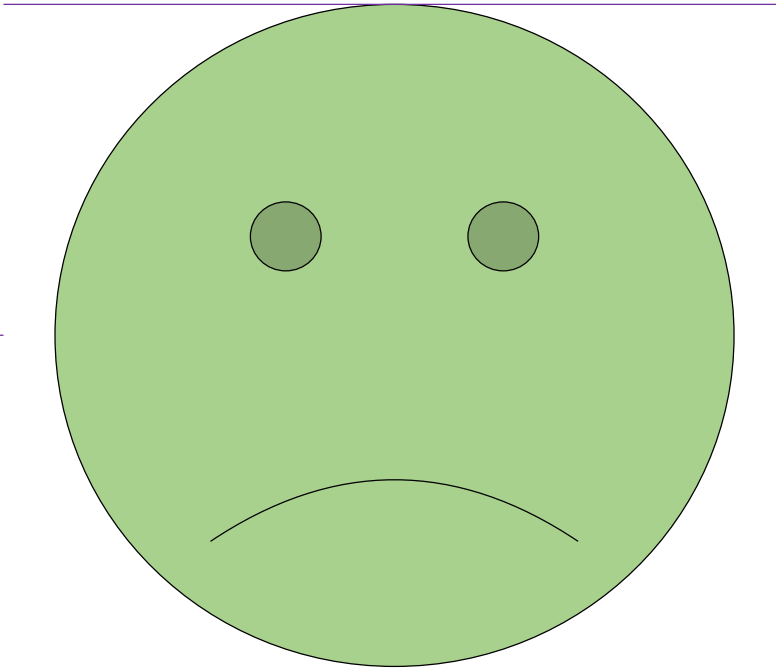
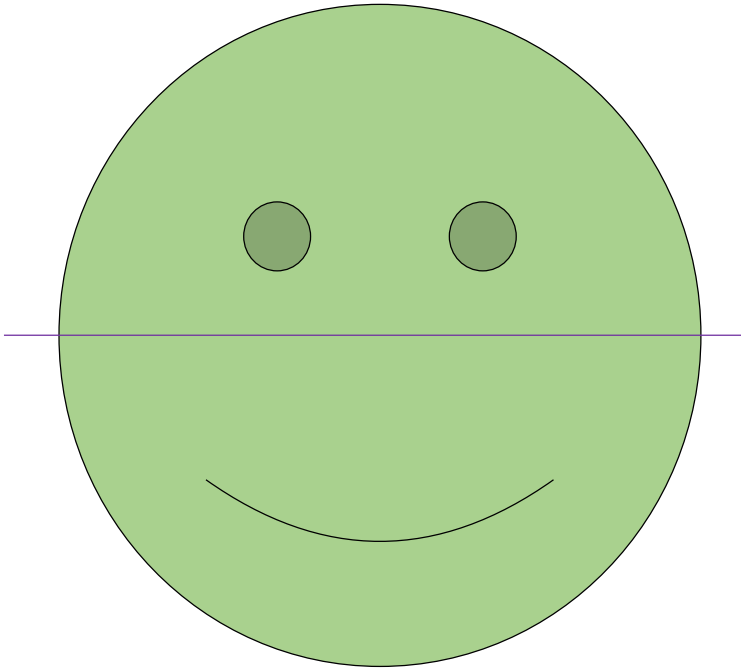
**Emotional
Overwhelm**

**Imagination
Fracture**

**Language of
Assumption**

**Sensory
Processing**

Foundation Block 1: Three Faces



Feeling physically & emotionally safe..
what did you think about this morning?



How we all plan our day



Foundation Block 2: Imagination Fracture

Some of the other things we use our imagination for

- Choices
- Risk assessing
- Relationships
- Time
- Self Reflection

Foundation Block 3: Language of Assumption



Give clear instructions and expectations

- Take the plate to the kitchen
- Sit down
- Can you tidy your room please
- Just be kind to each other

Signs



Emails, messages, letters & texts



Foundation Block 4: Sensory Processing



Are they seekers or avoiders?

Hypo sensitive (seekers)

Hyper sensitive (avoiders)



Behaviour is Communication



What does it look like ?

- Avoidance
- Withdrawal
- Shouting/inappropriate language
- Stimming
- Laughing
- Running off
- Physical behavior
- Destroying spaces

Behaviour is like an onion



- We tend to contain behavior to make it safe, asking for it to stop or for them to change.
- This is like putting a sticky plaster on the wound of an elephant !! It will just fall off and get worse.
- We always, always, always need to get to the middle of what's happening and find out why ?
- Nearly always related to fear of conflict, breakdown of trust, environment, not understanding

Anger is an end emotion

It always comes from either

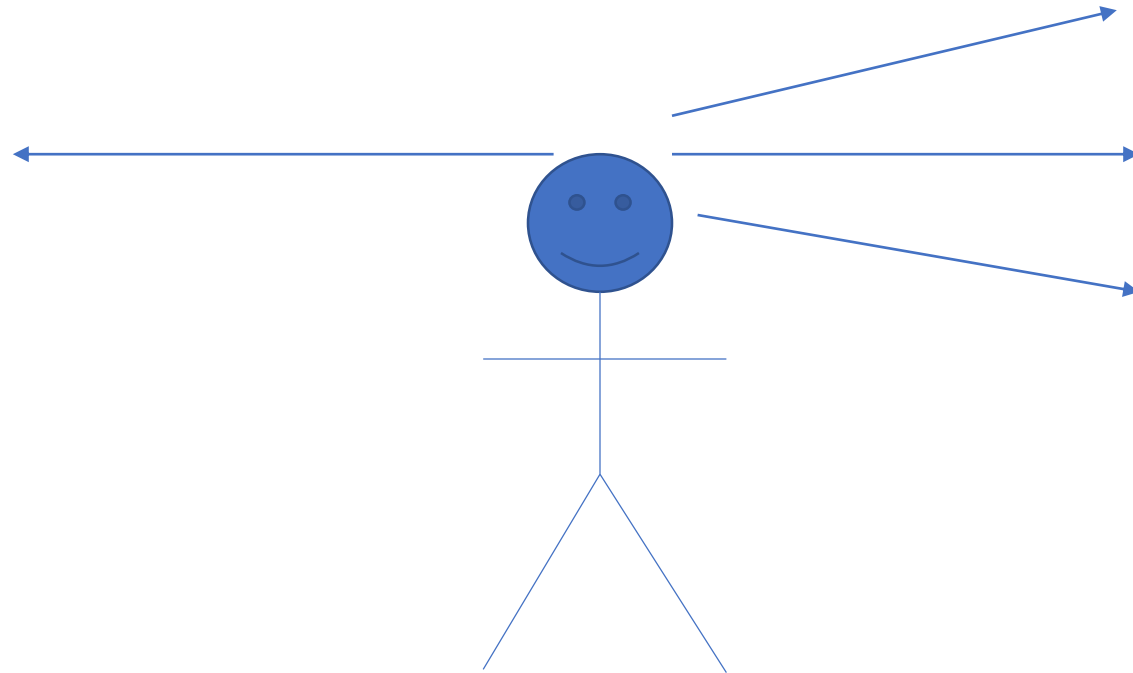
FEAR

HURT

FRUSTRATION

Lets look at self reflection...

Where did it
start to go
wrong ?



Back it up with a flow chart to support consequence of choice



Anxiety and moving forward

We need to unpack where the anxiety comes from and work through 3 things.

- Can we make it go away?
- Can we change something?
- Do we need a strategy to manage it?

The "Break down the brick wall" approach

Going to the shop

Walking to the shop	Crossing the road	Carrying the bag
Finding what I need	The smell	The lights
Paying for things	Other people	Might see a dog

“What if’s” and “I need to remember cards”

What if my favorite cereal isn’t there, I can....

- Ask one of the staff if they have any Rice Krispies in the storeroom
- Chose my 2nd favorite of Crunchy Nut Cornflakes
- I need to remember that....
- My Support Worker will never leave me on my own and will help me to make a decision.

Our community are NEVER completely ok outside of their own environment



Autism in Females



It's all a bit different.....

- A grade maskers
- Can mimic social & communication skills
- Imaginative process differences
- Some presentations are seen as 'girly'

What is different about Pathological Demand Avoidance?



Relationships



Main issues

- Communication
- Boundaries
- Empathy
- Understanding consequences
- Unpredictability
- Body language
- Facial expressions

Sex and Gender Identity



Bullying, coercion, hate/mate crime



Wills & Trusts



Long Term Accommodation & Support



Who needs to change ?



change
be the

Any Questions ?



Keep
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Thank you

Support us to support you

- ▶ **Donate.** We need you today.
- ▶ We wouldn't be able to offer help like this without your help.



Give help – donating is simple

Monthly donation

Single donation

My donation

I am making a monthly donation of £10*

£5

£10

£25

£

10

The minimum donation amount is £3.50. If you wish to donate more than £10,000 please call us on +44 20 8240 2451

* indicates a required field

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