

East Dunbartonshire's Autism Pre-Diagnosis Information

If you or someone you care for has begun the process for an autism assessment, you may be placed on a waiting list. While you are awaiting the assessment, there are still a number of local organisations which can offer information sharing and support.

EDC's Local Area Co-ordinators (LACs)

You can contact the LACs if you have any questions about local autism (and learning disability) services in East Dunbartonshire. They can signpost you to a number of useful departments, organisations and groups. They also run a monthly parent and carer forum for those with a caring responsibility for someone on the autism spectrum (or awaiting an autism diagnosis), alternating between in-person and online meetings. If the person does receive a diagnosis of autism and are over 14 years of age, the LACs can also offer more direct 1:1 input.

LACs@eastdunbarton.gov.uk

Carers Link

Carers Link provides information and support to unpaid carers who live in East Dunbartonshire or care for someone who lives in East Dunbartonshire, with or without a diagnosis. *'If you look after a family member or friend who cannot manage without your support, you are a carer'*. Carers Link supports and encourages carers of all ages, providing support, information, advocacy, courses, groups - and a listening ear when you need one.

www.carerslink.org.uk/

Creatovators

Creatovators run regular sessions called 'You Are Not Alone', aimed at sharing information for the autistic community and their families on a range of subjects. Previous topics include: 'employment', 'transitions', 'females', 'diet/eating', 'sensory needs' and 'getting a diagnosis'. The evenings allow for peer-support, introductions to local services in attendance and also a question and answer session with an autistic panel.

www.creatovators.com/

Supporting Autism and Neurodiversity (SAND) training

There are regular rounds of this 5 week block of training for parents and carers to learn more about autism and neurodiversity, also open to families awaiting a diagnosis. The

sessions cover 5 different topics: *Autism and Neurodiversity overview*, *Communication*, *Processing differences*, *Sensory differences*, *Arousal and behaviour*, and *'Getting it right'*. The sessions are facilitated over Zoom by accomplished practitioner Heather Wright, in conjunction with Carers Link and Differabled.

<https://carerslink.org.uk/carers-autism/>

Scottish Womens Autism Network (SWAN)

SWAN is an organisation that provides support to autistic women, girls and non-binary people (aged 18 upwards). They run a range of online training sessions (including a pre-diagnosis workshop), as well as other services and supports.

<https://swanscotland.org/>

Useful websites:

The National Autistic Society

- www.autism.org.uk/

Scottish Autism

- www.scottishautism.org/

The Local Area Co-ordinators

- www.eastdunbarton.gov.uk/health-and-social-care/disability-services/local-area-co-ordinators