Autism Support Guide

Support solutions for autism

Concept Northern provide assistive technology, training and support to people of all ages to help increase productivity and equality.
Empowering support

About Concept Northern

Concept Northern support individuals with additional support needs through bespoke training and assistive technology solutions.

Our organisation is committed to providing support solutions to people affected by autism and you will find a selection of tools within this guide.

Support for the everyday

We understand that autistic people have a unique outlook and can benefit from help with dealing with everyday issues which may arise. Within this guide you will find solutions designed to help with several issues including:

- establishing greater independence
- managing mood changes
- reducing reliance on support
- developing coping strategies
- planning activities

Unique solutions

Every autistic person is different so one solution may not benefit another. The purpose of this guide is to offer several tools and solutions aimed at many different issues so that each person may take away an approach which suits their individual needs.
Brain in Hand (BiH) is smart web-based software that helps users achieve greater independence, manage mood problems and reduce reliance on support.

**How it works**

Brain in Hand synchronises with a smartphone app so it is always available and simple to use. It’s based on well-established therapeutic principles such as Cognitive Behavioural Therapy (CBT), solution focused therapy, and recovery based rehabilitation allowing the learning from these approaches to be turned into a set of person centred strategies.

**Key Features**

Brain in Hand is packed full of features designed to offer support in every daily task.

- **Personalise activities and coping strategies.**
- **Mood Monitoring on your phone.**
- **Data for records, sharing and continual improvement.**
- **Help when you need it.**

A diary and 'recipes' for difficult to remember tasks

To ensure vital elements of your day aren’t missed, including planned events and activities, you can enter appointments and routines for each day into the diary section of the system.

Instant access to pre-planned coping strategies

Before using Brain in Hand, you complete a workbook to help identify strengths and weaknesses and map out challenges from small daily difficulties to bigger goals and note which solutions help.

‘Pressing red’ to request support

Pressing red on the traffic light feature sends a text or email alert to your person of choice, letting them know you need to talk something through.

They’ll get in touch in the way you have agreed – phone, text or email.

A secure website where you can review your use and identify new issues

Brain in Hand keeps track of all the problems and solutions that you press on the smartphone, and sends them back to your personal website.

As you get used to Brain in Hand, you can review and improve your schedules and solutions, drawing on your experiences and learnings, to help you better manage the challenges of daily life.
Coaching and additional training

Coaching is completely tailored to each individual’s needs and is carried out in a one-to-one scenario.

During coaching we will develop individual strategies designed to minimise the impact of disabilities. These strategies can then be added to your Brain in Hand to promote efficient working habits to expand confidence, productivity and ultimately, happiness in work or education.

Brain in Hand 1 year licence

1 year of Brain in Hand. Manage your anxiety and plan your day with the knowledge that support is on hand when you need it.

Feel supported – Track your anxiety levels and request extra support if you need it – all from your phone.

Brain in Hand specialist training

Setup and support training from a qualified professional trainer. This will cover setting up your strategies and familiarising you and your chosen supporter with the software.

Support will be set up with someone you know so that they can be on hand when you need them via your preferred method of contact.

Brain in Hand 1 year licence + NAS Support

1 year of Brain in Hand. Manage your anxiety and plan your day with the knowledge that support is on hand when you need it.

The National Autistic Society can provide support for an unlimited number of requests.

Feel supported – Track your anxiety levels and request extra support from the National Autistic Society if you need it – all from your phone.

Coaching and additional training

Coaching is completely tailored to each individual’s needs and is carried out in a one-to-one scenario.

During coaching we will develop individual strategies designed to minimise the impact of disabilities. These strategies can then be added to your Brain in Hand to promote efficient working habits to expand confidence, productivity and ultimately, happiness in work or education.

Brain in Hand specialist training

Setup and support training from a qualified professional trainer. This will cover setting up your strategies and familiarising you with the software.

Telephone support will be set up with the National Autistic Society so that they can be on hand when you need them.

Coaching and additional training

Coaching is completely tailored to each individual’s needs and is carried out in a one-to-one scenario.

During coaching we will develop individual strategies designed to minimise the impact of disabilities. These strategies can then be added to your Brain in Hand to promote efficient working habits to expand confidence, productivity and ultimately, happiness in work or education.
How it helps

Read&Write literacy software makes the web, documents and files more accessible – any time, any place, and on any platform or device.

From reading on-screen text aloud to researching and checking written work, Read&Write makes lots of everyday tasks easier.

It’s a big confidence booster for anyone who needs a little extra help with their reading and writing, at school or in the workplace.

Key features

- Hear web pages and documents read aloud to improve reading comprehension, with choice of natural voices.
- Understand unfamiliar words with text and picture dictionaries
- Develop writing skills with word prediction

Help with writing

Improves confidence and understanding levels for struggling readers

Help students and employees with dyslexia and other literacy challenges

Supports independent learning and understanding
MatchWare MindView helps to brainstorm ideas, plan tasks, and manage projects.

The software gives users the power to create detailed mind maps and diagrams, which can be used with new tasks, organise existing ones, and simplify project management.

Featuring extensive Microsoft Office integration and powerful collaboration options, MindView enables users to plan and produce better projects and reports from start to finish.

**Key features**

- Create and develop new ideas
- Organise ideas into powerful mind maps
- Augment maps with notes and attachments
- Use tasks to manage projects

**How it helps**

- Improves planning and organisation skills
- Manage complicated projects with tasks
- Gain confidence when faced with brainstorming ideas

Help to organise
Help to record

Record everything you write, hear or say. Replay your meetings or lectures simply by tapping on your notes.

Transfer your notes and audio to your computer via USB cable and Echo Desktop will save everything for fast, easy access to what’s important.

Easily share your notes and audio from Echo Desktop as a standard PDF or audio files.

How it helps

- Focus in meetings or lectures with notetaking support
- Organise your notes with supplied software
- Become confident with notetaking in meetings

Key features

- Record audio and written notes with one device
- Replay your notes later
- Easily transfer and organise notes on your computer
- Share your notes through various formats
Access to Work

Access to Work is a publicly funded support programme that aims to help more disabled people start or stay in work.

The Programme

Access to Work can provide practical and financial support for people who have a disability or long term physical or mental health condition. Support can be provided where someone needs help, adaptations or implementing reasonable adjustments.

An Access to Work grant can pay for practical support if you have a disability, health or mental health condition to help you:

✓ start working
✓ stay in work
✓ move into self-employment or start a business

Additional points

► The grant is not for business start-up costs.
► Funding amounts depend on applicant circumstances.
► The funding doesn’t have to be paid back and will not affect other benefits.
Who is eligible for Access to Work?

The terms of qualification for support through Access to Work.

Eligibility

To be eligible for Access to Work, a person must:

▶ have a disability or long term health condition that has a negative effect on their ability to do their job
▶ have a mental health condition and need support in work
▶ be over 16 years old
▶ be in, or about to start, paid employment (inc. self-employment)
▶ normally live and work in Great Britain
▶ not be claiming Incapacity Benefit or Employment Support Allowance once they are in work

What support can i receive?

Examples of support cover through the Access to Work scheme.

Support Amount

There is no set amount for an Access to Work grant. How much you are awarded depends on your circumstances.

What it covers

The grant can pay for things like:

✔ adaptations to the equipment you use
✔ special equipment
✔ fares to work if you can’t use public transport
✔ a support worker or job coach to help you in your workplace
✔ a support service if you have a mental health condition and you’re absent from work or finding it difficult to work
✔ disability awareness training for your colleagues
✔ a communicator at a job interview
✔ the cost of moving your equipment if you change job
Immediate In Work Support

Concept Northern can offer an In Work Support Package which is tailored around your needs.

Bespoke Support

Our support is provided by disability specialists and is available to employees throughout Scotland, where their employer considers additional support is required to sustain employment.

The In Work Support will be tailored to the needs of the individual and offers specialist employer services.

Examples of Support

- Access to Work application
- Mentoring
- Job coaching
- Training
- Orientation visits
- Staff training

Each support package is bespoke to the candidate’s unique requirements.

Tailored to Your Needs

Our In Work Support Package can consist of products and training to support you in your employment.

Concept Northern’s specialists will tailor the Support Package to your needs.

A typical In Work Support package could consist of:

- A bespoke needs assessment
- Initial Assistive Technology to support you immediately
- Training and coaching
- Access to Work application support and guidance

The above package ensures that we can support you right away by providing suitable technology and training and most importantly help you through the Access to Work application process which will provide long term support.

This is the first stage of your ongoing support.

Contact Concept Northern on 01355 573 173 or email info@conceptnorthern.co.uk to get started.
Employability

Supporting candidates with additional support needs in employability programmes.

The ASN Access Fund

The Additional Support Needs (ASN) Access Fund has been established to support participation by people with additional support needs in Employability Fund training courses.

To optimise the benefit to the EF participant of having their support needs identified, the assessment should ideally be completed prior to starting on the programme.

Needs Assessed Support

Candidates who are considered ready to engage in the programme, but because of an additional support need are likely to encounter barriers to participation, may now have their needs assessed.

The purpose of a Needs Assessment is to identify an individual's abilities, goals, actual and potential support needs and identify appropriate action which can be planned, resources obtained and support implemented.

Gain the support you need to succeed in your employability training programme.

Benefits

▶ The equipment and training provided for the individual will support them through their learning experience that will allow successful completion of their coursework and ensure barriers are supported prior to engaging in employment.

▶ Provider – will ensure that all candidates receive equal access to the opportunities they have to offer.

Eligibility

▶ The fund is available for people of any age who are about to start or on an EF programme with a Provider

▶ The support will be tailored to the needs of the individual and offers specialist equipment and training to support the individual through the EF Strategic Skills Pipeline.

How to access the fund:

Contact Concept Northern on 01355 573 173 or email info@conceptnorthern.co.uk to get started.
Let's Talk

Contact Us Today

Our development managers can work with you to find the perfect solution that fits your budget and situation.

Working together we can help you find the support solution which suits your circumstances. Our specialised managers have extensive experience and knowledge of autism and the solutions available to answer any questions you may have.

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