

February - March 2019

If you have any questions about the content or suitability of the group for you,

then please contact:

Alison Hall

(Advanced Autism Practitioner)

on 01324 618272 or Mob 07770543310



To Book:

Contact	Anne Prinn
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Falkirk & Clackmannanshire Carers Centre

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Adults with Autism

The Autism Team within Adult Mental Health, working with Falkirk and Clackmannanshire Carers Centre, is offering workshops discussing living with Stress and Distress for adults diagnosed with Autism Spectrum Disorder (ASD)

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These workshops are for adults who have received a diagnosis of Autism within NHS Forth Valley. Everyone experiences Stress and Distress in their lives.

However those diagnosed with an Autism Spectrum Disorder report experiencing stress and distress for more prolonged periods and in more situations than those adults who do not have the condition. These workshops will explore this and look at how to manage this stress to improve daily life.

It is essential to attend the 1:1 discussion with the Autism practitioner prior to attending the workshops.

Once you have been accepted on to the programme, you will be allocated an appointment time for a 1-1 discussion on the 18th of February

To get the most from this course, it is recommended that you attend all 5 sessions.

(Session 1) Monday 25 Feb 10:00 am – 12 pm

- What does “Distress” mean and what are the triggers?
- Mental Health and Autism
- Let’s learn to relax ...

(Session 2) Monday 04 Mar 10:00 am – 12 pm

- Rumination – What is it and how to reduce it?
- Why do we have negative feelings?
- Sleep and sleep hygiene
- What helps us relax?

(Session 3) Monday 11 Mar 10:00 am – 12 pm

- Sensory processing
- Your sensory profile
- Living with sensitivities

(Session 4) Monday 18 Mar 10:00 am – 12 pm

- Prioritising and organising
- What is executive functioning?
- How does this affects daily life?
- What happens if it goes wrong?

(Session 5) Monday 25 Mar 10:00 am – 12 pm

- Building your own emotional toolbox
- Review of the workshops
- Arrange follow up appointments