



If you want to know more about local services that might be helpful for people on the autism spectrum, it can be difficult to know where to begin. This guide has been created to help you get started to find out which services are available in your area.

## **Adults and Children**

### **How to Get a Diagnosis of Autism**

If you are concerned that you or your relative is on the autistic spectrum, or someone has suggested it to you, contact your GP. Take along notes of things which are causing you concern. Ask any staff or professionals involved with yourself or your relative (eg: teacher, health visitor, support worker) to put in writing to you any concerns they have, so that you can take these with you too. Ask the GP if you or your relative can be referred for assessment. If you are referred to another professional, find out what to expect so that you can prepare yourself. Try to take someone with you to the appointments so that you feel supported. If you have any questions about any of the above, ask the professionals to explain the process to you.

### **The Local Autism Directory (LAD)**

The LAD is a direct response to people's request for an online one-stop-shop of information across Hampshire and the Isle of Wight. It helps to connect the autism community, professionals, employers and service providers and help them access autism information all in one place. The LAD provides online information about many local services including support groups, activities, schools, employment and housing. It also highlights developments taking place across the county and neighbouring regions and has clear and simply written autism research articles to help people stay up to date with new approaches and helpful information.

Web: [www.autismhampshire.org.uk/local-autism-directory/](http://www.autismhampshire.org.uk/local-autism-directory/)

### **Autism Hampshire**

Autism Hampshire is a local charity which delivers high quality services that meet the diverse needs of people on the autism spectrum in Hampshire and the surrounding area. They provide autism focused Training, Domiciliary Care, Supported Living Services, University Mentoring and a Community Access Team that responds to an average of 12,000 requests for information, advice and support each year. They also provide a free book and resource lending service and the autism alert programme resources.

Tel: 01489 880881 Email: [info@autismhampshire.org.uk](mailto:info@autismhampshire.org.uk)

Web: [www.autismhampshire.org.uk/](http://www.autismhampshire.org.uk/)

### **Autism Alert Programme**

This provides an autism alert card, car sticker and app, which are free to Hampshire residents. To request these resources please contact Autism Hampshire.

Web: [www.autismhampshire.org.uk/service-development/autism-alert-card](http://www.autismhampshire.org.uk/service-development/autism-alert-card)

### **National Autistic Society**

The National Autistic Society are the leading UK charity for autistic people (including those with Asperger syndrome) and their families. They provide information, support and pioneering services, and campaign for a better world for autistic people. They provide a helpline for impartial, confidential advice and support on autism for anyone affected by, or researching autism. They also have local volunteer led groups who provide a range of activities and support locally.

Tel: 0808 800 4104 Web: [www.autism.org.uk/](http://www.autism.org.uk/)

## **Adults**

### **Portsmouth Autism Adult Support Service**

This commissioned service is provided by the Community Access team from Autism Hampshire. The service which is free to the user offers support for adults who are on the autism spectrum in Portsmouth, their families and those connected to them, professionals and the wider autism community. The service provides help pre, post and during diagnosis, offering advice, guidance, support, signposting and signposting. They work in conjunction with the autism diagnostic service. They have an office in Portsmouth.

Tel: 02392 814 723

Email: [communityaccess@autismhampshire.org.uk](mailto:communityaccess@autismhampshire.org.uk)

Web: [www.autismhampshire.org.uk/how-we-can-help/information-advice/](http://www.autismhampshire.org.uk/how-we-can-help/information-advice/)

### **Disability Information and Advice Line (DIAL)**

Disability Information Advice Line, a free impartial, confidential service, supplying information and advice on disability related topics, also enabling individuals to complete disability related forms.

Tel: 023 9282 4853

Email: [dial@p-d-f.org](mailto:dial@p-d-f.org)

Web: [www.p-d-f.org/](http://www.p-d-f.org/)

### **Portsmouth Local Information Directory**

Local information about Portsmouth services.

Web: [www.healthwatchportsmouth.co.uk/](http://www.healthwatchportsmouth.co.uk/)

## **Children and Young People**

### **Portsmouth Parent Voice (PPV)**

PPV is a voluntary organisation for parents and carers of children and young people with an additional or special need and/or disability; aged from 0 - 25 years old. They aim to ensure that parent/carers are involved in the service planning and decision-making processes within Portsmouth City Council, ensuring services focus on the needs of local families. They provide a regular e-newsletter, run activities, coffee morning and information sessions, often in partnership with Autism Hampshire..

Tel: 07825 185608

Email: [ppv@p-d-f.org](mailto:ppv@p-d-f.org)

Web: [www.portsmouthparentvoice.org/](http://www.portsmouthparentvoice.org/)

### **Portsmouth Special Education Needs and Disabilities, Information, Advice and Support Service (IASS)**

This is a free and confidential service, provided independently from education, health and care providers. It provides impartial information, advice and support relating to special educational needs and disability (SEND) from independently trained Information, advice and support (IAS) service staff. It can support through the statutory processes relating to Statements of Special Educational Needs and Education Health and Care (EHC) needs assessment and planning and provide practical support to find the answers to your questions in relation to education, social care and health services.

Tel: 0300 303 2000

Email: [portsmouthiass@roseroad.org.uk](mailto:portsmouthiass@roseroad.org.uk)

Web: [www.portsmouthsendiass.info/](http://www.portsmouthsendiass.info/)

### **Portsmouth Autism Support Network (PASN)**

Portsmouth Autism Support Network (PASN) provide a support service for all families and children affected by autism at all stages in Portsmouth. It is not essential to have a diagnosis to access the services on offer. They run regular activities and support groups as well as special events.

Tel: 07914331876

Email: [info@pasn.co.uk](mailto:info@pasn.co.uk)

Web: [www.pasn.co.uk](http://www.pasn.co.uk)

## **Carers**

### **Portsmouth City Council Carers Centre**

The Carers Centre is a community resource dedicated to the support of all carers in the city of Portsmouth. They are a one stop shop for carers, offering a variety of support, including emotional support, carers' breaks, sitting service, cooking sessions, training, carers groups, support for young carers and adult mental health carers. They also have a wealth of information within the building, including leaflets, and members of staff who have a wide knowledge of services in the local area. Anyone can drop in to the centre during their opening hours.

Tel: 023 9275 6780 or 023 9285 1864

Email: [carerscentre@portsmouthcc.gov.uk](mailto:carerscentre@portsmouthcc.gov.uk)

Web: [www.portsmouth.gov.uk/ext/health-and-care/carers/portsmouth-carers-centre.aspx](http://www.portsmouth.gov.uk/ext/health-and-care/carers/portsmouth-carers-centre.aspx)