

Growing Up In Greater Manchester – A Guide for Young people with Autism and their Supporters

USERS NOTES:

These resources are aimed at those young people with autism (approximately 14 to 25) who have been in mainstream schools for much of their educational career, and may not have had much formal teaching in life and independence skills. The 'Growing up in Greater Manchester' booklet is based on material Salford co-produced with young people who also needed a bit of extra help to think about what skills and support they might need to achieve their adult aspirations. We are very grateful to Salford for giving us permissions to copy and adapt their booklet.

Alongside the booklet, there are 6 'quick start' style guides to the Keys to Citizenshipⁱ - Education and Training, Hobbies and Interests, Getting Around, Home, Money and Friendships and Relationships. In each of these mini guides we have included things to think about; top tips; some suggested starter skills checklists, and some relevant resources that might be helpful. Some young people may be able to work through and use these resources independently, but many may need some support. We have tried to make the materials accessible for a wide audience and for use in a range of settings – for example, at home with the support of family, at college in PHSE type sessions, or by a social skills or youth group. As ever with people with autism, it is vital that we are flexible and adapt the suggestions to best fit each individual we are trying to help.

The Preparing for Adulthood website also has useful materials, including an age and stage based outcomes tool http://www.preparingforadulthood.org.uk/media/442444/final_dfe_-_no_bullets_-_pfa_outcomes_tool.pdf

ⁱ See Simon Duffy, 2006