



An introduction to our
Autism Services

As the specialist provider of support services for people with autism, Dimensions works creatively with each person to deliver results that make a positive difference to their lives.

Our specialist team is well placed to provide the support that each person needs. Why? Well, we have a real understanding of the challenges that face people with autism. And our team includes some of the leading experts in the field.

We recognise that autism affects each individual – and their families - in many different ways and to varying degrees. That's why we tailor our support for each person.

How can we help?

Autism Spectrum Conditions (ASC) are lifelong development conditions that affect one in every 100 people within the population.

Some people with ASC can use their strengths and go on to lead successful lives. Others need more support to reach their potential and lead the life they want. At Dimensions, we understand these differing needs and that's why we provide personalised, specialist support to people. We work closely with individuals and their families to provide the specific support needed.

Our support includes:

- > Communication strategies
- > Social skills support
- > Behavioural support
- > Sensory processing and integration
- > Independence and skills enhancement
- > Visual strategies



Specialist support

We believe the only way to ensure we are providing the highest quality service is to listen to the people we support and their families. Really listen. Their views are essential to helping us shape our services.

Our support is based on

- > Structured and predictable environments with routines determined by each person
- > Consistency of support across staff members and over time
- > Active support during unstructured periods
- > Verbal communication made appropriate to the individual
- > Behaviour support programmes and ongoing consultation, if needed
- > Social skill development
- > Coping skills development to manage anxiety
- > An approach based on lifelong learning assumptions focusing on independence
- > Recognition and implementation of sensory strategies
- > A commitment to outcome focused services which enhance quality of life
- > Partnership working with all stakeholders
- > A focus on developing receptive and expressive communication skills.

We also have comprehensive specialised training for all our employees and invite friends and families to join courses too. Some of our courses are taught in part by the people we support with autism and this helps provide us with a better understanding of the challenges they face.

“Karen’s move from residential to supported living has transformed her life. Now she chooses how she wants to live her life.”



If you would like to know more about our autism services or would like to join our specialist training courses, please contact our Director of Specialist Development, Lisa Hopkins

Email: lisa.hopkins@dimensions-uk.org

Telephone message line: **0800 884 0820**

Or check out our website: www.dimensions-uk.org

Who are we?

Dimensions is the specialist not-for-profit provider of support for people with learning disabilities and autism. We support more than 2,000 people and their families throughout England and Wales.



Dimensions

9 - 10 Commerce Park
Brunel Road, Theale RG7 4AB

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