

EarlyBird Plus Programme

Parent's Comments:

"Before the programme I felt I knew little about my son's world but now I understand much more about how he experiences things".

"We understand now that our daughter doesn't get upset and anxious to be naughty but because something is upsetting her or she cannot understand the situation she is in".

I would like to attend the EarlyBird Plus, what do I do now?

Request a referral form to register an interest in the programme by emailing us slt.sdhct@nhs.net

Or phoning:

The Speech & Language Therapy Service
☎ 01803 655581

Torbay and South Devon



NHS Foundation Trust



**PATIENT
INFORMATION**

NAS EarlyBird PLUS*

Early Intervention in Autism



***EarlyBird** is a registered trademark of the
National Autistic Society

The NAS EarlyBird PLUS Programme:

- ◆ Is for parents/carers and a professional of their choice of children aged 5-8 years old with a diagnosis of autism.
- ◆ Is a 10 week programme for up to 6 families at a time (the children are not present)
- ◆ 8 whole group workshops;
- ◆ 2 individual appointments aimed at personalising the content of the course;
- ◆ Complements other services and facilitates parent and professional networking;
- ◆ Offers hope, but not a cure.

The NAS EarlyBird PLUS works in partnership with parents and involved professionals to:

- ◆ Maximise consistent help for the child
- ◆ Understand the child's autistic spectrum condition;
- ◆ Apply practical strategies to manage behaviour and develop independence;
- ◆ Increase skills, knowledge & confidence; learn with and from other parents and professionals at 3 hour group sessions.

Who are carers and professionals?

Carers and professionals can be anybody with direct involvement with your child, e.g. grandparents, uncles, aunts, shared carers, support workers from school, teachers, social workers or healthcare professionals. A total of up to 3 places are allocated per family.

Where are groups run?

EarlyBird Plus is run regularly in South Devon. Sessions are run term-time only, depending on numbers.

Do I have to attend all sessions?

If possible, yes. You will gain a lot more from coming to the group if you come to all sessions. This is because each session builds on the one before. Please do not accept a place on a programme if you are only able to attend 1 or 2 sessions.

For further information regarding Children & Disabilities and organising leave from work please refer to the Working Families website www.workingfamilies.org.uk or telephone 0300 012 0312.