



Positive Behaviour Training for Family Carers of Adults with Autism (with or without a Learning Disability) who are living in Edinburgh and East Lothian.

An opportunity for carers to receive practical training to help and support their family member who is aged 16 years and above.

Sessions will focus on -

- **Understanding emotional & behavioural challenges in people with autism**
- **Sensory differences and their impact on behaviour**
- **Social skills for people with autism - and innovative solutions**
- **Communication and its link with emotional and behavioural challenges**
- **Working through difficult situations - what to do when the going gets tough**

Training Information

This training is being funded by the City of Edinburgh Council, Pasda and East Lothian Council.

Part 1 (Starts 5th October 2015)

There will be **4 half-day training sessions held at Number 6 One-Stop Shop, 24 Hill Street, Edinburgh** and there is the flexibility of day and evening training available. These sessions will run every 2 weeks during an 8 week period (with a 1 week break in between). As well as training sessions there is **Intensive Support in 1:1 Sessions.**

1:1 Sessions

These will be held either in your home or locally out with the family home. 4 sessions are available to you. These will focus on:

- Providing practical support and guidance to you
- Problem-solving around difficulties that you and your family are facing
- Feedback regarding new ideas & providing further advice

Part 2 (A follow up a year later)

In October 2016 carers will have the opportunity to reconnect and continue to receive specialist behavioural support. During this 3 week period there will be one training session and there will two 1:1 Sessions available.

Family carers who have attended this training have said:

- *“My son is enjoying using the tools that were put in place”.*
- *“The 1 to 1 contact was the real winning aspect of the course”.*
- *“We feel empowered now”.*

Positive Pathways Lothian

The training will be led by Laura Andrew from **The Richmond Fellowship Scotland’s Positive Behaviour Support Team.**



To find out more or to book

Please contact PASDA on 0131 475 2416 or info@pasda.org.uk. Visit www.pasda.org.uk to complete an application form.

**The closing date for applications is
Sunday the 6th of September 2015**