

Autism Services



About Us

We are a specialist therapeutic, residential and supported living provider for autistic people. Our focus is to enable people to work towards their goals, live more independently and take control of their lives. By listening to each person we aim to understand what they would like to achieve in life. We then work closely with them, their family, circle of support and other professionals to define goals and work together to achieve them.

Through our outcome focussed approach, we provide support that is built around each person's specific and complex needs.

Therapeutic

At Lakeside, we work to actively support people to transition to residential and supported living services.

Residential

Our residential services are tailored to meet the needs of each person who lives there. We work with people to develop their support plan which is unique to their individual needs.

Supported Living

Our supported living services enable people to live independently in the community, in their own homes or in a supported tenancy. Support can be from a few hours a week to 24 hours a day as well as overnight support if needed.

Each person's pathway is unique. People can join at any point and move up or down the care pathway dependent on their needs.

Quality

We are passionate about quality and we specialise in supporting people to achieve their full potential. Through empathy, belief and market leading training our focus is to bring out the amazing in everyone.

Our commitment to quality is shown in everything we do and every decision we make. We enable people to make choices about how they live their lives because it is paramount to us that people live happy and fulfilled lives.

We have developed our own Autism Quality Kitemark linked to our Autism strategy. We develop staff from an awareness of Autism, to working in Autism friendly ways and then onto Autism intelligent practice. This includes a dedicated tiered Autism training pathway for staff. This is complemented by a university course on Autism and Positive Behaviour. In addition, all staff receive training in understanding and managing behaviours that concern.



Our Support

When we meet an autistic person, we know that by listening to them and their friends and family, we will increase our understanding of how to support them. This helps us build an Autism Profile with each person. We encourage people to gain self awareness and increased understanding of their Autism. This enables us to provide the support which makes the most of the gifts and skills their Autism can bring, as well as seeking to reduce the difficulties each person will face. Our aim is to ensure a real sense of wellbeing and self-worth.

We encourage and motivate each person to feel good about themselves. We support people to gain confidence and do the things that are important to them and ultimately to lead happy and fulfilled lives.

Our experienced and well trained staff are supported by our Autism Advisor, Communication Development Workers, Psychologists, Clinical Support Nurses and Behavioural Advisors who have a wealth of knowledge and experience of working with autistic people.

We understand that people may feel anxious about change. We ensure that each person has a transition plan which includes pre-visits, personal information booklets, photo's, maps, timetables, social stories and schedules to ensure everyone feels welcome as well as comfortable.

Person Centred Planning

Our staff support each person to create a person-centred plan that tells us how they want to live their life now and in the future. Through a range of communication tools, we ensure that each person is closely involved in the development of their own plan.

Some examples of how we have supported people include:

- Working towards independence with personal care tasks.
- Skills building to manage money.
- Travel training to gain confidence and independence.
- Learning to stay healthy and exercising.
- Support with medication and health appointments.
- Utilising the range of special interest that people have to facilitate learning.
- Discovering new hobbies, getting out and having fun!
- Accessing vocational training and work experience.
- Managing correspondence and bills.
- Building social skills and expanding social circles.

Person Centred Planning is based on each person's Autism profile.

"It is with great thanks to the wonderful and caring staff at accomplish who helped shape me into the man I am today, that I now enjoy my life and I am helping to make a difference to others".



Autism friendly interventions:

- Using clear and unambiguous language.
- Giving structure to a meaningful day - meaningful to the individual.
- Offering visual support to aid communication.
- Social stories to gain a perspective on how other people think.
- Regular exercise as part of a positive predictable routine.
- Support for sensory processing differences and difficulties.

Specialist support:

Each person discusses their likes, interests, goals and aspirations with their Key Worker. These could include starting a college course, having a job, wanting to cook or just having the confidence to go to the shops. Staff support people towards achieving their goals. This may require social stories, education on social norms, understanding body language and facial expressions.

Practical skills support:

- Accessing college courses.
- Support to find a meaningful job.
- Budgeting.
- Shopping.
- Independent living.
- Self-care.
- Food preparation.

The Spectrum Star

We helped to develop the industry standard tool, called the Spectrum Star which is a measurement tool for people living with Autism.

The Spectrum Star highlights each person's abilities and areas in which extra support is needed. The Spectrum Star is completed with the person we support and then reviewed every six months to show progress in the nine key areas.

Autism Profile

We develop a profile of the way Autism impacts each person. This highlights their strengths as well as the areas where support is needed. Our Autism profile summarises the diagnostic criteria and creates a picture that is both Autism focussed and person specific. Through this, we are able to work in a truly person-centred and Autism intelligent way.



“Being supported by accomplish has enabled me to gain valuable life skills and to access the wider community independently. Particular in recent months through Travel Training, which has made me less reliant on staff support in the community.

Case Studies

“Lakeside supported me to recognise what my dreams were and helped me achieve them. They made me realise that I am a person, not just a patient”.

Katie's Pathway To Independence

Katie* has Asperger's Syndrome and Mental Health needs. She moved to Lakeside as she needed a service where she would feel safe, rebuild her confidence and understand her diagnosis and how this affected her.

At Lakeside, Katie engaged with her therapeutic team which enabled her to gain insight into her diagnosis, how this affected her life and strategies to manage this.

When Katie was ready, she then moved into a nearby residential service. Katie's aim was to go to University and the staff team supported her with this goal. She went back to college and she was supported to gain confidence in speaking with others, using public transport, answering emails and managing her own medication.

Katie has now started University and with support she has been able to move into university student halls.

“Jane likes to share her Autism profile with new members of staff to ensure they understand her and her Autism”.

Jane's Understanding of her Autism

Jane* knew very little about her Autism diagnosis when she first moved in, but together with her Key Worker she began to produce a profile of herself and her Autism. For the first time in her life Jane started to understand why she asked the same questions repeatedly. She liked to hear the predictability of the answers.

Patterns and predictability are the main way that Jane makes sense of her life. Discovering this was significant for Jane in gaining control over the anxiety she can sometimes experience, if she does not get the same answers. Jane likes to share her Autism profile with new members of staff to ensure they understand her and her Autism.

“Staff worked closely with Lee to develop his understanding of local transport timetables and agreed strategies to proactively support him to reduce his anxieties”.

Lee's Journey Towards Independent Travel

Lee* has complex Learning Disabilities, Autism and displays challenging behaviour when his routine is interrupted or is in unfamiliar environments.

Staff worked with Lee to access his local community, so he wasn't isolated at home. This included working closely with Lee to develop his understanding of local transport timetables and agreeing strategies to proactively support him to reduce his anxieties.

This pattern of familiar sights first seen as visual supports really helped Lee to accept and understand the activity and then to really enjoy it and benefit from it. Staff completed learning logs with Lee and reviewed what makes him anxious and how those anxieties were reduced following journeys.

Support Workers now go to bus stops with Lee so he can travel independently and then meet with Lee at the end of journeys. He is very proud of his progress and looks forward to new journeys.

* Names have been changed for confidentiality.






For more information about our services, please contact us on 0333 240 7770
 Or email us at info@accomplish-group.co.uk



We support
STOMP

Stopping over-medication of people with a learning disability, autism or both

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 make every day amazing