

## Autonomy Plus Training

Sessions can be a whole or half day and individually tailored to meet your needs.  
All visual aids and handouts are included.

### Awareness of Asperger's syndrome (ASD)

Includes an introduction to the condition, with talks by Eric and other lived experience trainers and a strategy session.

### Voices of Women

The unique challenges of Asperger's syndrome (ASD) in women and the perceived differences between men and women with the condition

### Mental health & Asperger's syndrome (ASD)

Exploring the links between mental health and Asperger's syndrome (ASD) including misdiagnosis and comorbidity.



For more information contact:

Sara or Eric Heath

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**Lived Experience**

**Training**

**Mentoring**

**Coaching**

**pre & post diagnostic  
pathway support  
for people  
with Asperger's  
Syndrome (ASD)**



## Pre- Diagnostic Assessment

We can visit you in your own home and provide a in-depth, comprehensive non-medical, pre-diagnostic assessment of autism or Asperger's syndrome (ASD) and a written report for your doctor or health professional if required\*

## Post Diagnostic support, and advice or consultancy services

We can support professionals who work with you, and your parent(s) / carer(s) / partner or family if you have recently been diagnosed with autism or Asperger's syndrome (ASD) as a young person or adult and wish to know more about the condition\*

## Mentoring

It is often helpful to receive advice from a person who understands Asperger's syndrome (ASD) from a personal perspective. Autonomy can provide 1 to 1 or small group mentoring & support from people with Asperger's syndrome (ASD)\*

\*Paid for service



Sara Heath Cert Ed, Adv  
Cert, M.Ed

Sara is the founder of the Autonomy Self-help and Social Group. She is a tutor, teacher, practitioner, mentor and professional advocate with over 35 years experience of autistic spectrum conditions.

## Eric Heath

Eric is a young man with Asperger's syndrome (ASD), a lived experience trainer and mentor and advocate who understands the positive aspects of living with the condition.



## Support with claiming benefits

Many people with autism or Asperger's syndrome (ASD) could be eligible for benefits but do not have the skills and knowledge necessary to access them. These forms are often complex and do not easily reflect the needs of the people on the autistic spectrum.

We can provide autism and Asperger's syndrome (ASD) specific advice and support on completing Personal Independence Payments (PIP) or Employment Support Allowance (ESA) forms including the Limited Capability for Work Form.

We may also be able to support you to attend the Work Capability Medical Assessments and are happy to provide autism specific written reports for benefit appeals, Mandatory Reconsiderations and/or tribunals\*

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