



Autism Support Information at 10.

Parent/Caregiver/Whānau Information on Community Supports
When Your Child is 10.

Dear Parents and/or Caregivers, Families and Whānau,

Parenting an Autistic child can certainly have its challenges and many families experience a need to update their information and supports when their child is around 10 years old. Parents have indicated they most need information on navigating the resources and supports, on puberty and transition to high school, and on social support for the whole family. We have provided some websites that you can **click on the picture to take you to the website.**

NAVIGATING THE RESOURCES AND SUPPORTS:

finding your way through the autism supports and information can be daunting. The below links may help you to find what you need, or to find someone to help you.

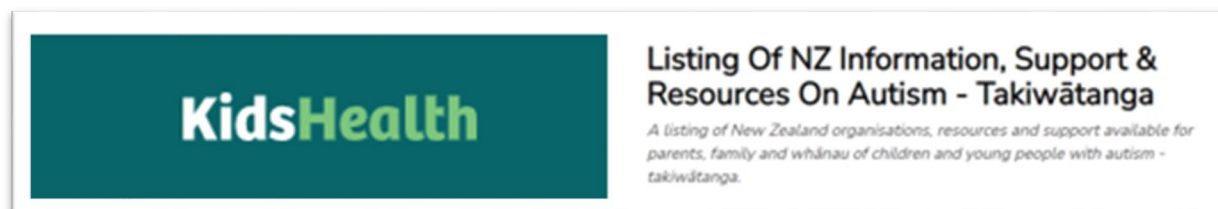
Altogether Autism: can provide personalised information packages for you. This website also contains many articles that are relevant to Autistic children, teenagers and adults.



Autism NZ: have resources on navigating the diagnosis process, education resources and can be rung for individualised information and support.



KidsHealth: this is a NZ website that contains links to health and education support information for parents and caregivers. The link below is to the KidsHealth Autism “landing page” which has a lot of information including a “List of NZ Information, Supports and Resources”. You can also get information on other conditions such as Anxiety and ADHD, as well as other childhood conditions and illnesses by using the Topics A-Z area on the top toolbar.



PUBERTY:

some families will be starting to need information on how to approach puberty, sex education and identity issues. There is excellent information on the following Australian website, although not all services described on this site will be available in NZ.



Teen Life:

Explore runs an excellent course (either in person or by remote delivery) for parents of

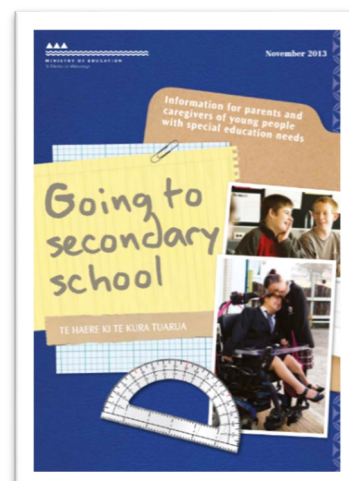
Autistic children and teenagers aged 10-15 years, called Teen Life. This includes sessions on autism in teenagers, self-esteem, stress and anxiety, puberty and planning for the future. There is a waitlist so register early!

Teen Life

The Teen Life programme aims to empower parents and supporting professionals to understand more about how autism is experienced by autistic teenagers.

LEARNING SUPPORT:

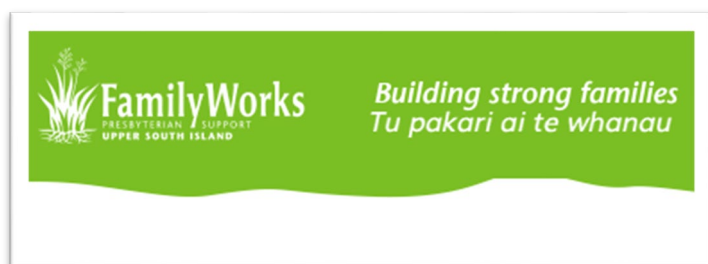
transitioning to high school is a time of big changes and needs planning and preparation. These links give some useful information and advice from the Ministry of Education



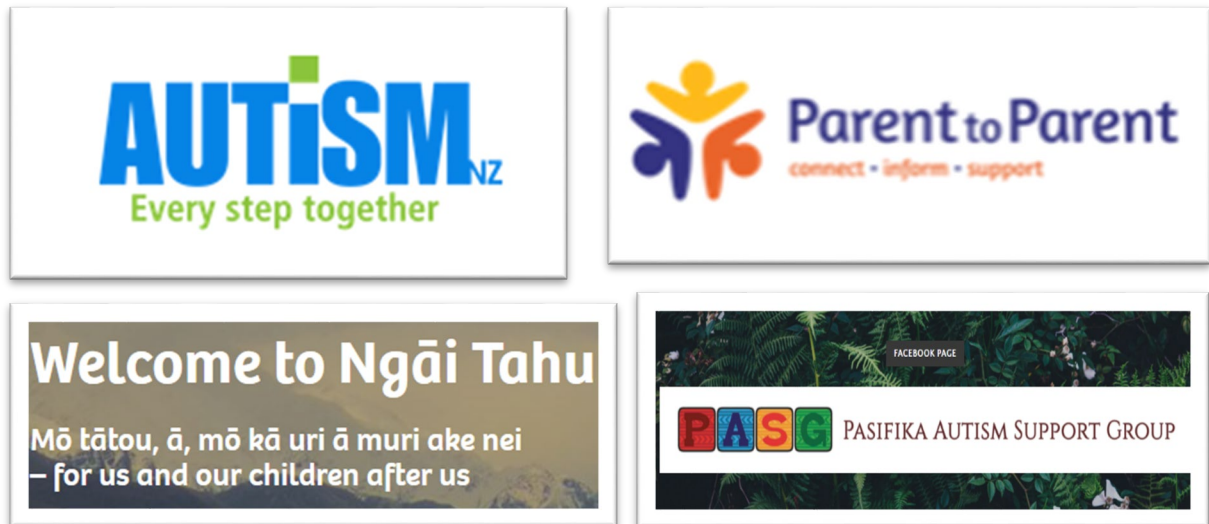
SUPPORT FOR YOU:

parenting a child with autism can be rewarding, but it can also be challenging. Non-religious counselling is available from Presbyterian Support or Methodist Mission. Support is also available from Parent to Parent and Autism NZ (links below), or you can also see your GP who may be able to refer you for further support if you find that your mental health is suffering.

Free Non-religious Counselling:



Parent Support:



SOCIAL SUPPORT FOR AUTISTIC YOUNG PEOPLE AND THEIR SIBLINGS:

Below are links to some examples of social support groups and activities for Autistic young people and their siblings. There are many more, please refer to the information folder that the Autism Coordinator has given you.

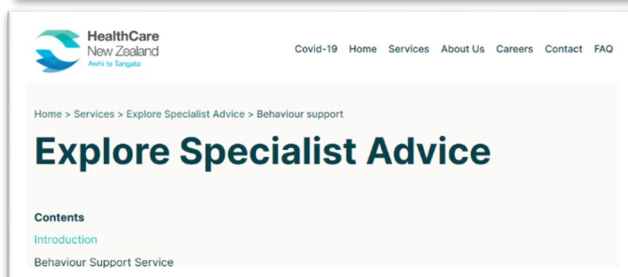


USEFUL LINKS:

LifeLinks: is the needs assessment service coordinator (NASC) which helps with respite care and carer support. If your situation has changed, please discuss with LifeLinks.



Explore Behaviour Support: around puberty can be a time when behaviour can change or become more challenging. Behaviour support is available through Explore. Click on link for an 0800 number you can ring in an emergency.



The Explore website also has a new section on preparing your child / young person for the COVID vaccination.

Preparing for the COVID-19 Vaccination

Getting a COVID-19/Mate Korona vaccine is an important step you can take to protect yourself, your Kaumātua and your whānau/family from the effects of the virus. However, some people are nervous about getting a vaccination, and they need to be supported through it.

We hope that linking you in with information relevant to your child's age will help you to develop your support network.

Kind regards,

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