



# Autism Support Information: What's Next?

Ngā kete tipuranga: the basket of growth and development.



Information on Community Supports for Autistic Young People and Their Family/Whānau.

Hello to you and your family/ whānau.

Being Autistic can certainly have its challenges as well as its rewards. There is a growing body of information on autism in adulthood, adult diagnosis, and autism acceptance. We have provided some websites that you can **click on the picture to take you to the website**.

## Firstly: is there a difference between an Autistic young person and a young person with autism?

There is information on the discussion on person-first vs identity-first terminology. It is up to the young person/adult themselves to decide, however on the advice of the Autistic Community, identity-first terminology is used here, so an "Autistic Person" rather than "a person with autism". A short description is at <https://autismnz.org.nz/definitions/> For a more detailed resource click on the picture to the right.



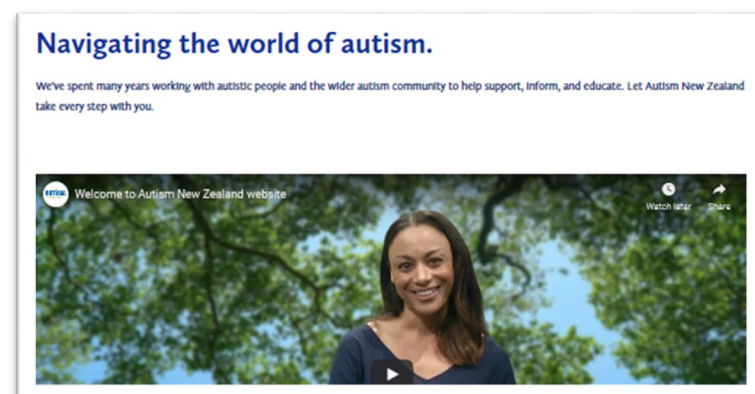
## NAVIGATING THE RESOURCES AND SUPPORTS:

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 young Autistic adults.



**Autism NZ:** have resources on navigating the diagnosis process, education resources and can be rung for individualised information and support from an Outreach Coordinator. There is also general information and frequently asked questions about autism in children, young people and adults.




## EDUCATION: WHAT'S NEXT?


This site, downloadable app and booklet is by Pitau-Allenvale School. It discusses transition from school and lists many useful support resources for life after school.



These links give some useful information and advice from the Teenager and Adult sections of Altogether Autism on moving towards adulthood, exam assistance for NCEA and Tertiary Education.




Special Assessment Conditions (SAC) for NCEA Exams: How to get free help with



How parents can get exam assistance for NZ special needs students


The NZ Qualifications Authority (NZQA) funds with to...

## Adulthood



These links from the Ministry of Education are general information on Tertiary Education and there is a booklet linked under Learning Support, Life After School on Preparing to Leave School.

### Tertiary education and training



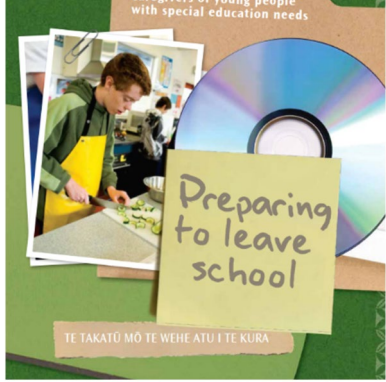
Tertiary education and training 16+ years

**Tertiary education and training options**  
More about Tertiary education and training options »

**Student loans and allowances**  
More about Student loans and allowances »

**Different types of tertiary provider**  
More about Different types of tertiary provider »

**Scholarships**  
More about Scholarships »



Information for parents and caregivers of young people with special education needs

Preparing to leave school

TE TAKATU MŌ TE WEHE ATU I TE KURA

Information is also available from various post-secondary school education providers, most of whom will have learning support available if required. Your school careers advisor or counsellor should have more information.

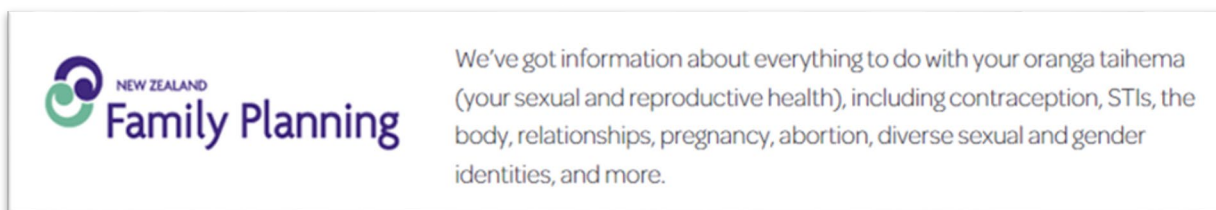
## SEXUALITY, GENDER AND RELATIONSHIPS:

Some young adults and their families will need more information and support on how to manage aspects of puberty, sex education and gender identity. There is excellent information on the following Australian Raising Children website,



mainly aimed at parents of young people autistic young people. Note that not all services described on this site will be available in NZ.

**Family Planning** has a great range of information and resources for young people and also a section on the website for parents and caregivers. The link is to the clinics but click on “Advice” on the top navigation bar for information on many topics including sexuality and consent.



There is a good variety of information on this site and a link to request individualised support. Also see Qtopia in the social support section below.



## SOCIAL SUPPORT FOR AUTISTIC YOUNG PEOPLE:

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 your family.



Recreate runs youth programmes.

CCS Disability Action has a variety of services including holiday homes.

Pasifika Autism Support Group can provide cultural support.

Ngāi Tahu can provide cultural support and has opportunities and funding listed under the Whānau tab.

Aspire Canterbury has a directory of services and a list of things to do in Canterbury.



## ONLINE SAFETY:

**A Helpful Online Safety Guide for Autistic People:** this resource includes information on many subjects including cyberbullying, scams, sensory overload on the internet, understanding the context of online messages and online dating.



## USEFUL LINKS:

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

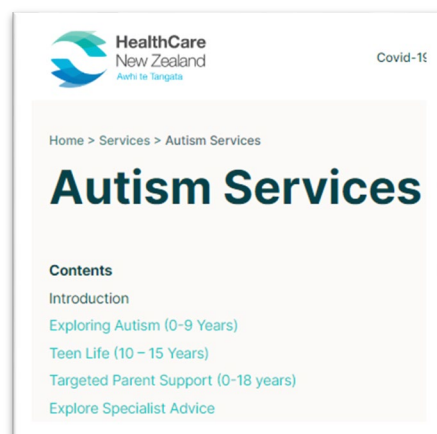
Further funding may also be available through WINZ depending on individual circumstances.



## Explore Autism Services (Healthcare NZ):

**Targeted Parent Support:** is available for 0-18 year olds, this is a practical time limited service. Explore will work with families to identify goals that support them and their young person to develop new skills. The service comprises up to seven contacts (either face to face or via a video link). For young people up to 18 years of age.

**Explore Specialist Advice:** Available Monday to Friday 9.00 am – 5.00 pm, when you phone this 0800 number you will be connected with an administrator who will then book you an appointment with one of their specialists. [Call 0800 000 421](tel:0800000421)



We hope that linking you in with information relevant to your young person's stage will help you to develop your support network.

Kind regards,

Christchurch Hospital  
Neurodevelopmental Team

## Matatiki Child & Youth Health

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