

Web Resources

National Autistic Society

www.autism.org.uk

The NAS website has an enormous amount of information about living with autism and is very easy to navigate. Direct links to their information about benefits are listed below:

www.autism.org.uk/advice-and-guidance/topics/benefits-and-money

Autism Research Centre

www.autismresearchcentre.com

Brings together scientists from across Cambridge University and international collaborators into multidisciplinary teams, to ensure that evidence from research is translated into policy change and impact via the science-led lobbying charity, the Autism Action.

Aspies for freedom

www.aspiesforfreedom.com

A coalition of members of the autistic community who share the common goal of seeking acceptance for those on the autism spectrum; part of a global autism rights movement.

Hyperacusis Information

www.hyperacusis.org

Provides information about research and treatment of hyperacusis is defined as an inability to tolerate everyday sounds. It is also defined as a collapse of the normal range of tolerance that is present in otherwise normally functioning ears.

Wrong Planet

www.wrongplanet.net

A web community designed for individuals (and parents of those) with Asperger's Syndrome, Autism, ADHD, and other PDDs. Providing a discussion forum, where members communicate with each other, an article section, with exclusive articles and how-to guides, a blogging feature, and a chatroom for real-time communication with other Aspies.

Benefits, rights and legal advice

Gov UK

www.gov.uk

Information on public services, including information for disabled people including education, money and benefits, travel, motoring, employment.

Equality and Human Rights Commission

www.equalityhumanrights.com

Information about rights, including information on disability rights and Disability Discrimination Act.

Advisory, conciliation and Arbitration Service (ACAS)

www.acas.org.uk

Provides information for employers and employees.

Disability Rights UK

www.disabilityrightsuk.org

The UK's leading Disabled People's Organisation (DPO) led by, run by, and working for Disabled people.

Disability Information and Advice Line (DIAL)

www.dialuk.info

Dial UK is a national organisation that provides disability information and rights

Skill

www.skill.org.uk

Skill is a national bureau for students with disabilities. It provides information and support for students, colleges and universities and can on rights under the DDA.

Citizens' Advice Bureau

www.citizensadvice.org.uk

Helps people to resolve their legal, money and other problems by providing free information and advice. Local Citizen Advice Bureaux may be available through e-mail, telephone, home visits, surgeries and at community-based offices. For local contact details go to the Get Advice pages on the Citizens Advice Bureau website

Step Change

www.stepchange.org

An independent charity that provides free debt and budgeting advice.

The Disability Law Service

www.dls.org.uk

The Disability Law Service is a national charity that provides confidential and free legal advice for disabled adults, their families and carers; and can provide a casework service.

Disability related resources

The TreeHouse Trust

www.treehouse.org.uk

The TreeHouse Trust (TreeHouse) is the national charity for autism education, based in north London and founded in 1997 by a group of parents whose children had recently been diagnosed with severe autism. TreeHouse was established in response to the huge unmet national need for specialist education for children with autism. TreeHouse's vision is to improve, through education, the lives of children with autism and the lives of their families.

Mencap

www.mencap.org.uk

“Everything we do is about valuing and supporting people with a learning disability and their families and carers”.

Disabled Persons Railcard

www.disabledpersons-railcard.co.uk

How to apply for a disabled persons railcard. Proof of prescription for AEDs is needed to apply.

National Association for Special Education Needs

<http://www.nasen.org.uk>

Activity Alliance

www.activityalliance.org.uk

The national charity and leading voice for disabled people in sport and activity

Mental health

British Association of Counselling and Psychotherapy

www.bacp.co.uk

Can provide lists of local counsellors and psychotherapists.

YoungMinds

www.youngminds.org.uk

Is the UK's only national charity committed to improving the mental health and emotional well-being of all children and young people.

MIND National Association for Mental Health

www.mind.org.uk

Support for everyone experiencing a mental health problem.

ChildLine

www.childline.org.uk

ChildLine is the free and confidential 24-hour helpline for children and young people in the UK.

Helpline 0800 1111 (free and open 24-hours)

Cruise Bereavement

<http://www.crusebereavementcare.org.uk>

Cruse Bereavement Care promote the well-being of bereaved people and supports anyone bereaved by death to understand their grief and cope with their loss. The organisation provides support and offers information, advice, education and training services

Recommended reading

The books listed here were recommended by the people we interviewed;

Attwood, T (2007) *The Complete Guide to Asperger Syndrome*, Jessica Kingsley Publishers.

Baron Cohen, S (2008) *Autism and Asperger syndrome: Facts*, Oxford University Press.

Frith, U (1991) *Autism and Asperger Syndrome*, Cambridge University Press

Grandin, T (2006), *Thinking in Pictures*, Bloomsbury Publishing PLC

Jackson, L (2002) *Freaks, Geeks and Asperger syndrome*, Jessica Kingsley Publisher.

Jackson, N (2002) *Standing Down Falling Up: Asperger's Syndrome from the Inside Out*, Lucky Duck Books

Lawson, W (2001) *Build Your Own Life: A Self-help Guide for Individuals with Asperger*, Jessica Kingsley Publishers

Lawson, W (2000) *Life Behind Glass: A Personal Account of Autism Spectrum Disorder*, Jessica Kingsley Publishers

Hoopman, K (2006) *All Cats Have Asperger's Syndrome*, Jessica Kingsley Publishers

Mesibov, G and Faherty, C. (2000) *Asperger's What Does It Mean to Me?: A Workbook Explaining Self Awareness and Life Lessons to the Child or Youth with High Functioning Autism or Asperger syndrome*, Future Horizons

Pyles, L (2002) *Hitch Hiking through Aspergers*, Jessica Kingsley Press

Rowe, S (2004) *Surviving the Special Educational Needs System: How to Be a Velvet Bulldozer*, Jessica Kingsley Press.

Shore, S and Rastelli, L.G. (2006) *Understanding Autism for Dummies*, John Wiley & Sons

Welton, J (2003) *Can I Tell You About Asperger Syndrome? A Guide for Friends and Family*, Jessica Kingsley Publishers

Wilensky, A (2006) *Passing for Normal: Tourette's, OCD and Growing Up Crazy*, Pocket Books

Williams, D (1998) *Nobody Nowhere: The Remarkable Autobiography of an Autistic Girl*, Jessica Kingsley Publishers

Wing, L (2003) *The Autistic Spectrum: A Guide for Parents and Professionals*, Lorna Wing Robinson Publishing

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