

## Support in Oxfordshire after Adult Autism Diagnosis

### **ASPIration**

<http://www.kingwood.org.uk/aspiration>

The ASPiration Service is a support service for Over 18s with Asperger Syndrome and High Functioning Autism living in Oxfordshire. It is provided by Autism at Kingwood and offers information, workshops and limited support.

Tel: 01235 359388 Email: [aspiration@kingwood.org.uk](mailto:aspiration@kingwood.org.uk)

### **Autism Family Support**

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

A Community Outreach Worker supports 14-25 year olds on the autism spectrum, and their families.

Tel: 01844 338696. Email: [info@afso.org.uk](mailto:info@afso.org.uk)

### **Autism Oxford UK**

<http://www.autismoxford.org.uk/index.php/events>

A training and consultancy organisation. It also runs events about Autism Spectrum Conditions which feature autistic adults giving insider perspectives and practical advice, alongside specialist national and international guest speakers. More information can be found on website.

### **BBMH**

<https://www.oxfordshiremind.org.uk/what-we-do/benefits-advice/>

Benefits for Better Mental Health is run by Oxfordshire MIND. Their Benefits Advisors can advise on any aspect of Welfare Benefits.

Tel: 01865 247788 Email: [bbmh@oxfordshiremind.org.uk](mailto:bbmh@oxfordshiremind.org.uk)

### **Care Act assessment**

[www.oxfordshire.gov.uk/cms/content/requesting-assessment](http://www.oxfordshire.gov.uk/cms/content/requesting-assessment)

For support to meet eligible needs relating to Social Care and psychological wellbeing. Contact Oxfordshire County Council's adult social care access team.

Tel: 0345 050 7666

### **Carers Oxfordshire**

[www.carersoxfordshire.org.uk](http://www.carersoxfordshire.org.uk)

Information, advice and support for adults caring for adults in Oxfordshire. Support groups and guidance on carers assessments also.

Tel: 0345 050 7666 Email: [carersoxfordshire@oxfordshire.gov.uk](mailto:carersoxfordshire@oxfordshire.gov.uk)

### **Citizens Advice**

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

Information, advice and guidance about benefits, debts and money, housing, immigration, the law and courts. Citizen's advice has offices in Oxford, Abingdon, Bicester, Didcot, Henley, Thame, Wallingford, Witney.

### **Getting Heard**

[www.gettingheard.org](http://www.gettingheard.org)

Advocacy for adults in Oxfordshire. Support with mental capacity, care and support, mental health act assessments and NHS complaints.

Tel: 0300 343 5718 Email: [Advocacy@gettingheard.org](mailto:Advocacy@gettingheard.org)

### **National Autistic Society**

[www.autism.org.uk](http://www.autism.org.uk)

A national organisation providing information about autism and how it effects people, including some information about strategies and approaches.

Tel: 020 7833 2299 Email: [nas@nas.org.uk](mailto:nas@nas.org.uk)

### **OASIS**

<http://oasisonline.org.uk/>

A friendly charity run by parents for parents/carers who are raising children/young adults on the autism spectrum.

### **Oxford Aspies**

Oxford Aspies is an informal pub group, setup and run by adults on the autism spectrum. Individuals must be able to manage without 1:1 support, or bring their own support person (family member, friend or support worker). Volunteers attend to help facilitate socialising. For more details, contact [oxfordaspiessite@googlemail.com](mailto:oxfordaspiessite@googlemail.com).

### **Oxfordshire Autism Alert card**

Available free online at <http://www.autismoxford.org.uk/index.php/alert-card> or email [info@autismoxford.org.uk](mailto:info@autismoxford.org.uk) .

### **OxForward**

<http://www.kennedyscott.co.uk/oxforward.html>

The Wellbeing & Employment Support Service in Oxfordshire – a pan disability service, including autism spectrum.

Tel: 01304 201213 Email: [oxforward@kennedyscott.co.uk](mailto:oxforward@kennedyscott.co.uk)

### **Parents Talking Aspergers**

[www.parents-talking-aspergers.co.uk](http://www.parents-talking-aspergers.co.uk)

A support group for parents of children with Asperger Syndrome or High Functioning Autism.

Tel: 01295 269455 / 07503 752880