

We have a wide range of information sheets written by professionals to provide information and advice about autism. All of these information sheets are available to download for free online on our website:

All our information sheets can be downloaded at:

[www.autismwestmidlands.org.uk/online-resources](http://www.autismwestmidlands.org.uk/online-resources)

### General information on autism

- A guide to autism
- Asperger syndrome
- Autism and ageing
- Autism and communication
- Jargon buster
- Introduction to research studies
  - MEG scans
- Pathological Demand Avoidance
  - Behavioural strategies
- Autism and sensory issues
- Telling a person about their autism
- Telling other people about autism
- Autistic women and girls

### Families

- Autism-friendly cinema
- Choosing a school for an autistic child
- Developing play in autistic children
- Education, Health and Care Plans
  - An introduction
- Exclusions from school
- Family Fund grants
- Fun activities for children and autistic young people
- Helping autistic children to learn
- Siblings and autism
- Post-Diagnosis
  - a guide for parents of children

### Interventions

- Autism and sleep
- Autism and technology
  - Useful apps
- Food and diet
- Choosing autism interventions
  - Key principles
- Useful tools and schemes
  - A guide for autistic people

### Legislation, employment and further education

- Access to Work
  - Factsheet for employers
- Access to Work
  - A guide for autistic people
- Community care assessments
  - An introduction for autistic people
- Strategies to support students with autism in further education
- Interviewing for a job
  - Hints and tips for autistic people
- Personal health budgets
- Personal Independence Payments
- Personal Budgets - An introduction
- The workplace
  - An introduction for autistic adults
- The Care Act - An introduction
- Universal credit - A brief overview

### Supporting autistic people

- Autism and behaviours of concern (challenging behaviours)
- Autism and self-injury
- Autism, change and transition
- Managing stress and anxiety
  - A guide for parents and carers of autistic children
- Managing stress and anxiety - Supporting autistic people
- Autism and stimming

### Useful guides

- A guide to travelling by plane for autistic people

### Tips for autistic adults

- Building independence
  - An introduction for autistic adults
- Dating and relationships
  - An introduction for autistic adults
- An introduction to friendships for autistic people
- Internet safety and autism
- Online dating
- Autism, sex and relationships
- An introduction to socialising for autistic adults
- Autism, sex and relationships
- Autism and the CJS
  - Advice and guidance for professionals

We also have a great video on our Youtube channel for autistic people and their travelling companions using Birmingham Airport as well as visual guides for parents, carers and children, please visit our online information resources on our website or search 'Autism West Midlands' on Youtube.



### Information in community languages

These sheets offer an introduction to autism and Asperger syndrome in a selection of community languages. These are designed for people for whom English is an additional language.

**'A Guide to Autism' and 'An Introduction to Asperger's Syndrome' are available in the following languages:**

- Arabic
- Bengali
- Punjabi
- Somali
- Nepali
- Polish
- Urdu