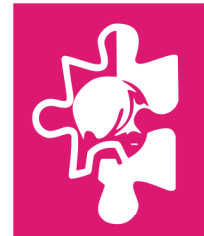


Autism Anglia



Registered Charity No. 1063717

Factsheet – Get Support for Adults with Autism

Having access to the appropriate support, services, resources and information you need, when you need it can make all the difference in helping you to become better informed and as a result lead the life you wish to achieve for yourself. The links below are dedicated to individuals and parent / carers to help you find what you need regardless of whether you are seeking a diagnosis, looking for a care service or just needing assistance with the challenges of day-to-day life.

- Residential Services (www.autism-anglia.org.uk/get_support/for_adults/residential) – properties owned and operated by Autism Anglia that provide 24 hour care for their residents
- Supported Living (www.autism-anglia.org.uk/get_support/for_adults/supported_living) – care packages for individuals who own their own property
- Study Centres (www.autism-anglia.org.uk/get_support/for_adults/study_centres) – centres in Essex and Norfolk providing life skills based learning for students 18 years and older.
- Alert Card (www.autism-anglia.org.uk/get_support/for_adults/alert_card) – a free of charge card designed to help explain autism when you are in a difficult or emergency situation
- Family Support (www.autism-anglia.org.uk/get_support/for_adults/family_support) – provides confidential support, a listening ear and information tailored to your needs
- Diagnosis (www.autism-anglia.org.uk/get_support/for_adults/autism_anglia_diagnosis) – how to start the journey towards getting the recognition that you are on the spectrum

**If you would like to receive further information
there are a range of factsheets that you can download
or alternatively please contact us, phone 01206 577678
or email info@autism-anglia.org.uk**

Autism Anglia
Century House
North Station Road
Colchester
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More factsheets are available at
www.autism-anglia.org.uk/factsheets

To speak with a member of our Family Support Team,
please telephone 01206 577678

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