

Post-Diagnostic Support- East Lothian & Midlothian

Who are we?

Salvesen Mindroom Centre is an independent Scottish charity dedicated to supporting and empowering neurodivergent children, young people and families.

We champion all forms of neurodiversity and support all kinds of minds. Our mission is to be a leading centre for change, in how we live, work, and learn.

We achieve this through direct support, education, advocacy, and research (in partnership with **Salvesen Mindroom Research Centre**).

What do we do?

We can offer short-term confidential, 1:1 support through a blend of **in-person and online** working. Sessions will provide individuals with an opportunity to:

- Reflect upon the diagnostic process
- Better understand their diagnosis (where one has been received)
- Explore what this might mean for them, based on individual needs
- Develop self-regulation strategies and skills to communicate support needs with others (if desired).

We can also liaise with involved professionals to share individual views and self-identified needs if desired, with an aim to ensure individuals are well supported in all aspects of their life.

Who is this service for?

This new service is funded by **Inspiring Scotland** until March 2024 and is aimed at autistic adults aged 18-25 years old in East Lothian or Midlothian who:

- Have received an autism diagnosis (either recently, or historically), or
- Have undergone assessment where there has been no formal diagnosis, but they identify as autistic.

It is a voluntary service, meaning that individuals can choose to end their involvement with us at any time.

How to refer

Autistic adults can self-refer. Referrals can also be made by parents and carers, or professionals on their behalf.

To refer to the service, please contact Salvesen Mindroom Centre on:

Tel: 0131 370 6730

Email: directhelp@mindroom.org

Salvesen Mindroom Centre

Great Michael House

14 Links Place

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www.mindroom.org

We will / can...

- Listen to individuals
- Take a strengths-based approach
- Support them to understand and express their needs
- Be understanding
- Work at their pace

We won't / cannot...

- Tell them what to think or do
- Guarantee to solve their problems
- Make promises we can't keep
- Provide counselling / other therapeutic psychological input
- Change the outcome of a diagnostic assessment

What topics will we cover?

Sessions will explore various topics with an aim of supporting autistic adults to develop a **better understanding of self**. Topics may vary depending on individual need/understanding, but could include:

- What is neurodiversity?
- Sensory experiences
- Communication differences
- Understanding and managing anxiety
- Relationships and boundaries
- Executive functioning skills
- Self-care

Support for parents / carers

This project specifically supports autistic adults, and it is important that we remain independent from others in their life.

We offer other services which support the parents and carers of neurodivergent children and young people. These services are provided by our **Direct Help and Support team** who can be contacted by phone, email, or through our website (see contact details for more information).

Consent and confidentiality

When we begin work with individuals, we will share our **privacy statement** which explains how we look after their information. We will also ask them to sign a **consent form**. We will only share their information with others if we have their permission.

The exception to this would be if an individual shares information which suggests they are / someone else is at risk of harm, in which case we have a duty to report information in accordance with our **Safeguarding Policy**. You can contact us to request a copy of this.

All our work complies with **General Data Protection Regulation** requirements.