

ASD Life Skills 12+ years

The Autism Spectrum Disorder Life Skills residential programme is delivered by incredABLE in partnership with the Southern Health and Social Care Trust ASD CAMHS Connect Service. It is a series of six 3-day residentials for up to 12 young people with ASD and or co-occurring mental health conditions from across the Southern Health & Social Care Trust Area.

The aim of the programme is to focus on daily life skills that can be practiced over the residential and transferred to the home. An information evening is held to introduce the programme to parents and the young people referred onto the programme by the ASD CAMHS Connect team.

Sessions are interspersed with various recreational activities throughout the programme to motivate and sustain the participation of the young people. After each series of residentials, two participants are selected to act as peer/mentors for the following series.

For more information:

Email: info@incredible.org.uk

Location

The incredABLE Schoolhouse is used to facilitate the programme which is set up to mirror a home environment.

Learning Areas

The programme's learning areas are: cooking, purchasing food, food hygiene; cleaning and laundry; money and budgeting; home and personal safety; health, fitness & healthy eating; organising my time; and relationships.

Transport

Every effort is made to ensure transport is not an issue. Collection points are agreed with parents throughout the trust area making attendance easier.

call today: 028 3887 2111

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