

# Scottish autism

WHERE AUTISTIC PEOPLE  
ARE VALUED

## Learning about Autism

Autism is different for everyone. This means that it can present very differently from person to person. Additionally, each autistic person's communication, social interaction, imagination and interaction with their environment will not be solely determined by autism. Their life experiences and personality traits will, as any other person, shape who they are. For this reason, it is important to learn about each individual, and as much as possible, allow your learning of autism to be guided by them.

We do understand, however, that having a base knowledge of autism as a condition can help you on that journey. For that reason, we have compiled a list of places where you can access online courses, resources and training.

### **Scottish Autism Right Click for parents and carers**

Right Click is for parents or carers of autistic individuals who are in particular need of information and support. Our experience tells us that this is often when a child is newly or recently diagnosed or when they are coming up to a major personal or environmental transition and so we have developed our programmes accordingly. The online programme builds over four weeks with new content being released each week and then a fifth week is available to review any of the materials which were of particular interest. The content is largely made up of videos with some supporting documents. Parents are also assigned their own autism advisor who can be contacted to answer questions or give more specific advice for your family.

[Find out more.](#)

### **Scottish Autism Right Click for women and girls**

Our women and girls programme is for autistic females of all ages, as well as parents, carers and professionals. The programme provides valuable information addressing key health and wellbeing challenges, as well as providing practical advice on a range of issues. We have engaged with women and girls from the autism community and we have drawn on the expertise of a network of professionals to develop a range of videos and other support materials.

The topics covered include: diagnosis, education, employment, positive living and parenting.

[Find out more.](#)

## Scottish Autism Advice Line Plus series

As part of the extension to our advice line service, have a range of videos on topics which are of interest to autistic people and their families. Some of these are our “Advice Line Q&A” sessions, where an autism advisor answers questions submitted by the public. Additionally, we have webinars from guest speakers about supporting children and young people, wellbeing, how to become your own coach, and more.

You can keep up to date on what series we are offering by following us on Facebook, Twitter and joining our mailing list.

Additionally, you can watch these videos on our [Youtube Channel](#).

## Finding other courses

You can contact any One Stop Shop, carers centre, or find a local autism charity to see what courses they are running near you. To find these, you can contact an autism advisor, or use the [National Autistic Society directory](#).

You may also wish to access books to help your understanding of autism. Many autistic writers have published books on their experiences, which have been a great source of learning for autistic people, professionals and their parents and carers. [Jessica Kingsley Publishers](#) offers several books related to autism.

Vlogs and Blogs from autistic writers and speakers may also help develop your understanding of autism. These are widely available on Youtube. Additionally, this website offers an [Actually Autistic Blogs list](#).

## Training and consultancy (for organisations and professionals)

We offer a range of training courses all of which are presented by an experienced practitioner who will explore how our understanding has changed over the years. We will take participants through a journey of exploring how an evidence based practice approach - where the best research evidence is considered alongside the quality of life and wellbeing of supported individuals - can enable us to increase our understanding of autism.

[More information.](#)