



South Wales community support services supported living



"We have nothing but the highest praise for the expert care, kindness and dedication shown by your staff."

The National Autistic Society Cymru works throughout Wales for people affected by autism.

Adults with autism can sometimes find it difficult to live in their own homes without the right support. We help adults with autism to enjoy independent lives, either living on their own or in shared houses. Our trained staff can provide anything from a few hours of support a week to help with everyday tasks, to comprehensive 24-hour care packages for people with more complex needs.

Our flexible, specialist service also allows friends, relatives and carers of adults with autism to take short breaks of varying length.



Accept difference. Not indifference.

Gwahaniaeth. Nid difaterwch.

We support adults with autism to:

- > learn independent living and household management skills
- > improve social skills
- > develop strategies to keep safe
- > maintain relationships with family and friends
- > deal with any other issues relating to autism, Asperger syndrome or learning difficulties.

All our work is underpinned by well-established, autism-specific approaches such as the NAS SPELL framework and TEACCH.

Person-centred approach

Our expertise and experience enable us to communicate effectively with people with autism so they can express what they want and need. We work closely with each person to create their own support plan and put it into practice. We see it as vital that the individual is at the centre of our planning process so they have every opportunity to develop and thrive. We also make sure that family, carers, friends and staff are fully involved in the planning process.

The support we offer

We can bring structure to people's lives and help them to learn about the essentials of daily life, such as self-care, laundry, cooking and budgeting.

Our service is tailored to the individual needs of the adults with autism we support. It may be long- or short-term, provided during the day time, evening or at night.

Our staff help to build each person's confidence so that they can develop their skills and abilities, and grow their independence in all areas of their lives.

Our team

Our staff have a range of specialist knowledge so we can offer the right support to each person. All our staff receive autism-specific training, which they build upon throughout their career.

For further information, contact:

The National Autistic Society Cymru

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"The supported living service continues to be a great benefit for our son."

