# Mentoring Adults and Children with Autism



Location                        **South East, East Sussex**
https://www.freeadsz.co.uk/x-373260-z

Private mentoring sessions available to adults and children with Autism supporting with difficulties such as- Social skills - interacting in different environments such as school or the community Life skills - building valuable skills such as hygiene, organisational skills, money management Communication - interacting with others, language, similes, idioms Transition and change - reducing anxiety when dealing with situations such as school transition, moving home, new people Social interaction - making friends, maintaining friendships, social norms Self esteem and confidence Sensory difficulties - identifying, exploring and understanding sensory issues Anxiety management - identifying and developing coping skills Aggression and anger management - triggers and coping skills focus and distraction awareness - understanding and developing skills to support in such areas as school, exams or work Understanding Emotions and self control - levels of emotions, developing personal awareness and coping skills to manage Developing language and vocabulary - understanding others, metaphors Safety awareness - such as roads, strangers, home, school, community Understanding time - telling time, sense of duration Imagination skills - developing skills to help with other difficulties  Relationships - appropriateness, differences, developing and importance Exploring strengths and interests  Environment - assessing and exploring  Community work - learning to go out into the community and interact effectively  and much more! - This list has examples of the support I can offer, I have lots more and I am creating new topics and sessions all the time. Weekly sessions in the home environment for 45 minutes. The sessions are client centered as identified with the client (if appropriate), parents/carers and other agencies involved in the care and support.  Various types of sessions available according to preferred structure. Reflective questionnaires, constant observation, discussions and typed session summaries are used to measure success and identify further support needed. Availability evenings, weekends and day time.  Availability to attend appointments. DBS checked (Paris Specialist Autism Awareness trainer qualified and further support intended at or completed with their 2 day service as well as further reading Also available. Sibling and family support also available separately in various formats.  Locations within... Please get in touch with any questions and I will respond to you as soon as possible.  Thank you and hope to hear from you.