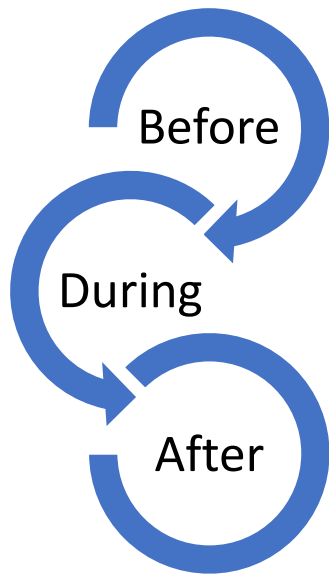


## Information and supports for parents of children who have neurodevelopmental differences in West Lothian

As a parent, your child's development is unique and may vary in comparison to other children. You may notice neurodevelopmental differences in your child that are observed at home and/or in nursery/school. These differences can be in the areas of communication, memory, relationships, balance and coordination, emotional well-being, play, learning, flexibility, attention or senses. It is important to discuss concerns and share information with school professionals or other services that be involved with your child. Sometimes, a request for Neurodevelopmental (ND) assessment may be submitted after your discussion with professionals or you may decide to monitor your child's development over time.

This guide provides you, as the parent with information about how to access resources and supports for a neurodivergent child and their families. This guide is divided into different stages (Before/During and After) in relation to the ND referral, assessment and receiving an assessment outcome such as a diagnosis. Please note there are resources and supports that will appear throughout all the phases and that it indicates that they can be accessed at any point and do not require a diagnosis.



**Before** – refers to you as a parent noticing ND differences in your child or a family member, friend or professional mentioning these differences to you. You may decide to discuss this with a school professional and in some instances a GP, and then as a result may ask for a ND assessment through your child's school.

**During** – refers to when education or health professionals may submit a ND request for assessment into the Single Point of Access. If it is agreed that the request is appropriate, you will receive communication about gathering information and an appointment. During this period of waiting for an appointment and for other assessment appointments, you can access this guide to identify appropriate resources and supports.

**After** – once the assessment process has been completed, you will be asked to attend a feedback meeting to discuss the outcomes of the assessment and if any diagnoses can be made. In a feedback meeting, a clinician will give you helpful information. This guide indicates that some resources are available only when a child has been diagnosed.

## BEFORE<sup>1</sup> (Noticing concerns and making a request for ND assessment):

Resources	Support for children and family	Advocacy and direct parent support
<p>EPIC - Edinburgh Psychoeducation Intervention for Children (EPIC) information on how to identify and support children and families  <a href="https://www.ed.ac.uk/clinical-brain-sciences/research/epic-edinburgh-psychoeducation-intervention/epic-resources">https://www.ed.ac.uk/clinical-brain-sciences/research/epic-edinburgh-psychoeducation-intervention/epic-resources</a></p>	<p>In nursery and school, please discuss supports available for you and your child available in the classroom, across the school and community</p>	<p>Carers of West Lothian <a href="#">About CoWL - Carers West Lothian (carers-westlothian.com)</a></p>
<p>Salvesen Mindroom has resource guides, real life stories and lived experiences, and advocacy support for young people. No diagnosis is required  <a href="https://www.mindroom.org/">https://www.mindroom.org/</a></p>	<p>Number 6 (this is for 16 plus year olds) The one stop shop for autistic adults  <a href="#">Number 6</a></p>	<p>The Action Group for children and adults with additional support needs and learning disabilities and carers <a href="#">West Lothian   The Action Group</a></p>
<p>National Autism Society  <a href="https://www.autism.org.uk/advice-and-guidance">https://www.autism.org.uk/advice-and-guidance</a></p>	<p>Parent programmes can be accessed through school, health visitor or Speech and Language Therapy</p>	<p>Kindred <a href="http://www.kindred-scotland.org/">www.kindred-scotland.org/</a> provides support to parents of children with complex needs and this includes individual support, groups and events.</p>
<p>Scottish ADHD coalition for young people, adults and families to get information and local support  <a href="#">Scottish ADHD Coalition - The Scottish ADHD Coalition</a></p>	<p>Befriending network across Lothian <a href="#">Directory – Befriending Networks</a></p>	<p>Enquire is the Scottish Support Service for additional support needs <a href="#">Enquire - The Scottish advice service for additional support for learning</a></p>
<p><a href="#">Self-Help Resources - Health &amp; Social Care Partnership (westlothianhscp.org.uk)</a></p>	<p>Through School:            SMILE counselling <a href="#">SMILE Counselling - Support for 11-24 year olds West Lothian</a>            LIAM (Let's Introduce anxiety management)</p>	<p>Children's First – parentline and supports for families  <a href="#">Help for families to protect children   Children 1st</a></p>
<p><a href="#">Branch Out Together</a> - <a href="https://www.branchouttogether.org">https://www.branchouttogether.org</a> was formerly the Lothian Autistic Society and provides social activities and events.</p>	<p>Base Camp is a club for children aged 5 – 13 years with ASD that focuses on themes which aim to develop the child's ability to cope in a group setting.  <a href="#">Branch Out Together   Facebook</a></p>	<p>NHS24: call 111 for urgent care advice and support            ParentLine Scotland: 08000 28 22 33            Family Lives UK: 0808 800 2222</p>
<p>RNIB BOOKSHARE: Children with a visual impairment OR dyslexia, autism or ADHD are eligible to sign up for RNIB bookshare. The scheme provides electronic book resources</p>	<p>Chill Out Zone – <a href="#">Chill Out Zone</a></p>	<p><a href="#">Boparan Charity</a> They provide funding to children with disabilities, life-limiting illnesses and those who are in extreme poverty across the UK. Grants can fund specialist</p>

<sup>1</sup> When resources are first mentioned, they will have the website or email contact beside it.

<p>including the regular reading schemes but in flexible fonts/colors/sizes/audio. Law Primary can set a child up with an account. More details at:  <a href="https://www.rnibbookshare.org/cms/me/information-parents-about-rnib-bookshare">https://www.rnibbookshare.org/cms/me/information-parents-about-rnib-bookshare</a></p>		<p>equipment such as wheelchairs, trikes, sensory toys not available on the NHS, and treatments such as Speech &amp; Language Therapy and Behavioural Therapy.</p>
<p>FASDHub Scotland: resources, training and parentline  <a href="#">FASD Hub   Home   Adoption UK Charity</a></p>	<p>Youth and Children’s Clubs <a href="#">Youth and Children's Clubs - West Lothian Council</a></p>	<p>Circle is a registered charity working at the heart of communities across central Scotland. We work with families facing multiple disadvantages because of structural inequality, poverty, drug and alcohol use, imprisonment, physical or mental health, trauma, abuse, and loss. <a href="#">Families - Circle Scotland</a></p>
<p>Young Scot "Escape Connect Relate": Books about neurodiversity for children and young people, selected by librarians in Edinburgh: <a href="https://young.scot/wp-content/uploads/media/14948/neurodiversity.pdf">https://young.scot/wp-content/uploads/media/14948/neurodiversity.pdf</a></p>	<p>The Yard runs adventure play services for disabled children, young people and their families. You can reach The Yard team during office hours by calling us on <b>0131 476 4506</b>. <a href="#">The Yard Edinburgh   The Yard (theyardscotland.org.uk)</a></p>	<p>West Lothian Domestic and Sexual Assault Team (DASAT) offers confidential and friendly support to people who have experienced abuse.  <a href="#">West Lothian Domestic and Sexual Assault Team (DASAT) - Health and Well-being (nhsinform.scot)</a></p>
<p>Autistic Girls Network: information about autism in girls and women, and resources on school and healthcare accommodations (eg. school and hospital passport resources). <a href="https://autisticgirlsnetwork.org/">https://autisticgirlsnetwork.org/</a></p>	<p>Social Security Scotland – what benefits are available for your family <a href="#">Social Security Scotland - Homepage</a></p>	<p><a href="#">Citizens Advice Scotland</a></p>
<p>Autism Understood: Information about autism, designed for and by autistic young people. <a href="https://autismunderstood.co.uk/">https://autismunderstood.co.uk/</a></p>	<p>Youth Action Project (drop in befriending and 1:1 work) <a href="#">West Lothian Youth Action Project, Youth Club, Livingston (wlyap.org.uk)</a></p>	
	<p><a href="#">West Space   Find support</a></p>	
	<p><a href="#">Venturing Out ASN</a> free activities to children and their families living with additional support needs</p>	
	<p>Young Minds Charity provides information about emotional wellbeing, and can provide guidance about finding support  <a href="https://www.youngminds.org.uk/">https://www.youngminds.org.uk/</a>          Young Minds UK: 0808 802 5544</p>	
	<p>Skills Development Scotland (SDS) support pupils, parents and teachers with a comprehensive range of career information advice and guidance (CIAG) services.  <a href="https://www.skillsdevelopmentscotland.co.uk/">https://www.skillsdevelopmentscotland.co.uk/</a></p>	

## DURING (on waiting list and during assessment appointments)

Resources	Support for children and family	Advocacy and direct parent support
EPIC	In nursery and schools please discuss supports available for you and your child available in the classroom and school community	Carers of West Lothian
Salvesen Mindroom resources	Number 6 (this is for 16 plus year olds)	The Action Group
National Autism Society	Parent programmes can be accessed through school, health visitor or Speech and Language Therapy	Kindred
Scottish ADHD coalition	Family Information Sessions	Enquire
Information and supports for parents of neurodivergent children – NHS Lothian guide for parents of children who are awaiting ND assessment	WRG supports for mental health and attendance support	STAND
The CAMHS website has up-to-date online resource link: <a href="https://services.nhslothian.scot/camhs/Resources/Pages/Online-Resources.aspx">https://services.nhslothian.scot/camhs/Resources/Pages/Online-Resources.aspx</a>	Base Camp <a href="#">West Space   Find support</a>	Citizens Advice Scotland
FASDHUB Scotland	Children's First	Parentline Scotland 0800 028 22 33
	Youth and Children's Clubs <a href="#">Youth and Children's Clubs - West Lothian Council</a>	Young Minds UK: 0808 802 5544
	The Yard	Family Lives UK: 0808 800 2222
	Social Security Scotland	
	Salvesen Mindroom	
	Team United	
	Venturing Out	
	Parent Information Session on Intellectual Disability through CAMHS ID	
	Through CAMHS – CUES group, Parent Anxiety group	
	Young Minds Charity	
	Skills Development Scotland	
	Youth and Children's Clubs <a href="#">Youth and Children's Clubs - West Lothian Council</a>	

## AFTER (Assessment)

Resources	Support for children and family	Support for CYP and family – diagnosis required	Advocacy and direct parent support
EPIC	In nursery and schools please discuss supports available for you and your child available in the classroom and school community	Yellow Teapot Club (Youth groups 6-25 year olds with additional support needs) contact@theyellowteapotclub.co.uk	Carers of West Lothian
Post diagnosis pack specific to ID/ Autism and ADHD	Number 6 (this is for 16 plus year olds)	Medication if appropriate	The Action Group
National Autism Society	Parent programmes can be accessed through school, health visitor or Speech and Language Therapy	<a href="#">Barnardo's Cygnet parenting courses</a> 6 week online parenting course for parents of autistic children	Kindred
Salvesen Mindroom resources	Right Click Autism	National Autism Society- CYP online	Enquire
Scottish ADHD coalition	Brighter Days (ADHD/ASD)	CAMHS – mental health and sensory supports (Silvercloud online CBT)	STAND
Information and supports for parents of neurodivergent children – NHS Lothian guide for parents of children who are awaiting ND assessment	Base Camp	Autism Family Support <a href="https://www.facebook.com/asdfamilysupport">https://www.facebook.com/asdfamilysupport</a> info@autismfamilysupport.org.uk	PASDA (16 plus – self refer)
FASDHub Scotland	Children's First	Broxburn Autism Support Group <a href="#">Broxburn Autism Support Group - West Lothian Council</a>	Citizens Advice Scotland
The CAMHS website has up-to-date online resource link: <a href="https://services.nhslothian.scot/camhs/Resources/Pages/Online-Resources.aspx">https://services.nhslothian.scot/camhs/Resources/Pages/Online-Resources.aspx</a>	Youth and Children's Clubs <a href="#">Youth and Children's Clubs - West Lothian Council</a>		
	The Yard		
	Social Security Scotland		
	Salvesen Mindroom		
	Team United		
	Venturing Out		
	<a href="#">West Space   Find support</a>		
	Smile counselling		

*Information and supports for parents of neurodivergent children on specific topics:* this is a comprehensive list of excellent resources to read and is available from Children's Hospital website.

School	Behaviour	Anxiety
Sensory needs	Transitions	General information
Repetitive Behaviour	Sleep	Mentoring and skill development