

## Support in Oxfordshire after Adult Autism Diagnosis

**ASpiration** – The ASpiration Service is a support service for Over 16s with Asperger Syndrome and High Functioning Autism living in Oxfordshire. It is provided by Autism at Kingwood and offers information, groups and limited support. <http://www.kingwood.org.uk/aspiration> Tel: 01235 532680 Email: [aspiration@kingwood.org.uk](mailto:aspiration@kingwood.org.uk)

**Autism Family Support** – A Community Outreach Worker supports 14-25 year olds on the autism spectrum, and their families: <http://www.afso.org.uk/> Tel: 01844 338696 [info@afso.org.uk](mailto:info@afso.org.uk)

**Autism Oxford UK** - a training and consultancy organisation. It also runs events about Autism Spectrum Conditions which feature autistic adults giving insider perspectives and practical advice, alongside specialist national and international guest speakers. More information can be found at <http://www.autismoxford.org.uk/index.php/events>

**BBMH** – Benefits for Better Mental Health is run by Oxfordshire MIND. Their Benefits Advisors can advise on any aspect of Welfare Benefits. Email: [bbmh@oxfordshiremind.org.uk](mailto:bbmh@oxfordshiremind.org.uk) <https://www.oxfordshiremind.org.uk/what-we-do/benefits-advice/> Tel: 01865 247788  
The ASpiration service (details above) can support autistic people to access this service.

**Care Act assessment** for support to meet eligible needs relating to Social Care and psychological wellbeing. Oxfordshire County Council's adult social care access team: [www.oxfordshire.gov.uk/cms/content/requesting-assessment](http://www.oxfordshire.gov.uk/cms/content/requesting-assessment) . The ASpiration service (details above) can give advice and support autistic people to access the assessment if necessary.

**OASIS** - a friendly charity run by parents for parents/carers who are raising children/young adults on the autism spectrum. <http://oasionline.org.uk/>

**Oxford Aspies** – Oxford Aspies is an informal pub group, setup and run by adults on the autism spectrum. Individuals must be able to manage without 1:1 support, or bring their own support person (family member, friend or support worker). Volunteers attend to help facilitate socialising. For more details, contact ASpiration or AFSSO above.

**Oxfordshire Autism Alert card** – available free online at <http://www.autismoxford.org.uk/index.php/alert-card> or email [info@autismoxford.org.uk](mailto:info@autismoxford.org.uk) .

**OxForward** – The Wellbeing & Employment Support Service in Oxfordshire – a pan disability service, including autism spectrum: <http://www.kennedyscott.co.uk/oxforward.html> Tel: 01304 201213  
Email: [oxforward@kennedyscott.co.uk](mailto:oxforward@kennedyscott.co.uk)