



Resources

Find your hub

Events



January

# News and updates

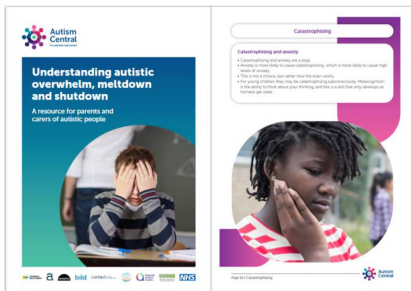
Welcome, this is where we'll share news about the programme and links to resources we think you may find useful.

Autism Central

## Understanding Autism

This month we are highlighting resources to help you learn more about autism, with topics such as diagnosis, sensory differences, stress and anxiety and its impact. Read more online, and access additional resources when you set up an account. Click on 'login or register' on our website to access these.

Understanding autism



An introductory guide to understand autistic overwhelm, meltdowns and



Listen to autistic young people describe their experience of stress and anxiety, the impact

shutdowns for parents and carers.

and how they can be supported.

[Read the guide](#)

[Watch the films](#)

## Book a one-to-one

Find help from your regional hub.

[Find your hub](#)

### Personal assistants

If you need help with supporting an autistic family member, hiring a personal assistant may be a good solution. The role of personal assistants is to help people live their lives according to their own wishes and interests.



[Find out more](#)

## Next month...

Finding the balance, a new series of videos for parents and carers by Dr Naomi Fisher and Eliza Fricker.



Autism Central is designed to help families learn more about autism and how to navigate support.



Autism Central is a peer education programme, commissioned by NHS England.

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