

What are the group rules?



This peer support group is for parents and carers of autistic people to give and receive support based on their personal experiences, knowledge and understanding.

It has been set up to provide reassurance during the Covid-19 pandemic.

Examples of how the group can be used include:

- Sharing tips on self-care, sensory regulating and coping strategies for yourself and your family.
- Asking questions that other parents and carers may have some insight into.
- Companionship.
- Sharing information about hobbies and interests that are keeping you and your family going during self-isolation.

The group is moderated by Autism Wellbeing. We have a mixture of life and professional experiences including lived experience of being autistic; lived experience of having autistic family members, friends and colleagues; professional experience (as both autistic and non-autistic people) in supporting autistic people and their families.

The group will evolve into whatever suits its members best so rules are difficult to identify at the start. Some examples of rules include:

- The group is for parents and carers of autistic people. (Other family members or people in a caring role can request to join too)
- Respect each other and remember we are all learning together.
- Share experiences and opinions but don't tell people what they should do.
- Keep the content of the group confidential and don't share outside the group.
- Message a moderator if you are unsure or concerned about something.
- Reach out for help if you are struggling – there will be some links to other groups and support.
- Some parents will be autistic themselves – they can be an excellent source of insight and information.