Family X were referred to Atebion via the Early Help Screening Team for housing support, understanding son’s Autism diagnosis, school attendance and transport. The housing concerns were addressed by screening and Atebion was able to focus on the disability.

An initial assessment was completed, to understand the family’s situation and support needs. Financial worries and the impact of this on feeling strong and able to support the whole family was discussed. Taking this into consideration, an action plan was created capturing the support needs linked to her son’s disability, it’s impact on each family member and financial worries.

Mum was supported by receiving a foodbank voucher, supermarket vouchers to purchase the specific foods that her son ate that could not be provided through the food bank and a selection of Christmas presents to help remove some of the financial burden during her involvement with the service. Mum stated this support made a huge difference and helped feel a sense of relief at the time. As support continued, mum opened up and shared some struggles with basic sleeping arrangements. Barnardo’s Cost of Living Crisis Fund was accessed to purchase a new mattress and bedding for the family.

Group support was discussed with mum to meet other parents and become less isolated. Mum felt apprehensive group session, so 1:1 sessions started to explore her son’s Autism, what this meant for him, for her and the wider family. The team explored strategies that were suitable for mum to support and manage her son’s behaviour and difficult feelings. Mum’s confidence progressed and completed the Playful Parenting Programme, where she met other parents and explored how to improve communication and regulation through play. At the initial assessment, Mum shared some worries about the impact of her son’s Autism on his sibling. 1:1 support was completed with the sibling as mum had worries regarding the impact of her child’s autism on her other child. These sessions helped the sibling to gain their voice and help with coping strategies that could be used at home during difficult times.