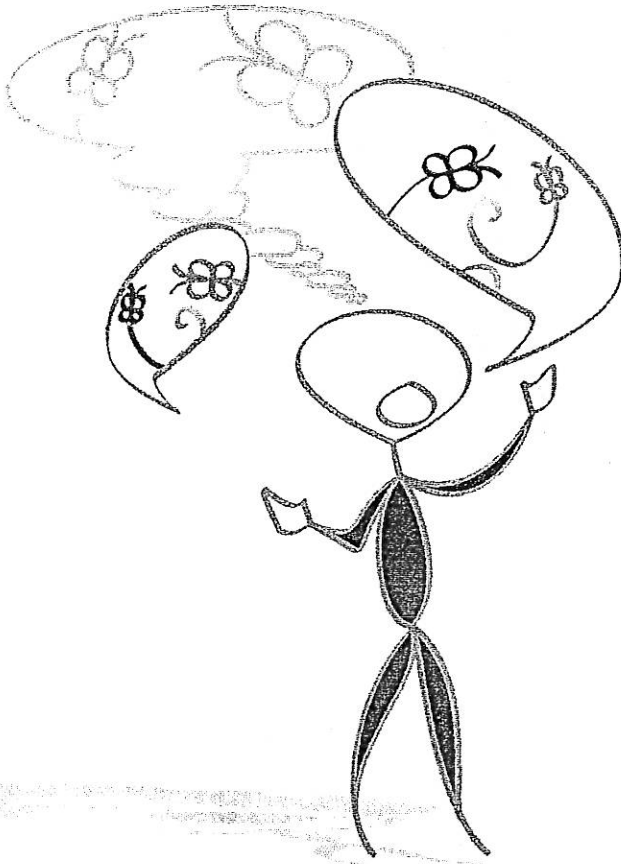


Ideas for resources

Time



Time Timer

A timer which shows time passing by the red section slowly disappearing. Available in small or large size or as an app for iPhones or iPod Touch (visit iTunes).
www.taskmasteronline.co.uk or 0116 270 4286
www.nas.org.uk/shop - follow link to NAS Amazon affiliate store.

Time Timer Watch

A watch which shows time passing by the red section slowly disappearing.
www.ed-solutionsdirect.com or 020 8690 6995

Talking Watch

A variety of watches that have a voice that says the time.
<http://onlineshop.rnib.org.uk> or 020 7388 1266

Time Tracker

A timer which can be set for each light to come on for a different length of time, and has optional sounds to accompany the lights changing. Useful for demonstrating how long an activity is lasting.
www.brightminds.co.uk or 0844 41 222 50

Sand Timers

You can buy five and ten-minute timers or more.
www.sensetoys.com or 0845 257 0849
www.brightminds.co.uk or 0844 41 222 50
and various other Special Needs catalogues / shops.

Sensory resources

Sense Toys

www.sensetoys.com or 0845 257 0849

Sensory Toy Warehouse (was Novelty Warehouse)

www.sensorytoywarehouse.com

Sensory Direct

www.sensorydirect.com or 0800 0837 212

tink 'n' stink

www.tinknstink.co.uk

Sensory Plus

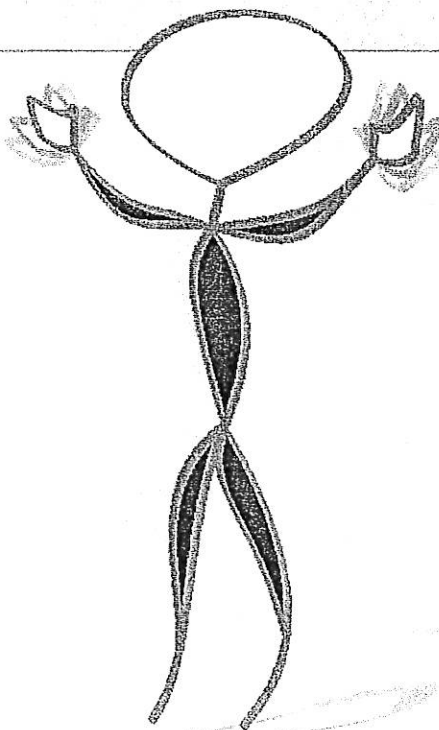
www.sensoryplus.co.uk or 0800 212709

Hawkin's Bazaar

www.hawkin.com or 0844 557 5261 or visit one of their shops
(they tend to open more around Christmas).

Special Direct

www.specialdirect.com or 0800 318 686



Ideas for resources

Sensory resources

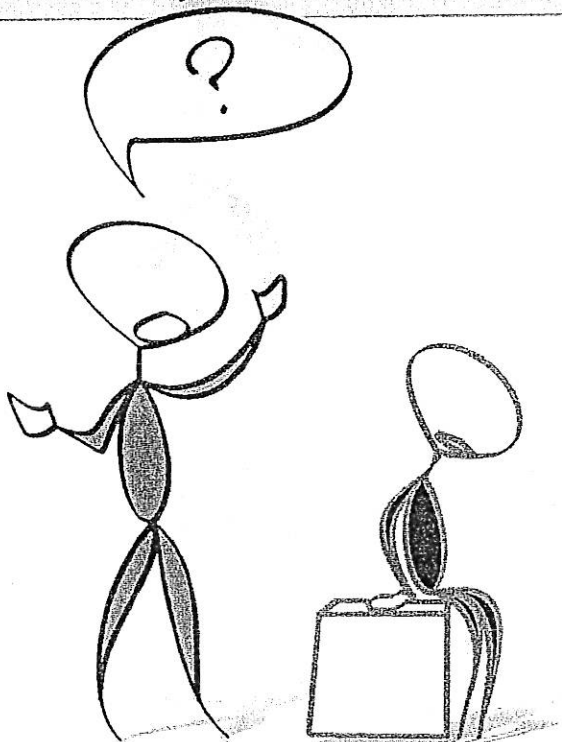
Ear plugs

For helping to block out noise. They can help with sensory integration problems.

www.alllearplugs.com or 01582 794171

You can also try your local chemist for ear plugs that mould to your ears.

Links to sensory-related therapies



British Association of Occupational Therapists /
College of Occupational Therapists
www.cot.org.uk
020 7357 6480

The College of Occupational Therapists
Specialist Section - Independent Practice
www.cotss-ip.org.uk or 0800 389 4873

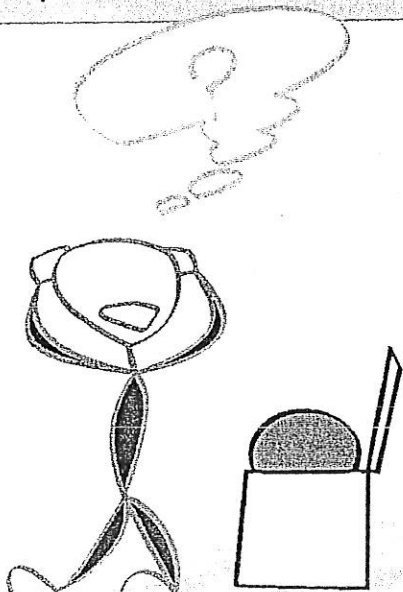
British Society of Music Therapy (BSMT)
www.bsmt.org
020 7837 6100 or info@bsmt.org

British Association of Behavioural Optometrists
www.babo.co.uk
01242 575107 or admin@babo.co.uk

Institute of Optometry
(Specific Learning Difficulties Clinic)
www.ioo.org.uk
020 7234 9641 or admin@ioo.org.uk

The Irlen Institute
(Information site about the Irlen Method)
www.irlen.com or www.irlenuk.com
or Midlands number is 01536 761597

Sleep and personal care



Temperature regulating bedding

Shop that sells a variety of temperature regulating bedding, including Dermatherapy, Bamboo or Alpaca.

www.welovesleep.co.uk or 0800 170 7288

Seam-free Socks

Helpful for children who find socks very uncomfortable.

www.sensory-smart.co.uk or 01425 674712
www.cosyfeet.com or 01458 449035

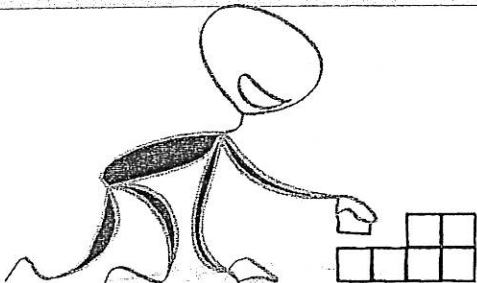
Revolution Underwear

Garments range from vests and T-shirts with alternative fastenings to all-in-one suits that cannot easily be removed by the child.

www.revolution-underwear.toucansurf.com
or 0116 2775316

Ideas for resources

Sleep and personal care



Dry Like Me Toilet Training Pads

A disposable toilet training pad that fits in a child's own pants, designed to capture small accidents, and help parents and children manage the stress and mess of toilet training. Also useful for children who have problems with constipation and overflow.

www.drylikeme.com – for information and stockists

www.eric.org.uk – to buy

Available in Wilkinson, Morrisons and Asda Living.

Talking about autism



Autism Alert Card

www.autism.org.uk/shop

Information cards on autism or Asperger Syndrome

www.autism.org.uk/shop

I'm not naughty badge

www.autism.org.uk/shop

I'm not naughty T-shirt

www.autism.org.uk/shop

Similar items are available from:

www.autismawarenessuk.com

You can find other sellers on eBay.

Assorted badges

www.autismawarenessuk.com or

www.stores.ebay.co.uk/Autism-Awareness-UK

Education

Write Angle Desk Top Writing Aid

Allows children to set up their work at a better angle for looking at and writing on. Has a non-slip surface and the angle can help with posture and comfort.

www.specialdirect.com or 0800 318 686

Move 'n' Sit cushion

Helps children feel more grounded in their seat.

Good for overcoming sensory integration problems.

www.sensorydirect.com or 0800 0837 212

Vidipro UK (fitness equipment): 01299 829400

www.backinaction.co.uk/move-n-sit

Disc'o'Sit

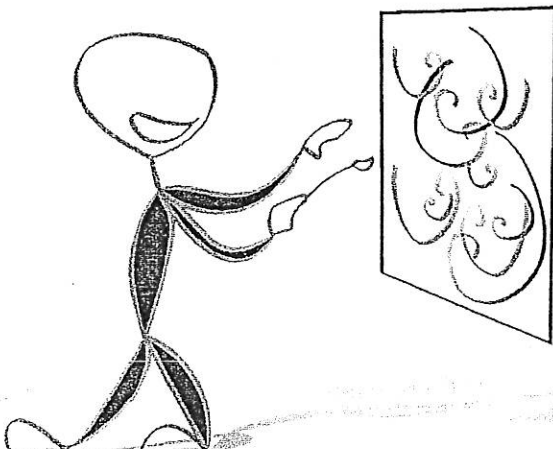
Helps children feel more grounded in their seat.

Good for overcoming sensory integration problems.

www.sensorydirect.com or 0800 0837 212

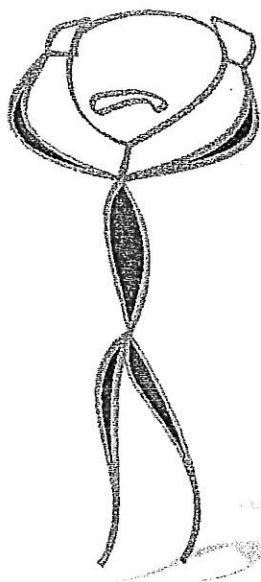
Vidipro UK (fitness equipment): 01299 829400

www.welcomemobility.co.uk or 0203 195 1356



Ideas for resources

Pens



Yoropen

Pen which gives finger support and makes it easier to see what is being written. Comes in right or left handed versions.

Yoropen: www.yoropen.co.uk

WHSmith (at larger stores): www.whsmith.co.uk

Amazon: www.amazon.co.uk

Stabilo Move Easy Pen

Pen which is easier to grip.

www.whsmith.co.uk

www.ryman.co.uk

www.anythinglefthanded.co.uk

Light-Up Pens

Pens which light up when pressure is put on them.

www.idalearning.com or 0845 120 4776

www.sensetoys.com or 0845 257 0849

Fidget Pencils

Pencils which have things to fidget with at the ends, which may help concentration.

www.idalearning.com or 0845 120 4776

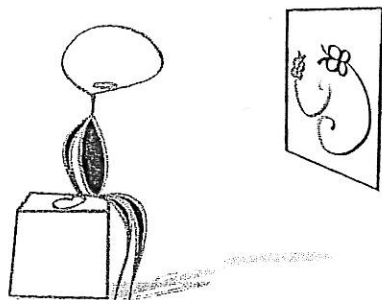
Berol Hand Hugger Pencils and Pens

May help with giving better grip.

www.whsmith.co.uk

www.amazon.co.uk

Community help and facilities



Cinema Card

Allows a carer to go in free with the cardholder. You need to be in receipt of DLA to get a card, which costs £5.50 for one year.

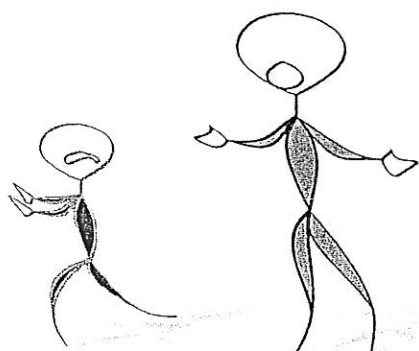
www.ceacard.co.uk or 0845 123 1292

Radar Key

Gives you access to disabled toilets nationwide. You can get one through Radar or various local charities.

www.radar.org.uk or 020 7250 3222

Home furnishing and safety ideas



Tough Furniture

A range of furniture that is built to withstand tough treatment.

www.toughfurniture.com or 01588 674340

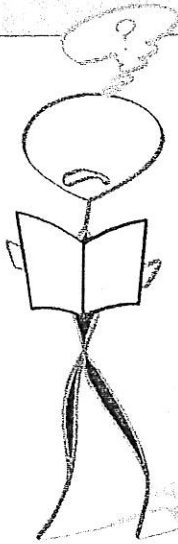
Soft furniture/rooms

A range that can be used for chill-out rooms, sensory rooms, or sleeping areas.

www.safespaces.co.uk or 01706 816274

Ideas for resources

Publishers



The National Autistic Society

Sells books published by the NAS but also has a list of recommended books and a link to an Amazon affiliate shop.

www.autism.org.uk/shop

Jessica Kingsley Publishing

Publishes a wide range of books on topics including autism, ADHD, and learning disabilities.

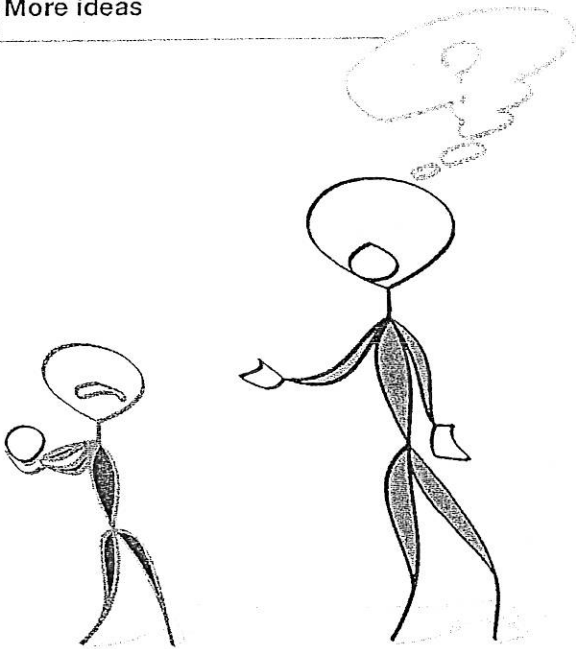
www.jkp.com or 0207 833 2307

Autism Asperger Publishing Company

Has some very good books. This is an American Company so may be expensive to order from directly, but it's good for ideas and you can usually order the books elsewhere.

www.asperger.net

More ideas



Cerebra

A charity that provides an information booklet on claiming DLA, a sleep service, grants, links to research and many other resources.

www.cerebra.org.uk or 01267 244200

or Parent Helpline on 0800 328 1159

Fledglings

A charity that helps parents of a child with special needs to find simple, affordable solutions to practical problems. If you are stuck for a solution to a problem, contact them and they may be able to help locate a solution. They also have a newsletter.

www.fledglings.org.uk or 0845 458 1124

NetBuddy

A website full of tips from people with first-hand experience of autism, learning disabilities and special needs.

www.netbuddy.org.uk

Ideas for apps

There are lots of useful apps available on smart phones. Some are listed here. You can also find apps by searching for specific topics such as 'autism', 'social skills', 'emotions', etc.

Top tip from a sibling – “Get a hard cover for your smart phone!”

Autism Apps - iPhone / iPad

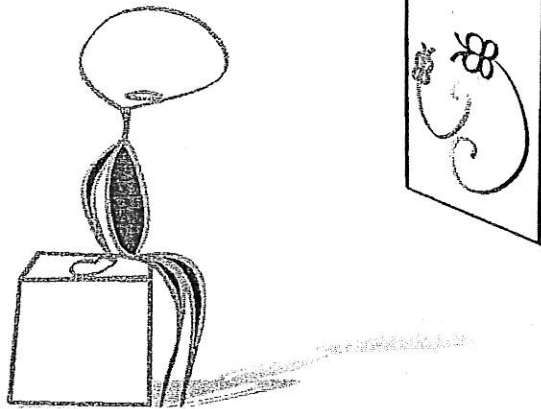
Autism Apps is a comprehensive list of apps that are being used with and by people diagnosed with autism, Down syndrome and other special needs. It also includes links to any available information on each app. The apps are separated into over 30 categories, and the descriptions are all searchable, so any type of app is easy to find and download.

Time Timer - iPhone / iPad

This has a disappearing red disk that allows individuals to visualise time, making the passage of time obvious and tangible. Simply set the Time Timer to the length of your activity and as time elapses, the red disk gradually gets smaller.

Ideas for resources

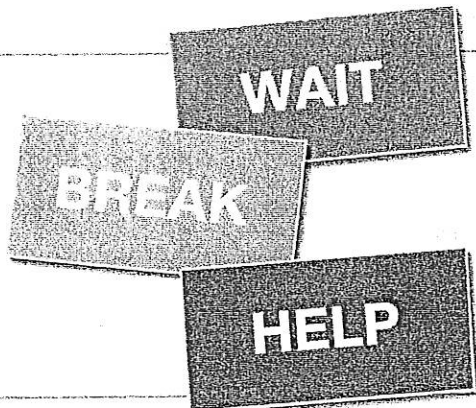
Visual supports



Free symbols
www.do2learn.com
www.visualaidsforlearning.com
www.pdictionary.com
www.usevisualstrategies.com
www.photosymbols.com
www.straight-street.com

Symbols that cost
www.pecs.org.uk
www.widgit.co.uk
www.makaton.org
www.ebay.co.uk – type 'autism' into the search to find lots of people selling visual supports.

PECS Visual Support Set
www.pecs.org.uk/shop or 01273 609555
 Contains wait cards, break cards, help cards and reward counters.

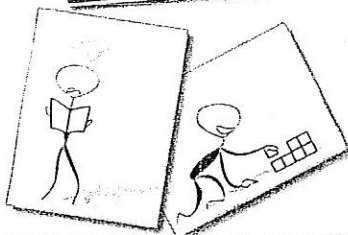


Wait symbol
www.pecs.org.uk/shop or 01273 609555

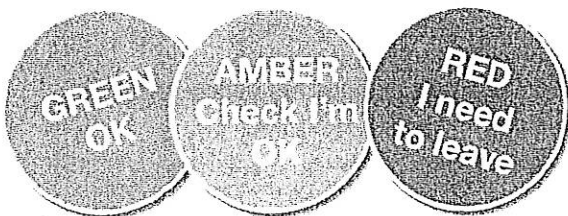
Break cards
www.pecs.org.uk/shop or 01273 609555

Help symbol
www.pecs.org.uk/shop or 01273 609555

Or you can make your own!

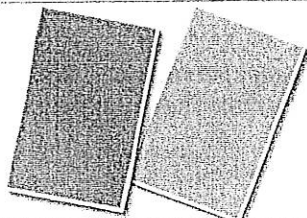


'First and Then' or 'Now and Next' Visual Schedule
 You can add more as and when needed, and make a simple visual prompt for helping children with autism to understanding two-step sequences.



Traffic Light Systems
 Useful for:

- > Checking emotions
- > Asking for help
- > Warning of finish
- > Whose turn is it?
- > Door notices



Red card / Yellow card system
 Useful for:

- > Warning system
- > How to ask for help
- > Warning of finish

National Autistic Society contacts - UK

General NAS contacts	
NAS Autism Helpline This is the best point of contact for any question related to autism or Asperger syndrome, and to request free information sheets.	0808 800 4104 (free from landlines and most mobiles) autismhelpline@nas.org.uk
NAS Education Rights Service For any education related question. Allow about a week for a response.	0808 800 4102 (free from landlines and most mobiles)
NAS Welfare Rights Service For questions related to benefits. Our Autism Helpline will take details of your enquiry and arrange a telephone appointment.	0808 800 4104 (free from landlines and most mobiles) welfarerights@nas.org.uk
NAS Community Care Service For accessing help from your local social services department. Our Autism Helpline will take details of your enquiry and arrange a telephone appointment.	0808 800 4104 (free from landlines and most mobiles) communitycare@nas.org.uk
NAS Parent to Parent Line If you just want to talk with an understanding parent who also has a child with autism.	0808 800 4106 (free from landlines and most mobiles)
NAS website Includes lots of useful information about autism.	www.autism.org.uk
NAS Signpost A personalised information service. Presents personally relevant information following five short questions.	www.autism.org.uk/signpost

To find your local Parent Support Group:

NAS Autism Services Directory (ASD) An online directory of autism services, support groups and training courses throughout the UK.	www.autism.org.uk/directory
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