



Understanding and Supporting Autistic Adults

One day split over two mornings via Zoom

Date & Time: One day Level 4 course split over the two mornings of Tuesday 14th & 16th October 2025 (9:30am - 12:30pm)

Cost: £95 per person.

Format: Zoom. A link and full instructions on accessing the sessions will be provided. The training is much more than a PowerPoint style webinar with video clips, polls/surveys, open discussions, use of chat box, Q&A and exercises in break out rooms.

Handouts: All exercises, comprehensive handouts, additional resources and certificates of attendance mapped to the relevant awards are included and will be sent by email.

Who should attend this one day course

Managers, team leaders and front line staff working with adults with care and support needs in any setting

Introducing Faiers Training

Faiers Training uses over thirty seven years of experience in the care & support sector to deliver training that is both professional & practical



COURSE OVERVIEW

This course provides participants with a good introduction to understanding the Autism Spectrum. In the light of this knowledge we explore strategies which can help ensure appropriate methods of communication and support.

COURSE CONTENT

- **What is Autism?** – Our evolving understanding, defining autism, preferred terminology, autism's prevalence and what is known of the causes
- **Common Autism Spectrum Conditions and Associated Conditions** – Including the relationship with learning disabilities and mental health
- **Terminology for People on the Autism Spectrum** – Discrimination and the importance of avoiding labels
- **From Institutions & Community Care to the Autism Act & Strategy** – A brief history of institutionalism and community care where the needs of autistic adults were often not recognised and clients were treated in learning disability or mental health provision through to The Autism Act 2009, Autism Strategy 2010, Oliver McGowan programme and beyond
- **How Does Autism Impact on a Person's Life?** –Including the challenges in social communication, social interaction and sensory sensitivities
- **Support** – Managing risk, assessing the appropriate level of support and identifying the right balance between independent living and duty of care, plus the SPELL framework
- **Communication** – Understanding the different ways autistic adults may communicate and developing our understanding of communication skills

Contact: Nigel Faiers Tel: 07986 837463

Email: admin@faierstraining.co.uk

Website: www.faiierstraining.co.uk



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