



Supporting people with autism



About us

We have over 30 years experience in supporting people with autism to lead full, active lives. We currently support 260 people with autism across Scotland and have a strong reputation for designing personalised supports for people with complex needs.

Our Support

We design and deliver support that is important to the person and their family. This can include support to:

- Develop daily living skills such as managing finances, completing household tasks and meal preparation.
- Keep healthy, safe and well.
- Take part in activities which are meaningful to the person's outcomes.
- Create opportunities for meeting people and developing relationships and connections.
- Develop life skills, build confidence and try new things.
- Identify and take part in educational, vocational training, volunteering and work opportunities.
- Enjoy a short-break away from home.



Our Approach

The support we offer is underpinned by our belief that people with autism have the right to enjoy the same life chances as everybody else. We are passionate about providing opportunities which help people to extend their social networks, develop their life skills and increase their independence.



Our approach is based upon **3** crucial factors:

- **Person-centred and outcome-focused planning** to ensure every individual's support arrangement is uniquely tailored to their needs, wishes and outcomes.
- **Committed and skilled staff** who deliver consistent, reliable and empathetic support. Our training and development programmes ensure that staff are highly skilled in supporting people with autism including those who may require positive behaviour strategies.
- **Active involvement** of the person, their family and other important people in their life, in all aspects of their support planning and delivery. We work in ways that value, empower and respect everyone's involvement. Our vision is that people have choice and control over building a life of their own with the active support of their family and friends.

A few examples of our support:

Person-Centred, Outcome-Focused Planning

In Dunoon we facilitated a group-based transition plan for a group of young school leavers with autism. Through this the young people and their support circles were able to plan what they wanted from life and how their skills and talents could lead to more connections with their communities.



Each young person looked at a range of options from college, to work and leisure opportunities, working with their support circles to find ways of making their dreams and ideas happen. Since the event some of the young people have already started achieving some of their outcomes, including:

- Selling arts and crafts products in local shops and on Facebook
- Pursuing a passion for music with a local musician.
- Furthering a career in acting by signing up as a TV extra.

Committed, skilled staff

When we began supporting Robyn she was in hospital following the breakdown of her previous placement and she was facing many challenges in her life. We worked with Robyn to actively recruit people to her support team with whom she could build trusting relationships and who would understand and support Robyn with everyday life. It was vital Robyn knew her team would stick with her through the difficult times as well as the good.



Two years on, life is very different; Robyn is in her own home near her family, she volunteers and is attending college to pursue her dream of a career in beauty therapy.

Active involvement

Gillian is mum to three boys, 2 of whom have autism. Through her involvement in the early stages of Self-Directed Support (SDS) development in her area, Gillian and her sons came in to contact with us. They were impressed by the enthusiasm and creativity of our local team and asked us to provide support.

Gillian, Chris and Stephen were fully involved in the planning and design of their (very different) support arrangements and in identifying workers for their core support teams. It was important that Gillian was comfortable with the workers as some of the support would be provided in the family home. Chris wanted people to share his passion for sport (especially golf) and Stephen needed his workers to be creative. We also recognised that it was important to respect family routines and priorities and be able to easily adapt support at short notice.

Chris now plays golf regularly and has improved his golfing abilities enormously, so much so that he has won a number of golfing tournaments and enjoyed a golfing holiday abroad. Stephen has a busy schedule of weekly activities which includes many of his interests such as cookery classes, drama groups, and arts and crafts. Gillian has time for herself and can organise support to compliment and help her manage family commitments (including sleepover support when circumstances meant she had to be away from home). She is enthusiastic about the support her sons and the family receive:



“The impact on family life has been great, but most of all I see Chris and Stephen living their lives and doing the things they want to do.”

What people say about us



“The workers have taken time to get to know my son, the care is very person-centred and they’ve built a fantastic relationship based on mutual trust and respect. ”

Family member.

“Every person with autism is different and my workers work with me to support and encourage me to be as independent as I can be. ”

Darcy.

“I feel that the staff had excellent training. I enjoyed being a part of the ‘Listen to Me’ process and passing on my knowledge at the planning meetings. ”

Betty, Mum.

“Key continually focuses on how to achieve good outcomes for the people they support. ”

Care Inspectorate.



Our pledge to every person with autism we support

We will:

- Place you at the centre of everything we do.
- Build warm, respectful relationships with you and your family.
- Be alongside you through the good and not so good times.
- Work in active partnership with you, your family, professionals and other people important in your life.
- Fully involve you in developing an outcome-focused support plan to help you achieve your goals and enjoy a good life.
- Involve you in choosing your own worker team, who will get to know and understand you well.
- Provide the necessary training to ensure your worker team understands and recognises the impact that autism has on your daily life and responds with calmness, empathy and consistency.
- Respect the natural supports and relationships in your life, tailoring our support to complement and strengthen these. We know that family routines and priorities are important and work flexibly to meet family commitments.
- Actively involve you and your family in regularly reviewing, adapting and developing your support to meet changing needs and aspirations.



Get in touch

If you would like any further information about our work or you would like to talk to us about how we could support you or a member of your family, please do get in touch.

We will arrange for one of our local Managers to come and meet with you to discuss your requirements.

You can reach us at the contact details below:

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Find us on the web:

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