

BACKGROUND

Teen Life is a six-session programme for parents/carers of autistic young people aged 10 to 16 years. The programme was designed by the National Autistic Society. The aim of the Teen Life programme is to bring parents together to share information, experiences and ideas whilst emphasising the importance of autistic perspectives. Parents can choose to attend the programme with a supporting professional.

COURSE REQUIREMENTS

Teen Life is a licensed programme delivered by the Educational Psychology Service. Those delivering have been trained by the National Autistic Society and have experience working with CYP with Autism



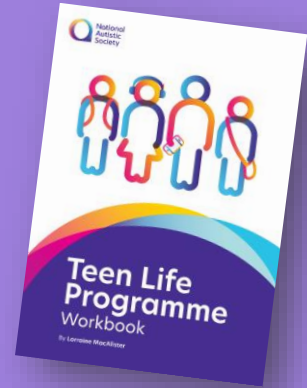
Topics covered include:



- understanding autism in teenagers
- self-esteem and spending time with other people
- stress and anxiety
- understanding your diagnosis
- puberty and independence
- education and planning for the future.

Newcastle Specific

- Sessions ran 10am-1pm for 6 weeks over the Summer term based in the Civic Centre
- Sessions run by Dr Sam McKeown & Dr Ruth Prested
- 6 families participated
- 1 family was accompanied by school staff
- Over 83% of sessions were attended by at least one family member.



ADDITIONAL SUPPORT

- Families and attached professionals were provided with a work booklet to use and keep, funded by Newcastle EPS.
- Facilitators provided additional resources via email or EPS Autism Padlet
- Facilitators also emailed families to offer check ins.

EVALUATION

- Evaluations were completed after each session in addition to a pre and post evaluation for the course (scores out of 5).
- Evaluation analysis was completed per family group and also for the cohort. 100% of respondents said they found the course valuable and would recommend it to others.
- Further suggestions were made around courses specifically for school staff and also for young people.

“It has been invaluable sharing the teen life programme with other parents in similar situations.”

“The course has been super useful in cementing my understanding. There has been some real light bulb moments and it’s also been very emotional.”

	I feel I have a good understanding of how autism impacts on my teen	I feel confident in explaining autism to my teen or to other family members	I'm confident in making changes that will help improve our daily life	I would recommend the NAS Teen Life Programme to other parents/ carers and professionals
PRE	3.3	3.1	2.9	3.4
POST	5.0	4.7	4.5	5.0