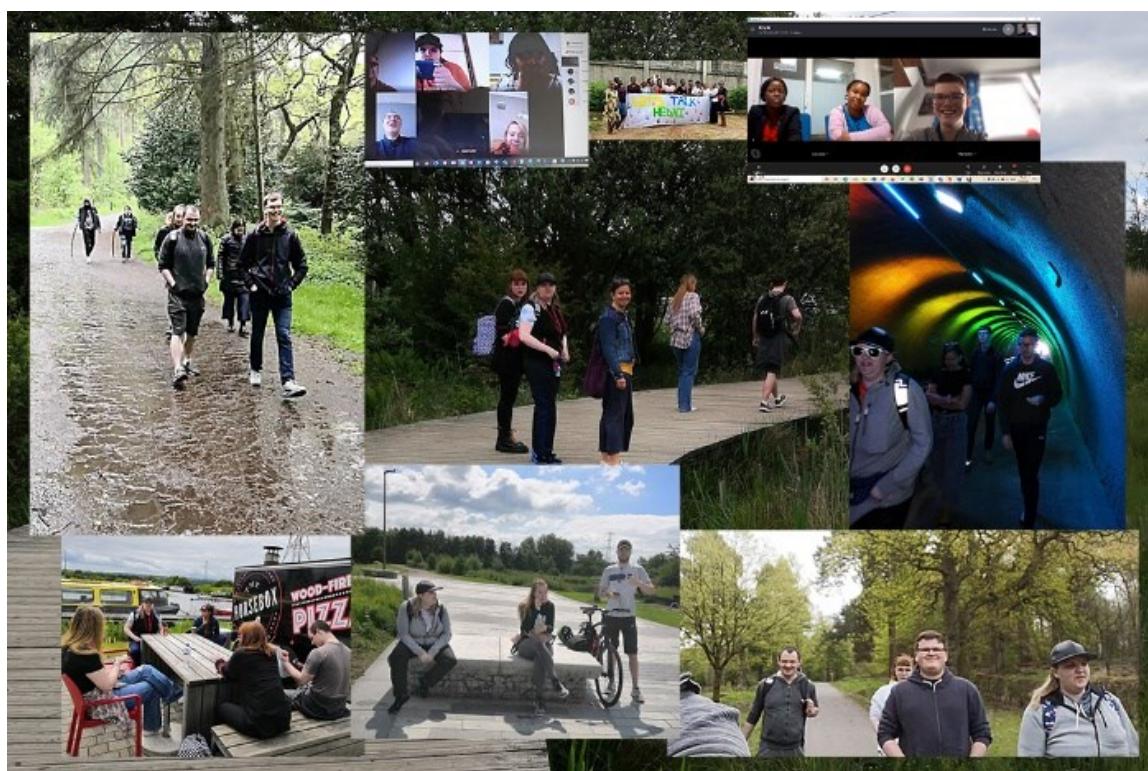
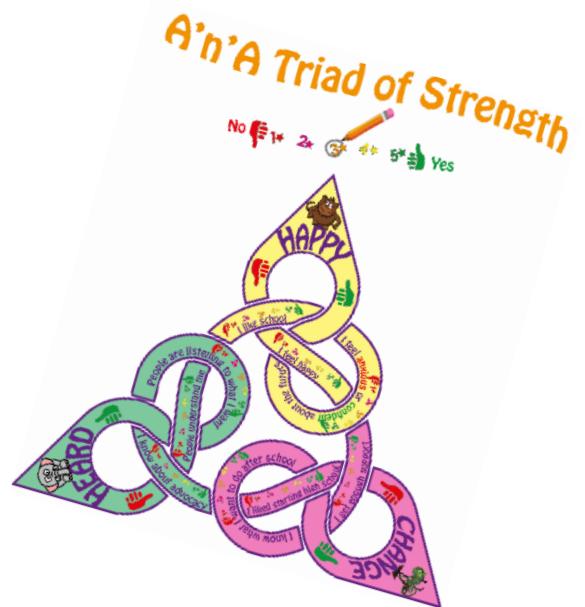




## Autistic'n'Awesome Transitions Project Taster for Parents/Carers

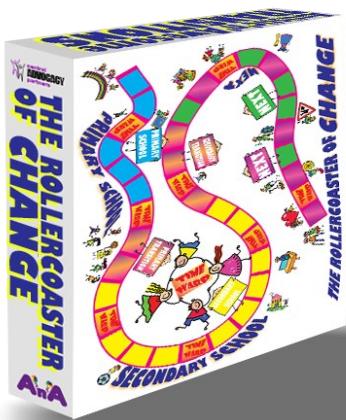
Autistic'n'Awesome (A'n'A), was established by young people, who CAP has advocated for in the past, and who felt that advocacy support for other young people with autism going through transitions was really important.

Since last year we've been facilitating courses of workshops for young people in several schools across Falkirk. With the support of an advocacy worker, these workshops are presented by members of A'n'A, who also are autistic and are keen to share their lived life experiences of advocacy, how it helped them make better choices and of coping with transitions. They want to present themselves as role models to show that this difficult journey through transitions can be overcome. The workshops set out to encourage a positive image of autism, to learn useful self-



advocacy skills and look at the future and what it holds. The workshops are based around a game “The Rollercoaster of Change”, which looks at issues/scenarios throughout transitions taken from the experiences of A'n'A members, and challenges participants to solve those.

A'n'A also meets as a group and young people who self-identify as being autistic can join, usually after attending a workshop. A'n'A has regular meetups, where members socialise and do other activities like making films.



We are running a taster workshop for parents/carers to give a taste of some of the work we are doing in the workshops in schools and looking at positive images of autism. We hope you'll join us to share your own experiences and memories of transitions.