

County-wide support is now available across Derbyshire, the Autism Empowerment, Support and Education Service, funded through Derbyshire County Council and Joined Up Care Derbyshire ICB. It's created and delivered by autistic professionals combining lived and professional experience.

The fully funded service is designed for autistic adults (18+) and transition-age young people (16–18) who have a diagnosis of autism, are awaiting assessment, or self-identify as autistic.

The service is also open to their families, carers, and support networks. They offer:

- 1-to-1 short-term coaching from trained neurodivergent professionals, covering topics like sensory processing, executive function, building confidence, and navigating employment and reasonable adjustments.
- Rolling group training courses (6 sessions), exploring areas such as self-identity, communication skills, reasonable adjustments, and emotional wellbeing.
- Flexible delivery options, including telephone and online sessions, with evening and weekend availability.

Referrals can come from GPs, adult social care, VCSE services, or directly from individuals themselves. There's no formal diagnosis required to access support.

You can find out more at: www.derbyshireautismese.co.uk