

The Liverpool Asperger Team



This artwork was created by a service user of the Liverpool Asperger Team. It represents the diversity and union of shared experience that many people with Asperger Syndrome encounter.

Introduction

The Liverpool Asperger Team is an NHS service which offers an Asperger Syndrome (Autism Spectrum Disorder ASD) assessment, diagnostic and intervention service for people in the Liverpool area.

What is Asperger Syndrome (ASD)?

- Asperger Syndrome is a disability that is present from birth and is life long. It affects the way a person communicates with other people.
- People with Asperger Syndrome might find it difficult to describe their feelings and thoughts to other people.
- People with Asperger Syndrome might have problems with eye contact, gestures and recognising facial expressions. This can often cause anxiety in social situations.
- People with Asperger Syndrome might find conversations difficult and prefer to talk about an area of special interest for them.
- People with Asperger Syndrome often struggle when routines change.
- People with Asperger Syndrome might also experience unusual sensory sensitivity. For example, a person might be very sensitive to light or to touch, or they might be less sensitive than other people.

Aims of the service

- To provide assessment and diagnosis for Asperger Syndrome.

- To support our service users by using creative interventions which help with the social and communication difficulties that they may face.
- To support service users with social relationships, work, recreation and activities.
- To provide advice, support and education to partners, families and care teams of people with Asperger Syndrome.
- To work with other services (for example, social services, local colleges etc.) to help support service users.

What does the Liverpool Asperger Team do?

The Liverpool Asperger Team is open to adults 18 years old and over. You may self-refer to the service or be referred by another person, for example, a family member, GP, mental health professional. We will always ask if you agree to the referral. The Liverpool Asperger Team offers diagnostic assessments and support following diagnosis if this is needed.

Diagnostic assessment

- When we receive your referral we will arrange to contact you by phone or meet with you to talk about the referral. Where possible we will do this within six weeks.
- After we have met you, we will decide with you whether a full diagnostic assessment is needed. We will talk to you about what a diagnosis might mean for you.
- If you already have a diagnosis of Asperger Syndrome we might ask for information about this.
- If you have not had an assessment before, we will arrange a suitable date to start this. Sometimes it helps us to speak to a person or people who have

known you for a long time such as a family member. This can help us to decide if a diagnosis of Asperger Syndrome is appropriate. We will always ask for your agreement before we contact anyone.

- When we have completed the assessment, you will receive a report discussing the outcome. We will also meet with you to talk about your assessment.
- If you receive a diagnosis we will talk to you about what support the team might be able to offer you.

Support we might be able to offer

We will always aim to put service users at the centre of the way we work and put their wishes and opinions first. Sometimes if there is a high level of need we may offer some time-limited support. We would decide what support is best on an individual basis. We would always discuss the proposed support with you first.

The following may be provided where appropriate:

- Specialist support for emotional difficulties (such as depression or anxiety, anger management, low self-esteem, relationship difficulties and more).
- Work on coping strategies, problem-solving or social skills can be provided (sometimes in a group with other service users).
- Social inclusion opportunities (sometimes it can help to meet others who may have had similar difficulties in their lives or have things in common).
- Support to access other services (for example, education, housing, employment agencies etc.)
- Support for other people who know you (for example, through carers groups etc.)

Who is on the Liverpool Asperger Team?

We are a multidisciplinary team. This means there are different professionals who work with the team. These include:

- Assistant practitioner
- Occupational therapist
- Clinical specialist in Asperger Syndrome
- Clinical psychologist
- Trainee clinical psychologists
- Community nurse
- Administrator.

Your feedback

We are really keen to hear any feedback you have about the Liverpool Asperger Team. This can be about something positive or something you think we could do better. Please write to us at our address if you would like to share your comments.

Where are we based?

Liverpool Asperger Team
Mersey Care NHS Foundation Trust
Community Hub, Norris Green
Falklands Approach
Liverpool, L11 5BS

Contact details

Phone: 0151 737 4800 Fax: 0151 737 4870

Our referral form and other information about Mersey Care and the Liverpool Asperger Team can be found on our website: www.merseycare.nhs.uk

You may also be interested in these websites which give more information on local services and ASD - National

Autistic Society: www.autism.org.uk and Liverpool Social Services: www.liverpool.gov.uk