

Who Is Aspirience?



Mersey Care
NHS Foundation Trust

Community and Mental Health Services

Aspirience is a unique, service user led group, part of Liverpool Asperger team who provide feedback and input to the running of the service.

Members have lived experience of Asperger Syndrome (AS) so offer a unique perspective and meet weekly to work on various projects.

What do we do?

The main objective is to educate and raise awareness to improve services for people with AS across Merseyside. The group works alongside carers, health professionals and other organisations to help make local services and their commissioning more effective through their knowledge about the needs of local service users.

Other projects the group has been involved in include:

- providing feedback on information offered within the clinical post diagnostic programme for carers and service users
- looking at clinical appointment letters and offered feedback in relation to clear, concise wording
- working with Edge Hill University.

As part of their work with the Liverpool Asperger team, the group was asked to look at information offered to service users following a diagnosis of AS.

A gap was identified – peers offering support in helping people to understand and come to terms with their diagnosis.

The group decided to put their personal experiences together – pre and post diagnosis and drew on their strengths and creativity to communicate in a way in which they felt comfortable. They used: story, poems, pictures and cartoons which they hope reach out to others and produced the booklet: [Our Journeys with Asperger's](#).

Moving forward

The group is happy to advise other teams across the Trust who are considering setting similar groups up and will consider engaging in projects from any services which might benefit from a service user perspective.

If you would like further information or want to contact the group, call 0151 472 7575 with the details and they'll be happy to meet you.

Or, if you have a diagnosis of AS and are interested in joining the group, please email or contact the team on 0151 472 7575.

For information about the team by clicking [here](#).