

# What support can I get for me and my child with autism?



**In the Somali community these are some common suggestions to cure autism:**

- Camel's milk
- Supplements off the internet
- Using the Qur'an and faith
- Taking the child back to Somalia

**FACT: Someone with autism will always live with autism, it is a lifelong condition.**

**There is no cure.**

Faith and spiritual healing may help you to cope with the situation BUT it won't replace getting support and teaching them life skills. Autism doesn't mean they can't do the things everyone can do. They can get a job, they can have a family.

They can learn to talk. They might learn with pictures. It's important to understand that they learn differently and see the world in a different way. They're no less, they are just different. Professionals will

help you learn skills to communicate with your child and manage their behaviour.

You can help by putting a structure in place at home, for example by using simple language and giving information in a visual way, like by having a clear calendar for the day's activities that the child can easily understand.

## Top tips:

1. **Speak to school or nursery special education needs and disability coordinator**
2. **Find out what support is available from special education needs and disability local offer**
3. **Contact your GP, paediatrician or health visitor**



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