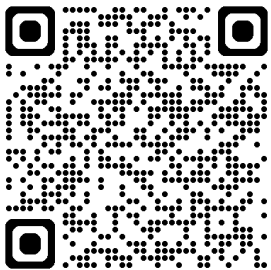
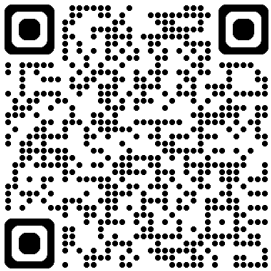
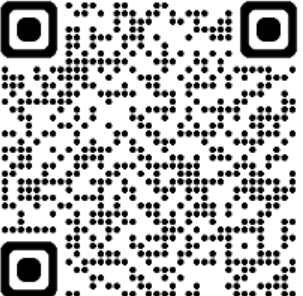
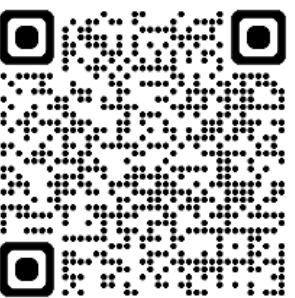
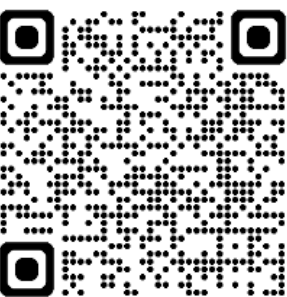


Looking after yourself / Looking after someone else	
	Easy cooking videos Here is a link to Easy cook along recipes for people with learning disabilities: CookABILITY Accessible Recipes for People with Learning Disabilities - YouTube² Or search for CookAbility on www.YouTube.com
	Easy read cookbook Here is a link to an Easy Read Cookbook developed by EyUp! And the South West Yorkshire Partnership Cook & Eat Recipe book: Big meals - EyUp! Charity This has a cost to buy
	Understanding eating behaviours in autistic people Autistica has produced a webinar about understanding eating behaviours in autistic people. To watch the webinar please click the link the below: Webinar: Understanding eating behaviour in autistic people https://www.youtube.com/watch?v=JFUvCNu2JqM
	NHS Practical tips to help someone with eating https://www.nhs.uk/social-care-and-support/practical-tips-if-you-care-for-someone/how-to-support-someone-you-care-for-with-eating/

	Include.org Easy Read resources include: • Ramadan and Fasting https://www.nhs.uk/social-care-and-support/practical-tips-if-you-care-for-someone/how-to-support-someone-you-care-for-with-eating/ ude.org
	Well Newham This gives advice and services in Newham to help you live well. https://www.wellnewham.org.uk/
	Suffolk SEND Personal Hygiene Resource Pack https://www.suffolklocaloffer.org.uk/asset-library/personal-care-hygiene.pdf
	NHS Advice for Carers • This gives advice for paid or unpaid Carers about how to support people with personal care and hygiene https://www.nhs.uk/social-care-and-support/practical-tips-if-you-care-for-someone/how-to-help-someone-you-care-for-keep-clean/

	NHS Humber Sensory Issues related to dressing https://connect.humber.nhs.uk/service/humber-sensory-processing-hub/dressing/#:~:text=Engage%20in%20movement%20and%20heavy,forward%20chaining%20can%20be%20helpful. Or Search Humber NHS and dressing
	Sensory Clothing Search Fun and Function Sensory Clothing Fun and Function Sensory Clothing Physical products for purchase
	Ability Net Supports people with disabilities and older people at home and at work with technology https://abilitynet.org.uk/about-abilitynet
 Tough Furniture	Robust Furniture There are numerous online shops selling robust furnishings. Here are some shops: • https://www.toughfurniture.com/

 Pineapple Furniture  Furnacare	• https://uk.pineapplecontracts.com/product-category/extra-challenging/ • https://furncare.co.uk/challenging-environments/ If you rent - first check to see if your tenancy / Service Charges include furnishings before buying.
	Some autistic people find managing regular cleaning tasks hard due to: • difficulty planning • starting or completing tasks • breaking projects down into manageable steps • maintaining focus Dyspraxia (coordination difficulties) and sensory issues can also impact ability or motivation. There are many articles and cleaning schedules you can find online including: • https://www.autismbc.ca/blog/autistic-adults/cleaning-tips-autistic-adults/

	• The Neurodivergent's Guide to cleaning up https://www.verywellmind.com/the-neurodivergent-guide-to-cleaning-up-7372087 There are also a number of apps available that can help keep track and break down tasks.
	Making visual schedules • Resources from Enfield visual-schedules-training-final.pdf
	Shopping • Services Westfield Stratford City • <u>Westfield's is developing a quiet area for autistic shoppers / shoppers who have learning disabilities</u> • See Access Able or the Marigold Scheme for other access information about other shopping facilities or areas.
	Sensory Shopping Here are some links for sensory items, such as fidget toys and fidget chews. These can assist people with sensory regulation. There are many other online shops.

 Sensory Direct  Tink n Stink	• https://www.sensorydirect.com • https://www.tinknstink.co.uk You can also make your own sensory toolkits. These can include essential oils, clothing or items with a variety of textures, fidget toys or stress toys. Make sure these are risk assessed in relation to accidental choking or ingestions, fire risks etc.
 	Autistic Parents resources • https://www.autism.org.uk/advice-and-guidance/topics/family-life-and-relationships/family-life/children-of-autistic-parents • https://www.autisticparentsuk.org/



National Children's
Bureau

Parents with a Learning Disability resources

National Children's Bureau has

[Resources for parents with learning disabilities and learning difficulties](https://www.ncb.org.uk/WorkingTogetherWithParents/Resources/resources-parents-learning-disabilities-and-learning)

<https://www.ncb.org.uk/WorkingTogetherWithParents/Resources/resources-parents-learning-disabilities-and-learning>



Anna Freud Centre

Anna Freud Centre [Supporting parents with learning difficulties or disabilities | Anna Freud](https://www.annafreud.org/resources/under-fives-wellbeing/working-with-families-facing-challenges/parents-and-carers-with-learning-difficulties/)

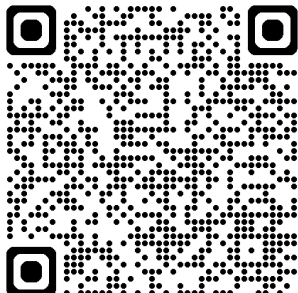
<https://www.annafreud.org/resources/under-fives-wellbeing/working-with-families-facing-challenges/parents-and-carers-with-learning-difficulties/>



Iriss

Iriss

<https://www.iriss.org.uk/resources/insights/parents-learning-disabilities>

Guides	
 RixWiki	Camden Wiki Life Guides has easy read guides on: • About life guides • Elections and voting • Equality and diversity • Keeping safe at home • LGBTQ+ • Modern slavery • Racism Link: RixWiki Or search Rixwiki
 People First	Taking care of yourself Information from People First This has webpages on: • Good nutrition and balanced diet • Affordable eating • Physical activity and exercise • Bereavement (Health related pages listed on our Healthy and Well information sheet)
 	Together Matters has guides on Planning for the Future including: • Planning for the Future • Emergency Planning • Annual Reviews • Growing Older • People with a Learning Disability who are Carers https://www.togethertomatters.org.uk/resources-and-information/

