



# The Parent's Portal by Autism Early Support

Introducing a new, online support service, **free** for Bucks families  
from 1<sup>st</sup> December

*Have you noticed differences in your child and you're wondering  
if they are **neurodivergent**?*

*Maybe you have Googled, '**Is my child autistic?**'*

*Are you **waiting for an ASD/ADHD assessment** for your child(ren)?*

***Is your child autistic** (diagnosed or self-identified)?*

**If you have answered 'YES' to any of these questions, The Parent's Portal by AES has been designed to support you. As part of our universal offer for local families, Buckinghamshire Council has now commissioned free access for families who live in the county.**

### **Your new 24/7 one-stop, online shop**

No more of your time needs to be wasted searching the internet for answers; the Portal has workshops, resources, guidance and peer support all in one place to help you support your child's journey through their school, home and social life.

### **Designed by and for parents to help you:**

- gain early help and answers
- broaden your understanding of your child's needs & differences
- access a consistent source of guidance from a trusted, specialist team
- feel less isolated – you'll meet other parents with shared experiences
- learn strategies and new tools to try at home with your child
- feel more in control and better equipped to cope
- access guidance when you need it and when you have time
- talk with and partner with your child's school
- have a toolkit you can share with your wider family, school, etc.

### **Here's how you access**

The Parent's Portal can be accessed via a smartphone or computer, and you won't need a referral to access this support service. From Dec 1<sup>st</sup>, as a resident of Buckinghamshire, a link will be available that allows you free, unlimited access for 12 months.

Once you've used the link to register, you will be given your own personalised dashboard that you can log in to as often as you like. Via your dashboard, you can access all of the resources including:

Working in partnership with



**Buckinghamshire  
Council**

Funded by



**Buckinghamshire, Oxfordshire  
and Berkshire West  
Integrated Care Board**



# The Parent's Portal

## by Autism Early Support

- **Live and interactive workshops** delivered by specialist practitioners and neurodiversity advocates who bring a huge amount of expert knowledge and lived experience
- **Parent support groups** facilitated by a parent support worker
- **Drop in sessions and Q&As on key topics**
- **Webinars and bite-size videos** to watch as often as you like, in your own time
- **Reading rooms** with downloadable PDFs
- **Moderated discussion forums** to ask your questions and find answers.

### Parents who've used the Portal say

*I like that I get a basic understanding of something and that I can progress my knowledge on the site. I try to join the workshops but if I can't, I'm grateful there are lots of recordings. Thank you AES - this is SUCH a useful, reassuring resource for families!*

*My 3 year old daughter got her autism diagnosis last month. This is a fantastic service you have created here that is so, so needed by parents.*

*In short, I think it's fab! It is such a great idea and such a useful tool for parents. We would have certainly used this when our boy was first diagnosed. It was like being thrown into a new world without knowing where to turn and I spent many hours trawling the Internet (often just terrifying myself!) trying to understand what it would mean for our family and the future. It can be a very scary time when you're told your child is autistic – this is just the resource we needed.”*

*I LOVE the portal! I think it's structured really well, and it's very easy to navigate.*

*I'm going to share some of the content with friends and family to help them understand my child's needs and behaviours better. This journey can be lonely and the parent forum will connect me with families in a similar situation.*

### Who created The Parent's Portal?

Autism Early Support (AES) designed and created the bespoke platform with and for parents. Their team is made up of a team of speech and language therapists, specialist teachers, occupational therapists and parent support co-ordinators. They worked on the project for two years before launch. In this time they listened to the needs of parents, channelled their own years of direct practice and lived experience and sought guidance from autistic researchers to create this dynamic, needs-led resource.

[Autism Early Support Trust Ltd](#) is a Buckingham-based charity who provides early support and specialist education to children with communication, interaction and sensory differences. Founded in 2001, the charity has been rated 'Outstanding' by Ofsted four times. Alongside their provision of specialist education and support for children, AES believes in whole family well-being and offers an extensive programme of guidance and advice for parents and carers.