

Autism Parent Quick Guide (UK)

Fast reference notes for parents and carers coordinating school, health, and community support.

Keep this quick guide in your bag or notes app so you can brief professionals within minutes. It highlights the information most parents wish they had ready when urgent meetings appear.

Snapshot profile

Record sensory preferences, communication supports, and regulation routines. Include what to avoid as well as what helps.

Summarise current education placement, class teacher, and named special educational needs coordinator.

School coordination

List Education Health and Care Plan sections, review dates, and who will attend.

Track reasonable adjustments that are agreed but not yet in place, such as quiet zones, visual timetables, or exam accommodations.

Medical and crisis notes

Log current medications, observed side effects, and who prescribes them.

Add crisis instructions: who to call, preferred hospital, and what calms your child while you travel.

Action checklist

- Update the profile after each major meeting.
- Share the quick guide with short break providers and extended family.
- Store secure copies of reports and letters in a cloud folder with restricted access.

Trusted resources

- IPSEA advice line (<https://www.ipsea.org.uk/contact/ipsea-advice-line>)
- Contact charity family support (<https://contact.org.uk/advice-services>)
- Ambitious About Autism resources (<https://www.ambitiousaboutautism.org.uk/information-and-advice>)

Quick reference outside clinic settings. For emergencies call 999 or follow your local crisis plan.