



the
kent autistic trust
a better life, a better future

ABOUT US





CEO Christine Edwards-Daem and Alexis Quinn of the Restraint Reduction Network.

Introduction by our Chief Executive Officer

Social purpose is at the heart of our charity and always will be. We are clear that our priority is developing and managing support and services for people who most need our expertise. We continue to put quality at the heart of everything we do.

Our specialism needs continuous maintenance and investment to be successful and in these uncertain times requires us to be ambitious, adaptable, and ground-breaking in order to achieve our aims.

Our reputation in Kent and Medway is unrivalled and we continue to communicate this message widely.

Collaborating with eminent researchers and highly-regarded advocates in the autism world keeps us equipped

but also established as a specialist service. We are on the board of the Autism Alliance and developed the call for real change for autistic people and their families, urging political parties to engage with the ideas and proposals being put forward.

Small, locally-based charities like ours deliver important preventative services, such as day opportunities and social groups, which keep people away from expensive hospital stays or more restrictive settings. We are proud to have been part of the launch of the Homes not Hospitals campaign, working closely with BASW; our stories featured prominently in the campaign.

We continuously review our effectiveness and co-produce with the people we support in order to ensure that their voices are heard. We get involved in the latest research and examine new support models so that we continue to deliver what people want and need.

Our focus is to make sure KAT delivers the best support and care in Kent and Medway whilst acknowledging the work we must do to make our voices heard on the national stage. We continue to work with the Kent Integrated Care Alliance, the Autism Alliance and ARC to make sure that the rights of the people we support are transmitted at maximum volume..

Together we can make a difference!

About us

The Kent Autistic Trust has been providing support and accommodation to autistic people since 1989. We provide specialist and individualised environments and autism-friendly support in order to improve communication and people's personal outcomes. We facilitate and enable people to become engaged and more autonomous in the least restrictive way, all led by the person's aspirations. We provide this specialist support in community settings including registered homes, specialist and intensive supported living, and community day resource centres. We provide free advice through our Family Support service and support groups in Kent and Medway.

Message from the Trustees

On the 17th of July 1989 a group of parents established the Kent Autistic Trust in response to the lack of appropriate adult care provision. We have a track record of turning lives around and making a REAL difference to the autistic community. We thank



the incredible staff of the Kent Autistic Trust for their passion, dedication and insight.

The Trustees are immensely proud of the achievements of the Trust and look forward to the future with enthusiasm and confidence. We hope that our positive impact will reach many more autistic people and their families. We want to thank our partners, in particular Commissioners, the Local Authorities, Housing Associations, Councillors and MPs for their ongoing support in the Charity's activities, because without our partners we would not be able to do the work we do.

Joint Chairs:
Mrs Nicola August, Mrs Helen Jones.



Our vision

To enable autistic people to have the best quality life.

Our values

- We put autistic people at the heart of all we do.
- We are honest, proactive, independent, and adaptable.
- We take pride in developing and delivering a high-quality service.
- We adopt an innovative and can-do attitude.
- We are ambitious and work together with individuals to help them achieve their potential.
- We respect and recognise the importance of family and friends and their involvement.

Our mission

To provide expertise and experience in supporting autistic people.

What we do

- We provide advice and support to families.
- We provide living, vocational, educational, therapeutic, social, occupational, and positive specialist support.
- We support and represent the needs of autistic people.
- We respond to local demand.



Our services in Kent and Medway

- 5 Intensive support day centres.
- 5 supported living establishments.
- 6 registered homes.

Our services

- Specialist supported living.
- Residential care.
- Intensive specialist day support.
- Family support.

Specialist supported living and registered care

The Trust supports people using a personalised approach. We have learnt that a person-centred support service that is flexible and adjustable is essential.



The combination of this approach, together with our wide experience and knowledge of how we can best support autistic people, means that we can provide staffed support in a wide range of settings and to support a broad range of need.

The Trust offers all year-round living support. We are able to provide rented single person and shared accommodation, within small homes for up to six people.

Those of our homes which are registered are regularly inspected by the Care Quality Commission and regular reports are available on the Care Quality Commission website.

We also provide support for people in self-contained flats, in shared accommodation with communal areas. The levels of staff are determined by the individuals who live there; staff can be shared to enable

a higher overall level of support. This type of support is especially cost effective and flexible for people who need less support.

However a person chooses to get their support from the Trust, we believe in an individual, personal approach. Providing sensitive support at the level determined by each individual's need. We use person centred approaches and work with each person to find the right balance of positive aid for maximum independence, choice and determination. We believe that each person can tell us what they want in their own home, and we work hard to ensure that we have all the mechanisms in place to make sure we hear what people tell us whatever their method of communication.



We make sure that whatever services we offer we have trained, supportive, consistent and caring staff to provide this personal support.

Our passion for equality and our fascination of difference in people has enabled us to develop our focus on people who have been labelled 'challenging' or 'complex'.

Our positive approach is instrumental in supporting people to live their best life in the community and exercise autonomy and choice.

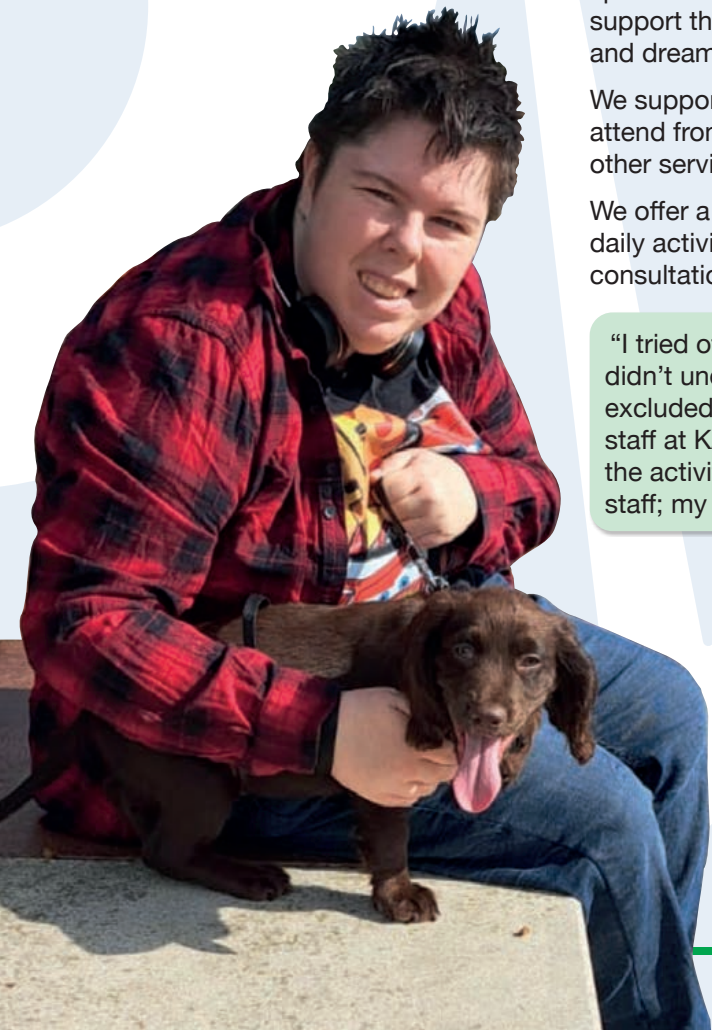
Intensive specialist day support

The Kent Autistic Trust provides specialist community day support for autistic adults who will benefit from a customised and individualised environment where community activities are facilitated and opportunities are provided that encourage people to grow, take risks and learn the skills they need. The people we support need a safe and autism friendly environment where specialist staff understand and support them to achieve their goals and dreams.

We support more than 50 people who attend from either the family home or other services.

We offer a wide programme of daily activities, organised through consultation and co-production.

"I tried other day services but they didn't understand me and I got excluded from a few places. The staff at KAT understand me. I enjoy the activities and chatting with the staff; my life is much better now"





Our aim is to achieve the following for each person we support:

- A place where I am understood, appreciated, and celebrated.
- A place that understands my sensory needs.
- Staff who understand how I see things differently and respond using the same principle so that there is good understanding.
- A place where I am not labelled as having challenging behaviour. Where staff recognise behaviour as communication and reasonable responses to stress. Staff who adapt their approach and the environment, and help me build skills to avoid anxiety in successful ways.
- A place and people that appreciate my special interests and use those to fully engage with me.

- Staff who understand how I can respond in stressful situations and help me to trust in myself and others to manage things more positively.

“Since our daughter has been at Woodville, her life is transformed due to routine, structure and highly trained 1:1 staff.”



Positive support approach

The Kent Autistic Trust has always had a clear philosophy regarding the support of those who may exhibit behaviours of concern, and this is embedded throughout training and practice. We believe in being understanding and non-aversive – without exception. We respond to behaviours of concern sensitively, using low arousal approaches, but we will always place the emphasis on being proactive rather than reactive, and use positive motivation to elicit positive engagement. All our staff are trained in the Studio III Low Arousal Approach, a non-aversive approach to managing distress, which encourages stress reduction and de-escalation, with a focus on the behaviour of those providing the support.

The team follows an Autism Specialist approach, the seven principles of which are:

- Relationships
- Purpose and engagement
- Structure and routine
- Preparation
- Specialist knowledge
- Supporting sensory differences
- Visual supports

Our award-winning Positive Behaviour Support team comprises of five staff whose specialise in a variety of techniques and approaches which aim to improve an individual’s



quality of life and coach staff in providing highly skilled support. This includes the use of person centred approaches, visual communication techniques, sensory processing awareness, co-production and active support and skill development. We are committed to integrating our principles into every aspect of the service provided to the people we support. The Trust believes a skilled understanding of these positive support methods is of high importance at all levels of the service; knowledge and expertise in this area also extends to the senior management team.

Family Support Service

The Kent Autistic Trust's Family Support Information Service is a free service for families, parents, carers and individuals, who struggle before, during and after a diagnosis is received; people who are often searching frantically to find information and support in their local area. The service helps with the difficulties that paperwork throws up, and the challenges presented by autism in general, at what can be a very emotional time for parents, as well as grandparents, siblings and other family members or carers.

We offer the following free services across Kent:

- Advice and support
- Weekly telephone clinic
- Signposting
- Training for professionals
- Support groups for autistic adults, their support networks and support groups for families with autistic children
- Online information sessions on various autism related topics with Q&A
- Support with completing documentation and benefit applications
- Information and support on education, social services, health services, disability benefits etc.



- The issuing of autism awareness cards for autistic children and adults in association with Kent Police, Kent Fire and Ambulance services
- Support with appeals about benefits
- Help for people and/or their families to work in partnership with Health, Education and Social Services by explaining professional reports and helping to compile written responses
- A community email network to share positive resources and information confidentially

Our two Family Support Autism Information Advisors help more than 5,500 autistic individuals, families, parents and carers in Kent each year. The team also provides training, workshops and behaviour strategies to organisations, professionals, schools and groups.

Contact us

General Enquiries

office@kentautistic.com

Recruitment

01634 477171
recruitment@kentautistic.com

Family Support

Please note – Family Support are currently only contactable by email via the contacts below.

Wendy Boorman – Family Support Autism Information Officer (Children)
wendy@kentautistic.com

Emilymay Miles – Family Support Autism Information Officer (Adults)
emilymay@kentautistic.com

Referral

Claire Ayres – Business and Governance Manager
referrals@kentautistic.com



Join our lottery at:
www.kentautistictrust.org/weekly-lottery

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Contact Number

If you are unable to email, please call **01634 405168** and select the relevant department from the options.





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