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# kent autistic trust

a better life, a better future

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The Kent Autistic Trust are a well-respected specialist provider of services for autistic young people and adults. Our Charity has a passion for Autistic people and we pride ourselves in achieving outstanding care, services and support in Kent since 1989. We provide services within various community settings including; registered homes, specialist supported living, community-based day centres, a family support service and support groups subsidised by fundraising.



Our overall aim is to ensure that autistic people have the best quality of life by putting people back in control with the right specialist support, to enable people to have a great life.

## **Autism**

Autism is a lifelong, developmental disability that affects how a person communicates / relates to other people, and how people experience the world around them. All Autistic individuals are affected in some way with social communication and repetitive behaviours, restricted interests and sensory difficulties.

### **Each person is unique**

Autistic people may need different levels of support, may need specialist help or input at some point during their life, but with the right specialist support, people can enjoy meaningful, balanced and inclusive lives.

Autistic people may find it hard to communicate and interact with other people, find it hard to understand how other people think or feel, find things like bright lights or loud noises overwhelming, stressful or uncomfortable, get anxious or upset about unfamiliar situations and social events, take longer to understand information, do or think the same things over and over. However, like everyone, autistic people have amazing skills and abilities. KAT focusses on channeling and nurturing people to in turn have a positive social impact and enjoy a life in the community.

There are around 700,000 people on the autism spectrum in the UK – that's more than 1 in 100. If you include their families, autism is a part of daily life for 2.8 million people.

### **Contact us**

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Registered Charity Number: 801965



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