



Autism Resources for Family Members and Partners

WEBSITES:

- **National Autistic Society: *Partners of autistic people***
<https://www.autism.org.uk/advice-and-guidance/topics/family-life-and-relationships/family-life/partners>
- **Everyday health: *Coping With a Partner's Asperger's Syndrome***
<https://www.everydayhealth.com/aspergers/coping-with-a-partners-aspergers-syndrome.aspx>
Includes sections on:
 - How Asperger's Syndrome impacts relationships
 - A delayed diagnosis
 - 4 ways to cope when your partner has Asperger's Syndrome

COURSES

- **Scottish Autism – Right Click**
<https://www.scottishautism.org/services-support/family-support/online-support-right-click>
A free, online course for parents or carers of individuals with ASC
The adult programme includes topics of:
 - Promoting happiness and wellbeing
 - Positive living and relationships
 - Planning for the future

ADVICE/SUPPORT HELPLINES

- **Autism Advice – Scottish Autism**
<https://www.scottishautism.org/advice-line-form> (web chat option available online)
@: advice@scottishautism.org
T: 01259 222022 (7 days, 8am to 8pm)

BOOKS:

- ***22 Things a Woman with Asperger's Syndrome Wants Her Partner to Know*** by Rudy Simone
 - A guide for non-ASC males dating ASC females.
- ***22 Things a woman must know if she loves a man with Asperger's syndrome*** by Rudy Simone