

Community Asperger Support Team (CAST)



Information for service users,
relatives and friends

Easy Read

Shining a light on the future



A member of staff or a carer can support you to read this booklet. They will be able to answer any questions that you have.

What is CAST?



CAST is a small service working with people with Asperger Syndrome living in Northumberland.

The team is made up of several staff, with a Nurse Consultant offering advice and guidance when needed.



We work with people in the community.



Sometimes we work with people who are in hospital receiving mental health services.

What do we do?



We promote positive mental health by helping people with Asperger Syndrome cope with anxiety and try new and challenging experiences.



We work closely with community mental health services and with parents and carers.

How will we help?

We can:

- Help people create predictable and enjoyable routines.
- Get a good picture of the sources of anxiety and stress for any particular person.
- Help people to solve problems.
- Help people to try new and challenging experiences.
- Help people to monitor their own health.
- Help people to learn new social skills or coping mechanisms.
- Help others to understand a person's communication style or sensory problems.

Appointments



Referrals are accepted from professionals working within Northumberland, Tyne and Wear NHS Foundation Trust and Community Mental Health Teams within Northumberland.



If accepted we will contact you by phone or letter within two weeks.

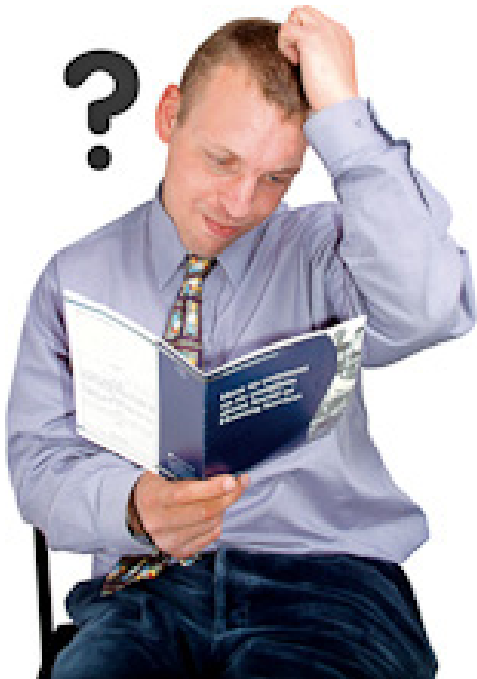
Consent



We will discuss any plans or ideas we think might help.

We will only proceed if you agree.

Problems, complaints or suggestions



Northumberland, Tyne and Wear NHS Foundation Trust has a complaints policy. We will give you a leaflet about how to make a complaint.

If you think that we could improve our service then please let a nurse know your idea.



This information can be made available in a range of formats on request (eg Braille, audio, BSL or other languages). Please contact the Patient Information Centre Tel: 0191 223 2545

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