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Resources

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Events



June

# News and updates

Autism Central

## New podcast episode

### Experiencing sensory differences as an autistic person

Holly Sprake-Hill, Loren Snow and Stu Ferrol discuss their experiences of sensory processing differences as late-diagnosed autistic adults and share their top tips for parents.



Listen now

## Book a one-to-one

Find help from your regional hub.

Find your hub

## Useful resources



## Transition to adulthood

Read our guide for parents, which is full of useful templates, checklists and letters to help you support transition to college, university or social care provision.

Register or sign-in to access these resources.

[Read now](#)

## Looking after yourself

Its **Carers Week on 10–16 June** and we wanted to re-share resources you may have missed. We understand the impact caring can have on wellbeing and how important it is to look after yourself. Watch the series with Dr Naomi Fisher and Eliza Fricker to understand more.



[Find out more](#)

## Thank you for your feedback!

In March 2024 we asked you about our website.

Your feedback is now helping us to improve the experience of the website for other parents and carers.



Read more

### Follow, like and subscribe to us on:



Autism Central is designed to help families learn more about autism and how to navigate support.



Autism Central is a peer education programme, commissioned by NHS England.

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