

Appendix 1c. Small Steps Case Study:

Mrs P self-referred to Medway Small Steps in February 2024, because her son, aged 11, was displaying challenging behaviours at home. Mum attended the 'Introduction to Autism' workshop, and, after multiple conversations with mum, it was felt that a lot of the difficulties the family were facing were due to her son's sensory needs not being met. Mum attended a sensory workshop and asked for advice at the drop-in's, to which she is a regular attendee. Following the sensory workshop, mum made significant changes to the home environment, creating a sensory space for one of her sons. This has resulted in positive changes to the challenging behaviours in the home.

Mum said " I have found family action small steps absolutely amazing and very helpful I have attended many of the workshops and they have been very beneficial. I attended the sensory workshop and from the workshop I have implemented a lot of strategies within my family home to accommodate my children's needs.

I have made many changes to accommodate my sons' needs within his bedroom to make it into a calm and soothing area and safe space."