

Understanding Developmental Conditions

If your child or young person has been given a developmental diagnosis such as Autism (ASD), Attention Deficit Hyperactivity Disorder, Intellectual Disability or Foetal Alcohol Spectrum Disorder (FASD) there may be some helpful information in the links below.

NHS Ayrshire and Arran also has an app which provides local and national information for Autism, ADHD, FASD and Learning Disability. It is free to download. You can download it by going to your app store and searching for "NHS Ayrshire & Arran" once you have that app you search for Autism, ADHD, FASD and learning disability and the relevant information will appear.

Autism:

- **The National Autistic Society** is the UK's largest provider of specialist autism services. They have many resources for parents and carers and young people.
 - Website: <https://www.autism.org.uk/>
- **Scottish Autism** is an organisation dedicated to enabling autistic people to lead happy, healthy and fulfilling lives.
 - Website: <https://www.scottishautism.org/>

Attention Deficit Hyperactivity Disorder:

- **What is ADHD? Social story**
 - [Click here to view](#)
- **ADHD Information Services (ADDISS)** provides information, training and support for parents, sufferers and professionals in the fields of ADHD and related learning and behavioural difficulties
 - Website : <http://www.addiss.co.uk/allabout.htm>
 - <http://www.addiss.co.uk/commonquestions.htm>
 - Phone: 020 8952 2800
e-mail: info@addiss.co.uk
- **The National Centre for Mental Health (NCMH)** have information for parents and children on what ADHD is:
 - More information about ADHD : <https://www.ncmh.info/conditions-we-study/attention-deficit-hyperactivity-disorder/>
 - Podcasts and Videos about ADHD : https://www.ncmh.info/videos-and-podcasts/animations/?fbclid=IwAR27eRcl3bvHdma9BvBc5ek_RrJRst1ZXsulqiTx7mi0LcqTgOa5C5cTJY
- **The ADHD Foundation Neurodiversity Charity** is an integrated health and education service
 - www.adhdfoundation.org.uk/
 - <https://www.adhdfoundation.org.uk/information/parents/>

Intellectual Disability:

- **British Institute of Learning Disabilities** -Work to improve the lives of people in the UK with a learning disability.
 - Website: <http://www.bild.org.uk/>
 - Email: enquiries@bild.org.uk

- **Contact a Family** - Offers information and advice for parents of children with any special needs or disability.
 - Website: <https://contact.org.uk/>

- **Mencap** - Leading UK charity for people with learning disabilities.
 - Website: <https://www.mencap.org.uk>
 - Email address: info@mencap.org.uk
 - What a learning disability is: <https://www.mencap.org.uk/learning-disability-explained/what-learning-disability>
 - Dealing with a diagnosis: <https://www.mencap.org.uk/advice-and-support/diagnosis/dealing-diagnosis>
 - Support for children and young people: <https://www.mencap.org.uk/advice-and-support/children-and-young-people>

- **Foundation for people with Learning Disabilities**
 - Website: <http://www.learningdisabilities.org.uk>

- **Down's Syndrome Scotland** – Aims to improve the quality of life for everyone in Scotland with Down's syndrome.
 - Website: <https://www.dsscotland.org.uk/>
 - Telephone number: 0131 313 4225

- **ENABLE Scotland** - Campaigns for a better life for children and adults with a learning disability and supports them and their families to participate, work and live in their local communities.
 - Telephone number: 0141 226 4541
 - Email: enable@enable.org.uk
 - Website: <https://www.enable.org.uk/>

- **Easyhealth** - Health Information that is easy to understand.
 - Website: <https://www.easyhealth.org.uk/>

- **Scottish Consortium for Learning Disability (SCLD)** - An organisation set up to help people make the changes set out in 'The same as you?'
 - Email: administrator@sclد.co.uk
 - Website: <https://www.sclد.org.uk/>

- **CHANGE** - Campaign for equal rights for all people with a learning disability
 - Website: <https://www.changepeople.org/>

Foetal Alcohol Spectrum Disorder:

- More information about FASD and resources to help understand the diagnosis can be found at : <https://www.nhs.uk/services-a-to-z/fetal-alcohol-spectrum-disorder-fasd/>