




#### Contact

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## About the Soutien Autisme Soutien (S.Au.S.) Project

S.Au.S. offers leisure and recreational programs as well as a summer day camp for teens from 13 to 21 years old. S.Au.S.' unique programs and activities are designed for individuals with a level 2 or level 3 autism spectrum diagnosis (ASD). In Quebec, individuals with special needs age out of the public system at 21 years old and S.Au.S.' goal was to offer a day centre for English speaking individuals, 21 years and over "with moderate to severe autism", as a pilot project, as a pilot project with a one-day per week offering starting with a maximum of 8 participants per day.



*Providing programs which promote continued learning, stimulation, support, and adaptable services to this vulnerable population lowers the risk of mental wellness deteriorating for both the parent/caregiver and child.*



## Promising Practice

A promising practice identified by S.Au.S. was the creation of a day centre which provides a safe environment for caregivers to bring their adult children in turn caregivers benefit from a day of respite for personal wellness and rest. Some benefits of these day centre offerings included lowering the stress of caregivers because their adult-child was participating in activities, and was an included and valuable member of society. As well, having a new routine added to the families' schedules brought feelings of security for the parent and child.

### ★ Key Success Factors

- Well-designed activities
- Creation of a welcoming environment
- Adaptation to needs of participants
- Service gap identification