

Kent and Medway Complex Autism Service (KAMCAS)



Information Booklet



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Who we are

We are part of an NHS initiative called **Kent and Medway Complex Autism Service (KAMCAS)**.

Our purpose is to help people with **autism** to live within their own communities by **preventing admission** into secure services.

We help prevent admission by providing a specialist team approach. This includes:

- ◇ Psychological therapy to help with **difficult emotions** and **behaviour**
- ◇ Speech and Language therapy to help with **communication** difficulties
- ◇ Occupational therapy to help with functional **skill building** and **sensory** issues
- ◇ Liaison with your existing Consultant **Psychiatrist and/or GP** so that your **medical** needs are met

Once your risk of admission is reduced, we will **transfer** your care **back to community** services for ongoing support.

What to expect

We **contact you** to assess your needs. This might involve talking to you and **other people** involved in your care (with your consent). We might talk to you **face to face** or via **telephone/video calling**.

We **work together** to understand **why** you are having **difficulties**. Based on this understanding, we **develop a plan** to help you.

Everyone's situation is different but some of things that might be included in this plan are:

- ◇ **Therapy** for mental health conditions
- ◇ **Strategies to cope** with difficult situations
- ◇ **Recommendations for how other people can support you**