



## Supporting adults with an ASD

**Mark took a job with a major national employer as a trainee salesman.** He was generally meeting his targets but not doing so well in the training programme. At the same time, he was struggling with some aspects of the workplace, such as interacting with fellow employees. Recognising that he had had problems through his life that he believed could be accounted for by Asperger Syndrome, he sought and got a diagnosis.

When he informed his employer and asked for reasonable adjustments to be made - mainly around the training programme - they failed to do so and subsequently sacked Mark on the grounds that he was not able to do the job he had been employed to do. The impact of losing his job without reasonable consideration to the adjustments in training, was very traumatic and left Mark feeling very vulnerable and lacking in confidence.

Mark came to see Berkshire Autistic Society (BAS) last spring to talk about his life, to find out more about Aspergers and to get help with his employment situation. BAS supported Mark through one-to-one meetings to discuss his experience at work and how he felt about what had happened. The support has helped Mark to start come to terms with his diagnosis and what has happened to him.



BAS were able to introduce Mark to the BAS Adult Social Group where he has been able to share his experience of living with Aspergers with other individuals with an ASD. Being with other people who have had similar experiences has helped Mark to pick-up his life again.

Through the Adult Support group he has had access to training workshops that teach social communication skills and employment skills which help him to address the problems he has had in the past.

Doing this has given Mark the confidence to start applying for jobs again and think positively about the future.