

What's Next?



National
Autistic
Society
Scotland



So you've recently discovered you're autistic? What's next?

The National Autistic Society Scotland's programme *What's Next?* is designed for recently diagnosed or self-identifying autistic adults over 18 and living in Scotland.

What's Next? aims to:



empower
autistic
adults so
they can live
confidently as
their authentic
selves



deepen
participants'
understanding
of autism and
their autistic
identity



improve
wellbeing
and reducing
isolation
through peer
connections.

Our National Autistic Society Scotland project helps explore experiences and strategies together, providing a safe space to connect with others and learn about what being autistic means to each person.

Participants will attend a six-week block of online sessions, covering variety of topics including diagnosis, identity, masking, executive functioning, spoon theory and making connections.



Learn more about *What's Next?* and register
your interest at autism.org.uk/whats-next