



Post-Diagnosis Neurodiversity Support: Services & Guidance from Helen Riggs

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Post diagnosis: Learning about yourself and becoming a confident advocate for neurodiversity

You walk out of an appointment where it has been confirmed that your child is neurodivergent. What now?

You leave the appointment with the same child that you walked in with. Their challenges are the same challenges that they had yesterday, yet you do feel different. For some this is relief, whilst for others it's conflict or confusion. Above all a feeling of 'doing right' by your child going forward. Everyone puts a lot of pressure on themselves to get it right but really you are just entering a new learning curve and the more people you can get on board the better!

You know your children better than anyone else but now you know why, you can work out how to help. This could be helping your child overcome learning, social and emotional barriers or educating and informing those around them. If you can pinpoint your child's challenges, then you can be very specific in informing others on how best to help them. Sometimes the smallest adjustments by those around your child can make the biggest difference to their outcomes.

I think it is equally important to educate other people as it is teaching your child strategies to navigate the world around them. As every child is completely individual, then each approach must be individual too.

Using my unique perspective from both a professional and personal point of view, I hope to help young people and their families to understand their diagnosis, become confident in identifying challenges (as well as celebrating strengths.) and become advocates for neurodiversity who can pass on valuable information to those around them in order to create a happy, safe space where they can thrive and reach their full potential.

Helen Riggs





Key areas Helen can offer help with

- Accepting diagnosis
- Understanding neurodiversity
- Self-awareness
- Identifying strengths and areas needing work
- Overcoming barriers and reaching goals
- Social communication and friendship skills

In addition, Helen can also offer work on any of the following specifics

- Cooperation/teamwork
- Sharing/turn taking
- Understanding/managing emotions
- Building relationships with peers, teachers, siblings
- Building self-confidence
- Following instructions/rules
- Encouraging positive behaviour
- Asking for help/self-advocacy
- Moving from preferred activities



How does Helen work?

Helen likes her sessions to be really bespoke, meeting the individual needs of the families that work with her. She is happy to offer sessions at the clinic and consider home visits too.

Who does Helen work with?

Helen is happy to offer sessions either one-to-one with the child or with family involvement, depending on what would be most beneficial. For some families, a combination of both works best.

Her support is tailored to the specific challenges brought to her. For example, if a child is struggling to get along with a sibling, Helen can work with them both to build cooperation skills.

Extra Info

In-clinic sessions for the Post-Diagnosis Support service are held at our TCT Westbourne site. The full address, along with directions and clinic opening hours, can be found [on our website](#).

If you have any questions, need further information, or would like to make a booking, please contact the TCT Team. Our contact details can be found on the final page or on the TCT website [here](#).

Introducing Helen Riggs

Helen has over 20 years experience as an ASD therapist and level 3, Specialist Teaching Assistant with a specialist interest in speech and language support. Over the years she has worked with children both in school and at their homes.

Early in her career she trained as a 1:1 therapist for children on the Autistic Spectrum and this is where much of her experience lies. Helen also has good experience of working with children with visual, hearing & cognitive impairment and also with Developmental Language Disorder.

Helen has a passion for helping children overcome barriers to learning and socialising. She loves to provide children and young people with the tools and confidence needed to overcome any communication and social difficulties that may be holding them back. She enjoys making a positive impact on a child's ability to feel confident in various social situations.

Helen has the perfect skill set to help families, children and young people with understanding any recent neurodiverse diagnosis and to help them better understand the world around them in real life situations.

She likes to engage with young people on their level and enjoys getting creative and using a child's interests and strengths to help them express themselves and reach their full potential.

You can download a 'child-friendly' description of Helen [here](#).



 FOR FURTHER DETAILS OR TO MAKE A BOOKING

Contact Us

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