



AU-some Adolescents

For Autistic Adolescents and Their Carers

Empower your autistic adolescent with a care package designed to make everyday life easier and more confident. Filled with person-centred, polyvagal-informed, and trauma-informed tools to help autistic adolescents feel safe, regulated, and empowered. This package supports daily life and key developmental areas while fostering trust, resilience, and meaningful connection so your au-some adolescent can thrive!

At Footsteps, we believe supporting autistic adolescents means celebrating who they truly are. Using a neuroaffirming, person-centred approach with polyvagal- and trauma-informed frameworks, we focus on safety, trust, and emotional regulation. We help you discover what works best for your teen in ways that are practical, respectful, and meaningful.

Connect with us and empower your teen to thrive today.

Who will benefit from this care package?

- **Autistic adolescents:** Tools to boost self-understanding, emotional regulation, autonomy, relationships, and mental health.
- **Parents and carers:** Guidance to strengthen relationships and create a supportive, respectful home environment.
- **Allied health professionals:** Resources to complement practice and apply neuroaffirming strategies for wellbeing.

What are the benefits of this care package?

- Deepens understanding of autism and supports positive identity
- Promotes emotional regulation, autonomy, and wellbeing
- Encourages structure, routine, and practical strategies for daily life
- Strengthens family and peer relationships
- Provides neuroaffirming, trauma-informed guidance with easy-to-use tools



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Lessons Included in the Package

1. What is Autism?
2. Sensory Regulation
3. Emotion Regulation
4. Social Relationships
5. Self-Advocacy and Autonomy
6. Structure and Routine
7. Mental Health in Autistic Adolescents

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Tiers and Inclusions

BRONZE	SILVER	GOLD
A\$192.50	A\$456.50	A\$720.50
• Initial consultation with practitioner • 6 months access to all 7 readable lessons (PDF) • All downloadable materials • Email support (technical/FAQ only) for 30 days	• Initial consultation with practitioner • 6 months access to all modules and materials • 3 × 45-60-minute video consultation • Personalised action notes after each session	• Initial consultation with practitioner • 1 year access to all modules and materials • 7x 45-60-minute video consultation (per module) • End-of-program Individualised Support Plan

BUY NOW

