



## Care4Autism Project Summary

### The project "Care4Autism" aims at:

- 1) Reducing stigma and discrimination towards adults living with autism and their family caregivers by sharing successful awareness campaigns,
- 2) Highlighting effective practices in digital health care services for adults living with autism,
- 3) Easing caregivers' level of depression, stress, insecurity and anxiety about the future of adults with autism,
- 4) Bringing together high functioning adults with autism who wish to develop their digital skills.

### The activities we are going to implement are:

- 1) Good Practices Guide for Adults with Autism and their caregivers with emphasis on digital interventions.
- 2) National Awareness Events during World Autism Day - April 2022 & 2023.
- 3) Project meeting in Spain at the Mirandas Foundation and Autismo Burgos - Q&A session with professionals in the University of Burgos (UBU).
- 4) Final meeting in Brussels in collaboration with the Université Libre de Bruxelles (ULB) and the European Brain Council (EBC).

### We expect that Care4Autism will:

- 1) contribute to an "autism-friendly" environment.
- 2) reduce stigma and discrimination towards adults living with Autism and their family caregivers
- 3) share successful awareness events.
- 4) share effective practices in digital health care services for adults living with Autism.
- 5) promote cooperation at a European level
- 6) Improve the implementation of educational activities in the field of Autism for all partners.



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