

# ITHRIVE NAVIGATORS FOR NEURODIVERSITY



IThrive Navigators are trained professionals who support families as they explore neurodiversity, including autism and ADHD. They understand how challenging it can be to figure out what help is available, and they work closely with parents to explain next steps, share information, and connect families with the right services for their child.

## HERE'S HOW IT WORKS

- **First point of contact:** Answer questions and provide guidance.
- **Listening & planning:** Work with you to understand your child's needs and ensure their voice is heard.
- **Support pre- and post-assessment:** Explain processes, next steps, and available options.
- **Access to resources:** Ensure families can access relevant guides, toolkits, and information.
- **Early help guidance:** Connect you to support around sleep, behaviour, emotional wellbeing, communication, and parental support.
- **Information & signposting:** Help you find local services, groups, and resources.
- **Collaboration:** Connect you with schools, health, local authority, and community partners.
- **Empowerment:** Support you to explore options, make choices and set goals that suit your family's needs at your pace.

Your journey matters, and you know your child best.

Our Navigators are here to listen to your experiences, and help you explore the options that fit your family. Together, we can make sense of the next steps, connect you with the right support, and celebrate your child's strengths at a pace that feels right for you.

SCAN ME



## HOW TO CONTACT US

To refer to the navigators, go to the link here: [referral form](#) or search <https://bolton-together.org.uk/ithrive-2-19-years-referral-form/>. Scan the QR Code for resources to support you and your child or go to the Bolton

Together website [here](#).