



North Somerset Autism Strategy
Easy Read Version

North Somerset Autism Strategy



This plan has been written by North Somerset Strategy Group for Adults with Autistic Spectrum Disorders.

The group is made up of people from Health and Social Care organisations, the National Autistic Society and North Somerset Council.



This plan is for all adults with autism who live in North Somerset

Our vision

We want this plan to improve the lives of people with autism of all ages, their families and carers.

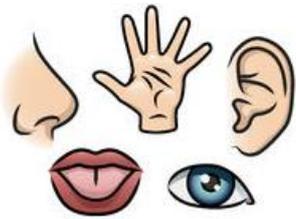
We want Health and Social care services to work together so that people can find out if they have autism and access help and support more easily.



What is Autism?



Autism is a disability that lasts all your life. It affects how you understand other people and how you make sense of the world.



You can also be very sensitive to or not notice things like: smells, tastes, colours, light, sound and touch.



Autism is a spectrum condition, which means it is different for everyone. In this plan when we say “autism”, we mean everyone on the spectrum.

The Law about Autism



In 2009 the government passed a law saying that adults with autism should be better supported. This is called the Autism Act.

In 2010 the Department of Health wrote "Fulfilling and Rewarding Lives". This said what Health and Social care services needed to do to support people with autism in a better way.

This plan is about how we will try to put these ideas into practice. It has 8 parts.

Part 1 – Better awareness and understanding of autism

We need to support the services that support people with autism in North Somerset, and also make other people in our community aware of autism.

What we plan to do....



Offer autism awareness training to all Health and Social care teams, so that they can support people with autism in a better way.



Have an “autism champion” in each team, who can support other team members when they are working with people with autism.



Hold an “autism awareness” event and invite all the Health and Social care services in North Somerset.

Part 2 – Finding out if someone has autism



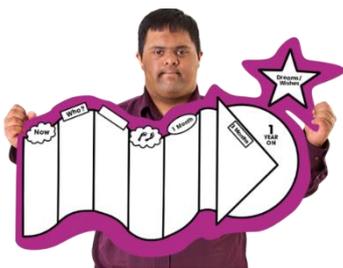
Department
for Education



Department
of Health

In the past people were not always able to find out if they had autism early on in their lives. The Department of Education and Department of Health have been trying to improve this.

What we plan to do....

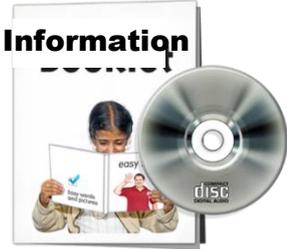


Make a plan called a “pathway” to make sure that people can find out if they have autism as early as possible, and get the right support.



Offer all people with autism a Care and Treatment Review to make sure they are being supported in the best way.

Part 3– Helping people get healthcare



When people find out they have autism they may need information about autism and where to find help and support.



Adults with autism can have an assessment by the council to find out what their needs are and whether they are eligible for services.

What we plan to do....



Make sure all people with autism are given information about services available in North Somerset and how to access them.



Tell GPs about the services that are available for adults with autism, so that they can tell their patients.

The Autism Forum will look at how people are assessed for autism, to make sure that the assessments show how much support people really need



Make people with autism aware of how they can use a personal budget to choose and pay for their care and support.

Part 4 – Education, training and work for people with autism



We believe having autism should not stop people from being able to find work and we want to provide opportunities for voluntary or paid work for people with autism.

What we plan to do....



Work with services like the Carlton Centre, to support people with autism to find jobs.

Help employers to understand the needs of people with autism, so that they have a better experience at work.



Schools, employers and employment services working together to provide people with autism with good work experience placements.

Part 5 – Living in the community and being included



People with autism sometimes find it hard to make friends and join in with social activities.



All people with autism in North Somerset should be supported to find out about support groups, community groups and charities.

What we plan to do....



A group called the Autism Forum will listen to people's views about local services, and tell the services what people have said.



Make sure that people with autism and their families and carers are given information on support groups and other activities in North Somerset.



Make sure that all health and social care services understand what they need to do to help people with autism to access their service

Part 6 – Supporting the carers and families of people with autism



We need to support carers and families and help them to stay well, physically and mentally.

What we plan to do....



Make sure that families and carers know what support groups and services are available in North Somerset.

Tell families and carers about any events being held in North Somerset that they may find helpful.

Part 7 – Getting the right housing



People with autism and their families should be able to have more choice and control about where they live.



They should be given information on housing options and any financial help that may be available.

What we plan to do....



Include people's wishes about their housing in their care and support plans.

Help people with autism to live independently by making Assistive Technology more available to them.

Part 8 – Supporting people through changes in their lives

The move from child to adult services needs to be planned well so that people with autism have continued support.

What we plan to do....



Provide parents with information on parent support groups.

Child and adult services will share information so that people with autism can move from one service to the other more easily and quickly.

Next Steps

To make these plans happen over the next 2 years.



To check progress at meetings of the North Somerset Strategy Group for Adults with Autistic Spectrum Conditions

This easy read document was produced by North Somerset People First.

**North Somerset
People First**

Supporting people with learning disabilities to have a voice



Created using Photo Symbols.

Photo
Symbols[®]