

Easy Read



Llywodraeth Cymru
Welsh Government

Updating the Autism Action Plan for Wales

We want your views

www.gov.wales

Please respond by 27 May 2016



This is an easy read version of 'Refreshed Autistic Spectrum Disorder Strategic Action Plan Wales' consultation

April 2016



How to use this document

This is an Easy Read version. The words and their meaning are easy to read and understand.



You may need support to read and understand this document. Ask someone you know to help you.

Some words may be difficult to understand. These are in **bold blue writing** and have been explained in a box beneath the word.

If any of the words are used later in the guide they are shown in **normal blue writing**. If you see words in **normal blue writing** you can look up what they mean in **Hard words** on **page 36**.



Llywodraeth Cymru
Welsh Government

Where the document says 'we', this means the Welsh Government.

If you want any more information about this document please contact:



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This document was made into Easy Read by Learning Disability Wales using Photosymbols 5.

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What is autism?



Autism is the short name given to a range of disorders known as Autistic Spectrum Disorder.



Autism is a type of disability.



Some people with autism also have a learning disability.



Asperger Syndrome is a type of autism. But people with this do not have a learning disability.



Some people with autism have health conditions such as epilepsy, depression and sleep problems.



If you have autism, you have it for your whole life.

Around 1 in every 100 people have autism.



We think 31,000 people in Wales have autism, although many people may not be known to services.



You cannot always tell that someone has autism just by looking at them. Because of this, autism is sometimes called a hidden disability.

People with autism find it difficult to:



- tell people what they need and how they feel



- meet other people and to make friends



- understand what other people think or say.

People with autism find it harder to:



- learn at school



- get a job



- make and keep friends



- get community services without support.



What this plan is about

Our Updated Autism Action Plan says what we will do in the future to help people with autism.

Our aim is that children, young people and adults with autism, and their parents and carers:



- have their needs understood



- are supported at all stages of their lives.



We would like your views on our new plan.



There is a response form for you to fill in so you can give your views on our ideas.



The deadline for responses is 27 May 2016.

What has happened so far



In 2008 we published an autism action plan. This was called the **Autistic Spectrum Disorder Strategic Action Plan**.

What we have done well

We achieved many things under this plan. Such as:



- Every council now has a person who provides advice on autism in their area.



- More training and awareness on autism.



- Better information for people with autism and their parents and carers.



- More young people being checked to find out if they have autism.



- Better support in schools.

What we need to do

People have told us that we need to do more to help people with autism.

Here are some more things that need to be done:



- There needs to be more training and awareness.



- It should be quicker and easier to get checked for autism.



- Parents and carers need more help to get services and support.



- We need to to provide more support for adults with autism.



- There should be more help for adults with autism to get a job and live independently.

In 2015 we asked for the views of people with autism and parents and carers about what support they needed. They told us they needed:



- Support with emotions and behaviour.



- Support with social skills and life skills.



- Better access to social and leisure activities.



- Better understanding of autism in schools.



- Better understanding of autism in work and support into work.

We now want to build upon this plan to continue to improve the support to children, young people and adults with autism.

What we did to update the plan



- Checked how the 2008 plan was doing and wrote a report.



- Asked for people's views at events and from surveys.



- Got expert advice from 2 groups.



- Wrote a plan in May 2015 setting out where urgent action was needed and then checked how we were doing.

Updated Autism Action Plan

Our aim is that children, young people and adults with autism and their parents and carers:



- have their needs understood



- are supported at all stages of their lives.



To make sure this happens we are going to create a new Wales autism service. This new service will join up all the different services that help people with autism.

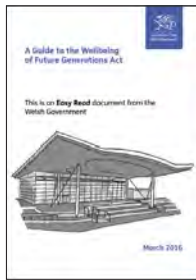


Our new plan talks about the things we will do to create the new Wales autism service.



We will be spending £6 million on setting up the new joined-up autism service.

Our new plan will help us do some of the things we say in our other laws and **policies**:



- **The Well-being of Future Generations (Wales) Act 2015**



- **The Social Services and Well-being (Wales) Act 2014**



- **Together for Mental Health – Delivery Plan 2016-19**



A **policy** is a set of rules about how we do things.



Our new plan looks at the needs of people who speak Welsh.

Our plan has 4 main areas of actions:



1. Awareness raising, information and training



2. Checking and confirming someone has autism



3. Supporting people with autism



4. Education and work



The writing in purple on the next few pages shows the actions we want to include in our new plan.

1. Awareness Raising, Information and Training

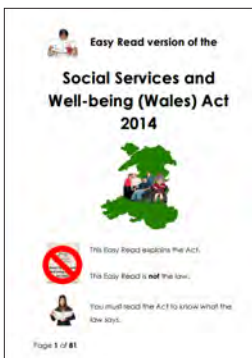
Local council autism worker and group



Since 2008 every council in Wales has a person who provides advice about autism.



We will continue to support a group where council workers can meet and share the best ways of providing services and support.



From April 2016 a new law says that councils will need to provide information and support. The law is called the **Social Services and Well-being (Wales) 2014 Act**.

All Wales autism worker and group



Since the 2008 plan a person and a team has been in charge of looking at things that need to be done to help people with autism in Wales.



This is to make sure all services are included - such as social care, education and health.



We will continue to support the worker and group that will provide us and others with expert advice.

Autism website



We made a website that has lots of useful information about autism for staff, people with autism, and their parents and carers. Some of this information is in Easy Read.

The website address is www.ASDinfoWales.co.uk.



We will look at where there needs to be more information and provide new information.



We want information produced by other organisations to be made available on the website.

We will provide more training and information for:



- Schools



- Doctors and nurses



- Staff who help people with mental health problems



- Leisure staff



- Employers.

2. Checking and confirming someone has autism



We know that more needs to be done to make sure that children, young people and adults are seen quickly by services that check and confirm autism.

Children and young people



A special programme has been set up called the **Together for Children and Young People (T4CYP)**.



Part of its work is looking at making sure that children and young people are checked for autism as young as possible. And the right support can then be put in place.



So far people are being seen more quickly for checking and confirming autism.



We will look closely at how the special programme called T4CYP for checking autism early gets on.

Adults

A group has been looking at improving the health of people with autism in Wales. It has been looking at



- Helping services have a better understanding of people with autism



- Improving the care of adults with autism



- Helping people get services quickly



- Getting services based on people's individual needs.



Another group has been looking at improving the services that check and confirm autism in adults. This group has given us advice on supporting adults with autism.



We will give more help to health and social services so they can:



- Improve how children are checked and confirmed for autism



- Improve how adults are checked and confirmed for autism



- Give better support to people when then they are told that they have autism.

We will check how we are getting on.

3. Supporting people with autism

Meeting the needs of people with autism



Some people with autism who do not have a learning disability are not able to get care and support.



But many people with autism still have support needs. If they don't get any help it can lead to their problems getting worse.



Lots of people told us that we need to join up services so they can work together to help people with autism.

We will do this.

All Wales Autism Service



We will to set up an all Wales autism service. We will spend £6million to make it happen.



For children and young people, we will improve health services so checking and confirming for autism can be done better. And they get the special support that they need.

For adults, we will set up new community support teams that will provide:



- Advice on how people behave



- Support when people first need it



- Access to community services



- Support services



- Advice on where to go for help



- Training for parents and carers

We will make sure:



- Staff in these services get training to help them do their jobs better.



- Staff from the different services work together.



- Services will be available in all areas in Wales.



The service will start in 2016 and be set up by 2019. To set up the all Wales autism service we will work with local councils, health, voluntary organisations and people with autism.

Special health care



Some people with autism and/or a learning disability need special health care. Sometimes this special care is available in the person's local area. We are looking at providing more local services that will help with this.



We will check on how providing more local services is getting on.

Mental health



The **Mental Health Act** is a law about how we should support people with mental health problems.



The law now includes how best to support someone with a learning disability and /or autism who have difficult behaviour.



More training will be given for staff who work with people with autism who have difficult behaviour.

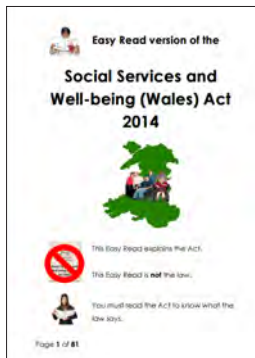


We will check if there are improvements for people with autism being treated for difficult behaviours using the Mental Health Act.



Parents and carers

Parents and carers of people with autism also need support to help them in their caring role.



The Social Services and Well-being (Wales) Act gives carers a right to an **assessment** of their needs.

An **assessment** looks at your care and support needs. And works out how they can be met.



There are other support services for parents and carers of children. These include **Early Support Programme** and **Integrated Family Support Service**.

4. Education and work



Good education and a chance to get a job are important areas for our new plan.

Children and young people



Parents and carers have told us that there is not enough support in schools. More needs to be done to raise awareness.



We are developing awareness training for staff in schools.

Additional Learning Needs - new law



We are proposing a new law to improve the support of children and young people who need extra help and support to learn.



This is to help work out if they need extra support earlier. If they do they will get support throughout their education.

Transition



We are doing research on what it is like for people with a learning difficulty or learning disability going from school to college. The report will give information on how to improve this.



We are also doing research on what it is like for people coming out of college.

Further education



We give money to colleges to support students with a learning difficulty and learning disability.

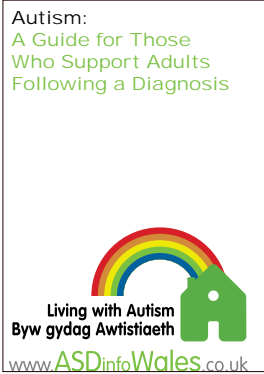


People aged 16 years who leave school have a **Learning and Skills Plan**. This helps them to make choices about college and to get the support they need.



Some young people with greater support need to go to a special college with funding provided by Welsh Government.

Support to get work



We have given training information to staff who support people with autism to get a job. It is called '**Working with Autism**' and can be found on this website: www.ASDinfoWales.co.uk



Since 2010 we have supported a person to raise awareness of autism in the workplace. This person has made good links with:



- **Job Centre Plus** and **Careers Wales** to help their staff understand about the needs of people with autism.



- Groups of employers.



We will continue to work with employers and check whether better awareness of autism helps people with autism to get work and be better supported in work.

Work schemes



There are some employment schemes that help disabled people to get a job. These are:



Engage to Change: Welsh Government and Big Lottery have given £10 million to a partnership of voluntary organisations for 5 years from April 2016.



This is to help young people aged 16 – 25 with autism and/or a learning disability to develop their skills through paid supported work. The placement will last up to 1 year. More information can be found at www.ldw.org.uk



We will check how the **Engage to Change** scheme is getting on.



Traineeships: This is for people aged 16 to 18 years to prepare them for work.



Apprenticeships: This gives people skills and support while learning at work.

Twf Swyddi Cymru
Jobs Growth Wales

Jobs Growth Wales: This is work support for young people.

Skills and work support from 19 years

We want young people aged 19 and over to be better skilled. We are helping them to:



- get the right information
- get on work schemes
- stay in jobs
- get basic skills to get a job.





We support the **Skills Gateway** scheme that gives disabled people access to specialist organisations to help them get training and work.



We will make sure that work across all our departments helps people with autism from aged 16.

What we will do next



We will ask people's views on this plan. To tell us your views there is a response form to fill out.



Later in 2016 we will write the final Updated Autism Plan.



At the same time we will write a Delivery Plan that sets out our actions, the results we expect and how we will check them.

The Delivery Plan

We will:



- Ask someone independent from us to check how we are getting on.



- Set up a group to advise and guide us on working on the delivery plan. This will include voluntary organisations, people with autism and their parents and carers.



- Continue to work with people from local councils, health, education and voluntary organisations.



- Ask voluntary organisations to deliver some actions in the plan.



- Ask people with autism and their parents and carers to help us how we are getting on with the plan.



- Put the plan on our website and on: www.ASDinfoWales.co.uk.



- Write a report every year to tell people how we are getting on. We will ask people for their views.



- Talk to people through events, the internet and survey to ask people their views on the plan and what they want us to do in the future.

Useful information and advice



ASD Info Wales website

We support the autism website:
www.ASDinfowales.co.uk

This includes a lot of information and advice for many people. It includes:



- A list of autism services in Wales.
- Contact information for the autism workers in each council.
- Training and events information.
- Awareness training for the public.
- Advice about growing with autism.
- Advice about living with autism.
- Help in getting work for people with autism.
- Independent living information.
- A toolkit to check and confirm autism.



National Autistic Society



National Autistic Society is a UK charity that gives information for people with autism and their families. www.autism.org.uk

Research Autism



Research Autism has research and information on autism. www.researchautism.net

Wales Autism Research Centre, Cardiff University



As well as research from around the world, it includes how to find solutions in practice. <http://sites.cardiff.ac.uk/warc>.

National Institute for Health and Clinical Excellence (NICE)



Provide information and advice to improve health and social care. www.nice.org.uk.

Hard Words

Assessment

An assessment looks at your care and support needs. And works out how they can be met.

Policy / Policies

A policy is a set of rules about how we do things.