

## Making social care more accessible for adults with autism

### Easy read summary

#### About autism



People with autism can find the world confusing.



They might not understand other people.



Busy places like supermarkets, streets and hospitals can seem frightening.



## How social care can help

Social care staff can help people with autism.



Staff can help other people make things easier for people with autism.



## What staff need to do

Staff need training to understand what autism is.



When someone is told that they have autism, staff should give them information and advice about what support they can get.



It is very important for staff to get to know the person with autism that they are helping.

Then they will be able to give them the support that is right for them.



No one with autism is exactly the same as anyone else.

Different people might need different support.



### What the Government say

The Government has a new plan for adults with autism in England. This plan is called *Fulfilling and Rewarding lives*.



The plan says that people with autism should be treated with the same rights as everybody else.



It also says that anybody who is told they have autism or Asperger's Syndrome should be asked questions to see what support they might need. This is called an assessment.

### What should happen

People with autism should be included in planning their care.



Some people do not like busy meetings.



If the person does not want to come to a busy meeting, they could share their thoughts by video or in smaller meeting.





Too much noise and light in a meeting room can upset some people with autism.



It is important for staff to make sure that the person with autism understands what is being said in the meeting.



People with autism should be helped to get a job if they want to.





They should also be supported to live with their family or on their own if they want to.



Health services and social care services should work together to support people with autism.



### Moving services

It can be difficult when someone with autism has to move from children's services to adult's services.



It is important that people with autism are included in decisions about their care and understand what is happening.



It is also important to have staff who can support them.



If people with autism get support quickly when there is a problem, it can stop the problem from getting bigger.

**Some of the things people with autism might need help with**



paying bills



filling in forms



talking to other people and making friends



## Carers

Carers also need support.

Carers are family members or friends who look after someone with autism.