

The changing landscape of autism in North Yorkshire

North Yorkshire Autism Strategy 2015-2020 **Easy Read**



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North Yorkshire's Plan for People with Autism
Easy Read version
2015 - 2020



This plan has been written by North Yorkshire County Council's Children and Young People's service, Health and Adult services and North Yorkshire NHS Clinical Commissioning groups.

Why have we written this plan?



In 2009 the Government passed a law saying that people with autism should be treated better. This is called the Autism Act.



In 2010 the Department of Health wrote a plan called Fulfilling and Rewarding Lives.



It said what local councils and health services needed to do to make local services and support better for people with autism.



The Department of Health then wrote a report called Think Autism in 2014. They wrote this report after listening to what people with autism and their families said needed to change.

Why do we need a plan for people with autism in North Yorkshire?



There are lots of children and adults with autism living in North Yorkshire. This plan says how we will make sure we support everyone with autism living in North Yorkshire.



Autism is different for every person and the support each person needs will be different too.



We want people with autism to get good support and have the same opportunities as everyone else.



We have to spend our money carefully so we want to make sure we buy the services and support that people with autism need.



We want to carry on raising awareness of autism and improve services for everyone with autism.



Having just one plan for autism for children, adults and young people living in North Yorkshire will help everyone to work together better.

What have people with autism and their families told us?



We have talked to people with autism and their families living in North Yorkshire to find out what is important to them.



In the summer of 2015 we met with people with autism, their families and other groups so that everyone had the opportunity to have their say.

We wanted to know what things are working well and what needs to change. We listened to what everyone told us and have included these things in this plan.

Here are the main things people told us were important to them:



It is not always easy for people with autism and their families to know where to go to get the support they need.



People with autism and their families want assessment and diagnosis services close to home so they don't have to wait a long time.



Raising awareness of autism and training people about autism is important. This will help people with autism and their families to use the same services as other people in their communities.



It can be hard for people with autism and their families to understand what services they can get and where they can go for information and advice.



Many young people with autism find school difficult and not enough people with autism get the support they need to find and keep a job.



People with autism and their families can find big changes in their lives difficult.



It is important that services and organisations work together to help make this plan work.



There are lots of ways to get help, support and advice if you think a child, young person or adult has autism. You can speak to your doctor or a speech and language therapist.



To find out if someone has autism they will need to have an assessment. When someone has an assessment they may be referred to a group of health professionals called the autism diagnostic team.



For children and young people, there are services across North Yorkshire where they can have an assessment.



By the end of 2015, adults over the age of 18 will also be able to have an assessment in North Yorkshire. This means they will no longer have to travel outside of North Yorkshire for an assessment.



If a child, young person or adult is told they have autism, their families will be given information and advice and offered training.



People may be able to access specialist careers advice, supported employment and travel trainers.



What help is available in North Yorkshire for people with autism and their families?



Over the last few years we have worked hard to make services better for people with autism and their families.



Parents and carers of people with autism can ask for their own assessment. This assessment will look at the needs of the whole family to help them in their caring role.



After an assessment if someone does not have autism they will be given information so they can get the right support and advice.

Education for children and young people with autism



We want children and young people with autism to have the best chance to learn when they are at school. This includes children and young people with autism.



Some children and young people may need extra support to help them to learn. Children and young people with autism can get this support in school.



Young people can find the change from being a child to becoming an adult difficult. Young people with autism may find this time much more difficult.



This time of life is sometimes called transition. Transition works well if the young person, their parents and professionals all work together.



We want to make sure that young people with autism in North Yorkshire have good opportunities for further education when they reach the age of 16.

Support for adults with autism in North Yorkshire



Adults who have autism will be able to have a social care assessment. They will be given information about what services, support and help they can get.



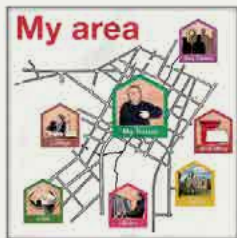
Some adults with autism may need extra support if they have a mental health issue or a learning disability. They may need another assessment to make sure they find a service that is right for them.



Some adults with autism may need extra support to find and keep a job. North Yorkshire County Council Health and Adult Services have a Supported Employment Service.



Job Centre Plus supports adults to find a job. Disability Employment Advisors who work for Job Centre Plus can give extra support to people with disabilities including autism.



There are lots of local groups for people with autism and their families across North Yorkshire. We want to make sure everyone knows what is available.

How this plan will make life better for people with autism



This plan was made after talking to people with autism, their families and carers across North Yorkshire.



We will support families by giving them good clear information about the support that is available.



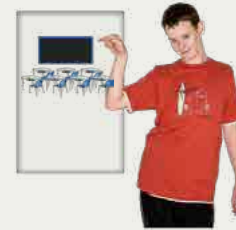
We will make the assessment and diagnosis of autism a better experience for people in North Yorkshire.



We will make people's understanding of autism better by working closely with other organisations like health services and schools.



We will make our training about autism available to more services and organisations.



We will make it easier for children and young people with autism when they change schools, go to college or use adult services.



We will listen to what information people with autism tell us they need.



We will continue to promote our Autism Champions.



We will work hard to make information easier for everyone to read and understand.



We will work closely with organisations like the police, schools and health services so that people with autism feel safe.



We will work with schools and colleges to make changes so that people can get the support that is right for them.



We will support people with autism to develop friendships and be part of their local community by giving information about local support groups.



We will work with employers and give them advice on how to support people with autism in the workplace.



We will work together to make sure that people with autism and their families get the support that is right for them.



We will work closely with education providers and local services so that all children and young people have the best chance to learn.

How will we know if this plan is working?



We have listened to what people told us will make a difference and included these ideas in our plans where we can.



The main thing that people told us was that they wanted a shorter plan that made it clear what would be different for people with autism and their families by 2020.



We will know if this plan is working when we can show that the work we are doing is making life better for people with autism in North Yorkshire.



The **Health and Wellbeing Board** will be checking to make sure this plan is working. They will make sure we are doing all the things we said we would do in this plan.



The **Health and Wellbeing Board** is a group which includes commissioners (Doctors who buy local health services), Councillors, someone from Healthwatch and someone from North Yorkshire County Council.

Contact us

North Yorkshire County Council, County Hall, Northallerton, North Yorkshire, DL7 8AD

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