



Our Plan to Support Adults with Autism 2012 - 2015



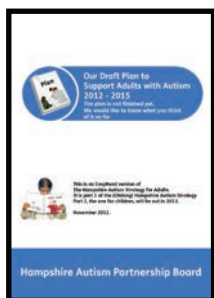
**This is an EasyRead version of
The Hampshire Autism Strategy for Adults.
It is part 1 of the (lifelong) Hampshire Autism Strategy
Part 2, the one for children, will be out in 2013.**

November 2012.

Hampshire Autism Partnership Board

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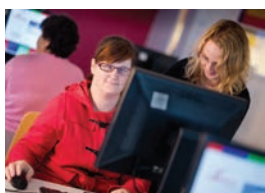
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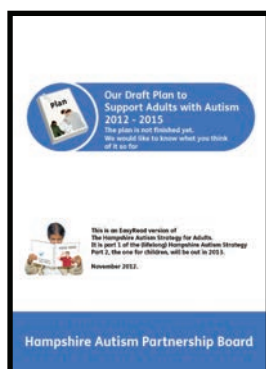
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Part 1

About this plan



This plan has been written by the Hampshire Autism Partnership Board.

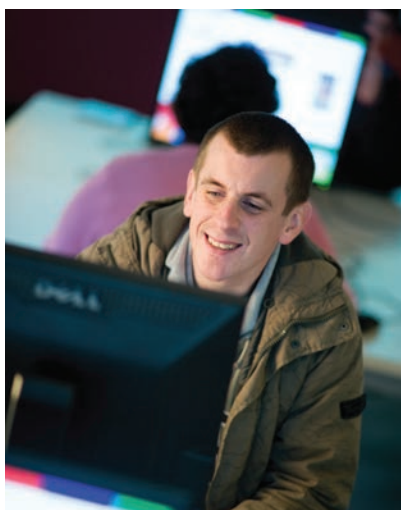


The Board is made up of people from health and social care organisations, charities and people with autism, their families and carers.

2013						
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This plan is for adults.

The children's part will be out next year.



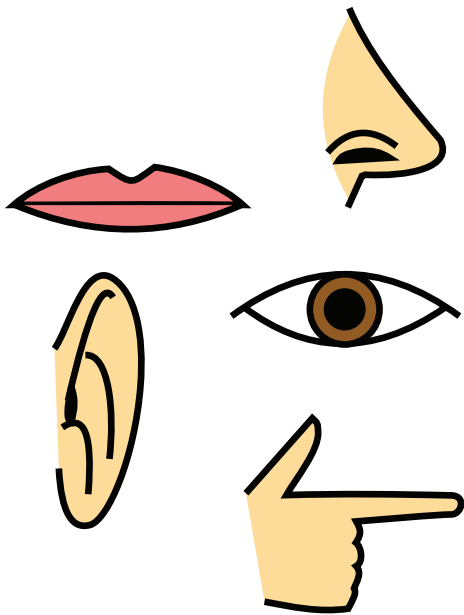
People who run health services, social care services and people with autism have all said they support this plan



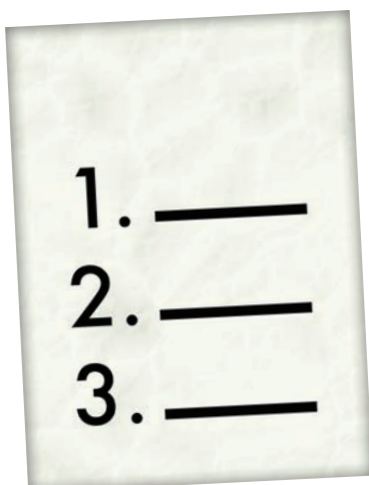
What is autism?

Autism is a disability that lasts all your life. It affects how you understand other people.

You can also be very sensitive or not notice things such as:



- smells
- tastes
- colours
- sounds
- things touched.



There are lots of different names for autism, such as Aspergers syndrome.

In this plan we just say autism to mean all the names for autism.



What we want to do

We want everyone with autism to have the same opportunity in life as everyone else.

This is why we have written this plan.



The law about autism

In 2009 the government passed a law saying adults with autism should be supported better.

This is called the Autism Act.



What you told us

During 2011 and 2012, we listened to what people in Hampshire had to say about living with autism.

Nearly 400 people told us what was good and what was bad.



People gave us ideas of how things could be made better.

Our plan



Our plan is in 9 parts. Each part has a bit that says:

- what people in Hampshire told us. This is in an orange box.



- what we will make sure we do. This is in a red box.

Part 2

Finding out if someone has autism



We plan to make sure people know how to find out if they have autism.



What people in Hampshire told us

- trying to find out if you have autism is not easy and takes a long time
- when you find out you have autism you are not told about what support you can have
- family and carers do not get enough support to help them understand autism



- many professionals do not know enough to help people find out if they have autism
- knowing you have autism when you are young helps everyone.



We will make sure:

- people know how to find out if they have autism
- people with autism and their carers get good information and support



- we have good services for people with autism, their families and carers
- health and social care workers are taught about autism
- people with autism are supported properly as they grow up

Part 3

Helping people get health care



Our plan wants to help people with autism get good health care.



What people in Hampshire told us

- some health care services in Hampshire could be better. Some are really good
- lots of health staff do not know about autism
- you cannot always get the advice and information you need



- some health services cannot cope with people with difficult behaviour or people being very sensitive to light and sound
- some health services do not listen to what people with autism have to say.



We will make sure:

- all health staff have training about autism and learn from each other
- people with autism and their families and carers get good information, advice and support



- health services make the changes people with autism need
- Health services listen to people with autism

Part 4

Getting the right housing



We need to make it easier for people with autism to have choices about where they live.



What people in Hampshire told us

- people with autism should have a choice about where they live and who with
- there should be fewer people living far away from their families
- housing staff need to know more about autism



- organisations need to work together so that it is easier and quicker for people to get housing, support and advice.



We will make sure:

- we work with others to make sure the housing needs of people with autism are planned around the person's wishes
- we will help people with autism to move from care homes into their own home if they want to
- people living away from their family can move nearer if they want to



- we will help housing staff learn about autism
- people with autism can get good support and advice about housing
- we help people with autism to get equipment to help them be more independent.

Part 5

Education and training for people with autism



People with autism need the right support to get the most out of college or training.



What people in Hampshire told us

- all education staff, not just teachers, need to know about autism
- people with autism sometimes need support to make friends and spend time with friends at school and college
- people with autism need to know who they can go to for support when they are at school and college



- services must work together to help people with autism move from school to college
- people with autism should get travel training and learn the skills needed for work.



We will make sure:

- all staff in schools and colleges have training about autism.
- people with autism are given support to make friends at school and college if they want it



- people with autism get good support at school and college
- people with autism are included in plans about moving from school to college
- people with autism have good information about education and training in Hampshire
- people with autism are helped to learn travel skills and the skills needed for work.

Part 6

Helping people with autism to get a job



We want people with autism to have the same opportunities of getting and keeping a job as everyone else.



What people in Hampshire told us

- there is some support for people with learning disabilities and autism to get a job
- many job agencies do not have the right skills to support people with autism to get and keep a job
- employers must be told about what people with autism are good at



- work places need to make changes for people with autism
- we need help to get a job, get benefits and to fill out forms and all this from one place
- work courses must help our chances of getting a real job.



We will make sure:

- there is more support to help people with autism to get and keep a job



- job agency staff have training about autism
- employees are told what people with autism are good at
- employers are told about work place changes needed for people with autism
- people with autism get good information about work and benefits



- school and college students with autism can go on work placements
- people with autism are included in job schemes run by Hampshire County Council.

Part 7

Living in the community and being included



Everyone with autism should be included in Hampshire's social activities if they want to be.

People with autism want to have friends like everyone else.



What people in Hampshire told us

- there should be good support groups all over Hampshire, where people with autism are understood
- people with autism want social groups so they can meet other people and make friends



- there needs to be more social groups that offer different activities
- good public transport is needed to be able to get out to activities and groups
- it is often helpful for people with autism to have support from a buddy for social activities.



We will make sure:

- there are more local support groups that offer different activities



- that staff who run support groups and activities get autism training
- people with autism are offered information on local support groups and activities, and how they can get to them
- there are more buddy schemes.

Respect me



Being safe

People with autism have the right to be safe, like everyone else.



What people in Hampshire told us

- lots of people do not understand autism. Some people with autism are sometimes thought to be rude, when they do not mean to be.

This can lead to bullying and being treated unfairly. This can harm people with autism

- there should be help at work to stop bullying



We will make sure:

- people with autism are helped to speak out when things are not right
- people with autism know about the Hampshire Safer Places Scheme
- people with autism will have support from an advocate if they need it, when they go to a safeguarding meeting



- people with autism know how to look after their own money

The police and court system



Some people with autism come into contact with the police because they are a victim of a crime, have seen something bad happen, or the police think they have broken the law.



People with autism are treated better when the police and court system have been trained in autism.



What people in Hampshire told us

- police and court system staff need training about autism



- services should work together to help people with autism who are victims of crime, or who break the law
- services should support people with autism who have seen a crime.



We will make sure:

- the police and court system staff are trained in autism
- services work together to help people with autism who are a victim of crime, or break the law



- people with a autism are supported in the police and court system
- people know about the Alert Car Sticker, Autism Alert Cards and the 'Police Autism Passport'
- hate crimes against people with autism are reduced.

Part 8

Supporting the carers and families of people with autism



We want to support people with autism to be more independent. This will help carers and families too.



What families and carers in Hampshire told us

- services need to listen to and understand the problems families and carers have
- many families and carers do not get enough support
- services need to support parents with autism whose children might also have autism



- families and carers need breaks from caring and support in emergencies
- families and carers need someone to talk to when they are told their son or daughter has autism
- carers are worried about what will happen to their son or daughter when they cannot help any more.



We will make sure:

- carers of people with autism are helped by local carers services



- that parents who are carers, get information, advise and support about autism
- we support Hampshire Autism Voice (HAV) to help plan services
- carers of people with autism are able to have a say in making local services better
- young carers are supported and listened to.

Part 9

Making it happen, leading the way



The Hampshire Autism Partnership Board will work to make services better.

The Board listens to Hampshire Autism Voice.



We will make sure:

- we work to make services better and check on how we are doing
- we include people with autism, their families and carers in this work
- we tell the Government what we are doing



- the Hampshire Autism Partnership Board has the right people on it.



Training Staff

The Hampshire Autism Partnership Board wants everyone to know about autism, so people with autism can be supported better.



What people in Hampshire told us

- everyone needs to know more about autism
- people with autism, parents and carers should be helped to train professionals



- different staff groups should be trained together so they learn from each other
- there are some great services supporting people with autism, others need to learn from these.



We will make sure:

- lots of people can get the internet training about autism for free
- we include people with autism, their families and carers in training



- we work to make sure more people learn how to provide good services to support people with autism
- staff, people with autism, their families and carers are told about how to get autism training.



Buying better services

A lot of the changes in services that are happening at the moment are very important to give people with autism the right kind of support.

We can change the services we buy to make them right for local people.



We will make sure:

- people with autism can use local services, like everyone else
- local groups can run services for people with autism
- we get better information about autism so we can buy better services



- we buy good services
- we involve people with autism, their families and carers in planning and checking services
- that we buy services that understand about autism and give a good service.



Credits

This paper has been designed and produced for Hampshire County Council by the EasyRead service at Inspired Services Publishing Ltd.
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