



Department  
of Health

# Giving adults with autism and their families the best care and support

## Some rules for the NHS and local councils



Easy read statutory guidance for Local Authorities and the NHS on  
the Adult Autism Strategy.





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## Who we are

We are the Department of Health.  
We are part of the government.



## What these rules are about

The rules in this document are for the NHS  
and local councils in England.



The NHS and councils give people  
healthcare and other support.



In 2010 the government made a plan  
about making life better for adults with autism  
and their families.



Lots of things have changed since then.  
For example, there are new laws,  
like the Care Act 2014.



So the government made another plan  
about autism in 2014.



There are lots of things in the plans for the NHS and councils to do.



The rules in this document will help the NHS and councils:

- know what they have to do
- give people with autism and their families the best care and support



The NHS and councils have to do what these rules say unless they can show there is a good reason not to.



We will keep asking how the NHS and councils are doing with this work.



Now you can find out what the rules say.



# 1. Training for staff

All health and care staff should have some training about autism.



The training should help them know:

- who may have autism
- how they can support people with autism

Some staff who work with people with autism need to know more.



For example:

- doctors and other health staff
- care staff
- people who find out what people with autism and their families need



They should have extra training about autism to help them do their jobs well.



People with autism and their families should have a say in training that staff get.

## 2. Finding out if someone has autism and what they need



The NHS and councils should have good rules about how to find out:

- if someone has autism
- what support they need



Someone in each area should be in charge of this.

Doctors and other staff should know what to do if they think someone has autism.



If someone has autism they should get the right support as soon as possible.



The NHS, councils and other groups should work together to make this happen.



Someone from the council should meet with people with autism and their families to find out what they need.

This is called an assessment.



Councils must do this if:

- they think a person may need support
- the person and their family wants to



People with autism and their families should:

- be told about the help they can get from the council as soon as possible



- have a big say in what happens if they need support

- get good information from the council about support in their area



People with autism should get support to have their say if they need it.

### 3. Support for young people as they start to be an adult



All young people with autism need good support so they can make plans for their future.

The NHS, councils and other groups need to work together on this.



Councils must work with young people and their families to find out what they want.

This means all young people with autism who may need support in the future.



Councils must also give people good advice and information about support.



Some young people will have a plan about their support called an EHC plan. This stands for Education, Health and Care plan.

This plan should be checked every year to see how well it is working.



## 4. Local groups working together



People with autism should get all the support they need.

This could be support with their health, jobs, meeting new people or somewhere to live.



The NHS, councils and other groups must work together to make plans about this.



People with autism and their families should be part of this work.

In each local area there should be:

- a group called an autism partnership board that works to make life better for people with autism
- someone in charge of support for people with autism
- good information about what all people with autism and their families need



## 5. Support to keep safe and well



People with autism may need extra support to keep well or cope with difficult things.

This can help to stop problems later on.



Councils must make sure all people with autism and their carers:

- get this support as soon as possible if they need it
- know what support they can get



Councils must also work to keep people safe.

This means making sure people who may be unsafe get the right help.



Councils have to:

- work with the NHS and police to make good plans about this
- give people in their area information about keeping safe



## 6. Giving people the right support for them



The NHS and councils have to make sure every person with autism:

- gets healthcare and support that is right for them
- is treated in a good and fair way



There are laws about this.

Staff may have to change the way they do things.



For example, people with autism may need:

- information in a way they find easy to understand
- longer appointments
- somewhere quiet



Staff must do what they can to give people the support they want.

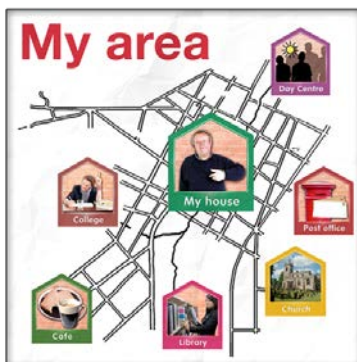
## 7. People who need a lot of support

Some people with autism need a lot of support.



They often have to go to hospital because of this.

This is wrong. People should get support in their local area if possible.



Councils and the NHS should work together.

They should make sure people:

- do not go to hospital unless they need to
- get the right care in their local area
- get support to live in the way they want to



People should be able to make their own choices.

They should get support to do this.

Staff must follow the law about this.

## 8. Jobs



People with autism should be able to work like everyone else.

Having a job can help many people with autism have a better life.



Councils must think about what support people with autism may need to get a job.

Councils should start working with young people on this while they are still at school.



Councils should work with other groups to make sure people in their area can get the right support.



For example, people may need support to:

- try out a job
- learn new skills

## 9. The police, courts and prisons



The NHS and councils should work with police, court and prison staff to:

- help them know more about autism
- make sure people with autism get the right support



For example, some people may need support to stop doing crimes or to keep well in prison.

Staff can work with them to see what support they need.



Councils and the NHS must:

- look at what care and support people with autism in prison may need
- give people this support if they need it

