

Autism Strategy

April 2022 to March 2025

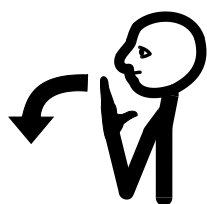


This easy read document tells you about Nottinghamshire's Autism Strategy (plan) for people with autism living across both Nottinghamshire County and Nottingham City.



The plan will help to improve the health and wellbeing of autistic children, young people and adults.

We want people with autism to live happier, healthier and longer lives.



We would like to thank everyone who helped us.

Particularly the help from the "experts by experience".



Experts by experience are people who have experience of using or caring for someone who uses autism services.

Finding out about people's experiences.



We have consulted with a number of key people and organisations.



In particular we have consulted with experts by experience, carers and families.

What we know about autism in Nottinghamshire



In Nottingham City and Nottinghamshire County there are about 16,500 people with diagnosed autism.



Some people with autism also have a learning disability, mental health issues or other conditions.



A diagnosis means a doctor has tested someone and they are found to have autism.



We know that the number of people with autism is growing.

The Covid-19 pandemic



We recognise the effect the Covid-19 pandemic has had on autistic people and their carers.



For example, loss of services, lack of routines and lack of support for carers.



This will have led to more people with mental health problems, worries and anxieties.

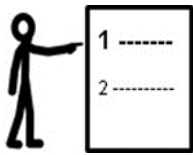


We have also found that for some people using services remotely over the internet or phone did have some benefits.



We will use what we learnt to help us think about how we deliver the autism plan.

Our Priorities



Here are the key areas we want to change to make things better for people with autism.

The areas include:



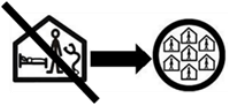
- Improving how people get a diagnosis to say they have autism and the support they get after this.



- Improving autistic children and young people's access to education.



- Better support for young people as they move towards becoming an adult. We call this 'Transitions'.



- Supporting people in the community so they don't need **inpatient care**.



Inpatient care means care not given in the community or in people's homes.

For example, care given in hospitals.



- Improving how people can get inpatient care services.



- Improving the quality of inpatient care services.



- Autism Suicide Prevention.

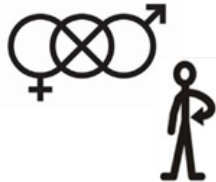


- Trying to stop the health and care inequalities autistic people face.

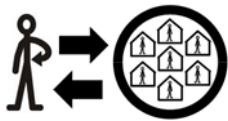
Inequality is where you might be treated differently or not get the same services as other people because of your autism.



- Meeting the needs of autistic people from Black and Minority Ethnic communities.



- Gender, sexuality and identity.



- Community inclusion – being part of and included in your community.



- Supporting more autistic adults into employment.



- Improving support in the criminal and youth justice systems.

This means better support from the police, courts and prisons for people with autism.



- Ageing with autism.

How are we going to do this?



We will have people called 'Enablers'. They will help us make the autism plan work.



They will tell us how well we are doing at making the plan work.

They will help with:

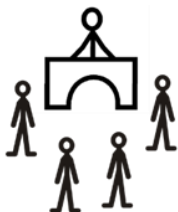


- Improving the information we collect to show us what is working and not working with the plan.

This will help us make changes needed to make the plan work.



- Improving, developing and training the staff who provide services.



- Improving governance, leadership, and accountability.



How we make sure things are done correctly and who is responsible for making things happen.

Next steps:



To say how we are going to make the plan work and include all the key people and organisations that can help us.

For example, experts by experience, carers and staff.



Work with our Experts by Experience online groups to ensure that what we do is co-produced.



Think about groups of people we are not working with yet and see how we can work with them and find out what they think.



You can ask for this document in a different format by calling us on 0300 500 8080.

For plain English web page version of this information, go to:

[All-Age Autism Strategy 2022-2025 | Nottinghamshire County Council](#)

nottinghamshire.gov.uk/policy-library/112571/all-age-autism-strategy-2022-2025

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