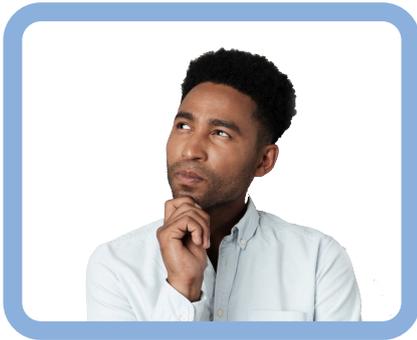


# Our plan to help people with Autism 2023 – 2026



## What is Autism?



Autism is something a person is born with that lasts for their whole life. It affects how they talk to people and how they understand the world around them.



Anyone can have autism, no matter how old they are, where they're from, or if they're a boy or a girl.



**easy read**

We have a Word Bank at the back of this book for an explanation of some of the words **in bold** that you may find difficult to understand

## Why do we need a plan?



Autistic people and their families have said there are things that make life harder for them. These things need to be fixed so they can be happy and enjoy life.

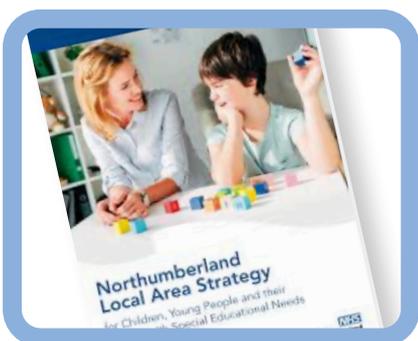
To understand more about what autistic people and their families have said, we have:



Held workshops in Northumberland in the summer of 2022, led by **Inclusion North**.



Held a workshop in Summer 2022 with the **Autism Partnership Board**, where autistic people, parents, carers, and experts took part.



Looked at the information in the **SEND strategy** for 2021-2024, which was made with help from others.



Listened to what people said in the **Healthwatch Children and Young People's Autism and Mental Health Survey** in the summer of 2022.



Looked at what people said in the **Cumbria Northumberland Tyne and Wear NHS Trust's Autism Consultation** from 2021-2022.

**The most important areas we found during this work are:**



Helping people to understand and be more accepting of autism.



Helping autistic children and young people get a good education and support them as they grow into adults.



Helping more autistic people find and keep jobs.



Making sure autistic people get the same health care and support as others.



Making support better for autistic people in the police and **justice system**.



The plan will keep working with autistic people, their families, and carers in Northumberland to make sure everyone has a say.

## Our important ideas are:



We came up with these ideas by talking to autistic people, their parents, and carers in Northumberland.



Autistic people and their families are the most important part of every decision.



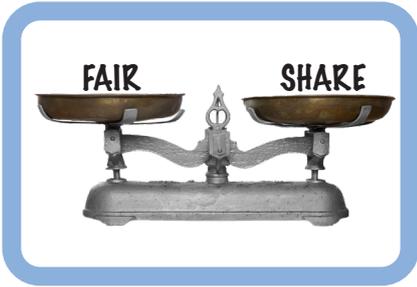
Using a way that focuses on what people and communities are good at.



Information and support are easy for everyone to find.



Help more people in Northumberland understand autism.



Make sure everyone gets fair services and treatment.



Help autistic people take control of their own needs whenever they can.



Promise to bring the right people together.



Give autistic people and their families the best chances to live happy and healthy lives.



Make sure the right help is available when it's needed.



Giving help based on what people need, not just on their diagnosis.



Making changes in health, justice, school, jobs, housing, employment and social care to help everyone, no matter what the assessment is.



In Northumberland, we have followed and included all important national rules, advice, and laws.

# Word Bank

## **Inclusion North**

Inclusion North exists to make inclusion a reality for all people with a learning disability, autistic people and their families.

## **Autism Partnership Board**

The Autism Partnership Board consists of a many groups including carers and autistic people. They meet to decide what needs to happen to make the lives of autistic people better.

## **SEND strategy**

Our local partnership's plan for developing and improving the support provided for our children and young people with additional needs and their families.

## **Healthwatch Children and Young People's Autism and Mental Health Survey**

We asked people to tell us about how we could help and improve issues raised by parents and carers of autistic children and young people in Northumberland who use or have used NHS mental health or autism diagnosis services.

## **Cumbria Northumberland Tyne and Wear NHS Trust's Autism Consultation**

A meeting which is held to discuss increased awareness around autism and how it affects behaviour and responses, it will allow staff to adjust the way they deliver services.

## **Justice System**

People with learning disabilities and learning difficulties are sometimes arrested for breaking the law. This means they will go into the 'Justice System.' The Justice System is a term used to mean the police, courts, prison and probation. It deals with people who break the law.