

Hampshire All-age Autism Strategy 2023



Easy Read Summary

This strategy aims to tackle the inequalities and barriers that autistic individuals of all ages may face, to ensure autistic individuals and their families are seen, valued and supported in Hampshire.



This paper has real stories that may be upsetting

If you feel upset speak with your support network or GP



The **Hampshire All-age Autism Strategy** has been co-produced with:

partners, autistic individuals and their families and carers

We did a survey across Hampshire asking people what works well and what needs to change

You can read the survey results here
[Hampshire Autism Partnership Board](#)



The Autism Act became law in 2009

We want to understand the challenges autistic people face and make services better

Autistic people may:

- feel lonely
- live shorter lives
- find it hard to access education
- find it hard to have meaningful employment
- have health inequalities
- have mental health issues
- be exploited
- face discrimination



Many of the issues still exist 14 years on

2 out of 3 autistic adults felt they were not getting the support they need



We chose 6 areas to work on

They are:

⇒ Improve society's understanding of autism

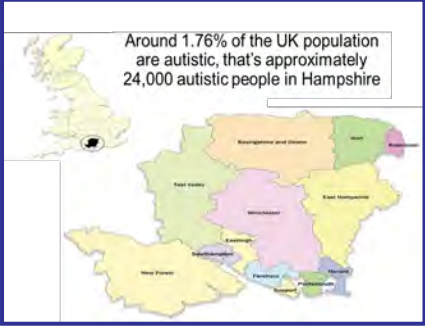


⇒ Make access to education and moving into adulthood easier

⇒ Helping more autistic people into employment and help employers understand how to support autistic employees

⇒ Looking at health and care inequalities

⇒ Developing community support and supporting people in inpatient care

⇒ Improving support within the criminal and youth justice systems.

	<p>The number of people living in Hampshire is 1,419,000</p> <p>16.4% of people in Hampshire say they have a disability</p> <p>1.76% of people living in the UK are autistic</p> <p>This would mean approximately 24,000 people in Hampshire are autistic</p>
	<p>What we found out from the surveys</p> <p>The top answers on how services could support autistic people were:</p> <ul style="list-style-type: none">• Better support in education• Better support for children and young people• Support for families and carers• Easier diagnosis process• Having well trained staff• Good support at work
<p>+ 200%</p> 	<p>Autism Assessments</p> <ul style="list-style-type: none">• Referrals have gone up by 200% since 2019• Having to wait for assessments affects mental health and wellbeing



- The Hampshire Integrated Care Board (ICB) meets 16% of the assessment demand a year
- In the UK 29% of autistic people have jobs
- 80% of autistic individuals will have mental health issues at some time
- There are 321,975 children and young people in Hampshire
Most autistic children go to mainstream schools
- 14% of autistic children and young people have Special Education Needs (SEN) support
- 4% of autistic children and young people have an Education and Health Care Plan (EHCP)



- 16.7% of EHC Plans put autism as the primary need.



Barriers for autistic people

• Community Barriers

- 95% feel the public has a 'poor' understanding of autism
- 65% think attitudes have got better over the past 5 years
- People do not understand the different types of autism
- Poor access to public transport and it can be hard to use it

• Education Barriers

- Starting a new school can be hard
- Young people being told off when they are not coping because teachers misunderstand
- It is hard to move from education to employment





- **Friendship**

- 86% of respondents felt it is hard to make friends
- In Covid 19 autistic people were 7 times more likely to be lonely than others

- **Health**

- Staff lack awareness of autism and their needs
- 85% felt being autistic made attending healthcare appointments hard
- 72% felt being understood by doctors and healthcare providers was hard

- **Employment**

- 75% felt autistic people need support
- Only 20% felt support given was good
- 66% of autistic students felt being autistic is a barrier to getting work experience
- Employer attitudes to autism needs to be better
- Interview processes are not autistic friendly



- Working autistic people found it hard to
 - work with colleagues
 - get ongoing support
 - develop a career



Delivery of the Strategy

We want a whole system, person centred and strength-based approach



There are in total 103 recommendations and areas for improvement

Hampshire
Autism
Partnership Board

The Hampshire Autism Partnership Board (HAPB) are asking partners to commit to improve services and experience for autistic people.

These are the suggested priority areas for autism:



- Improving understanding and acceptance within society
- Improving access to education and supporting in transitions
- Supporting more autistic people into employment
- Tackling health and care inequalities for autistic people
- Building the right support in the community and supporting people in inpatient care
- Improving support within the criminal and youth justice systems:



- The HAPB will ask each partner to create their own action plan.
- The partners will report back on progress at a quarterly meeting.