

Derbyshire

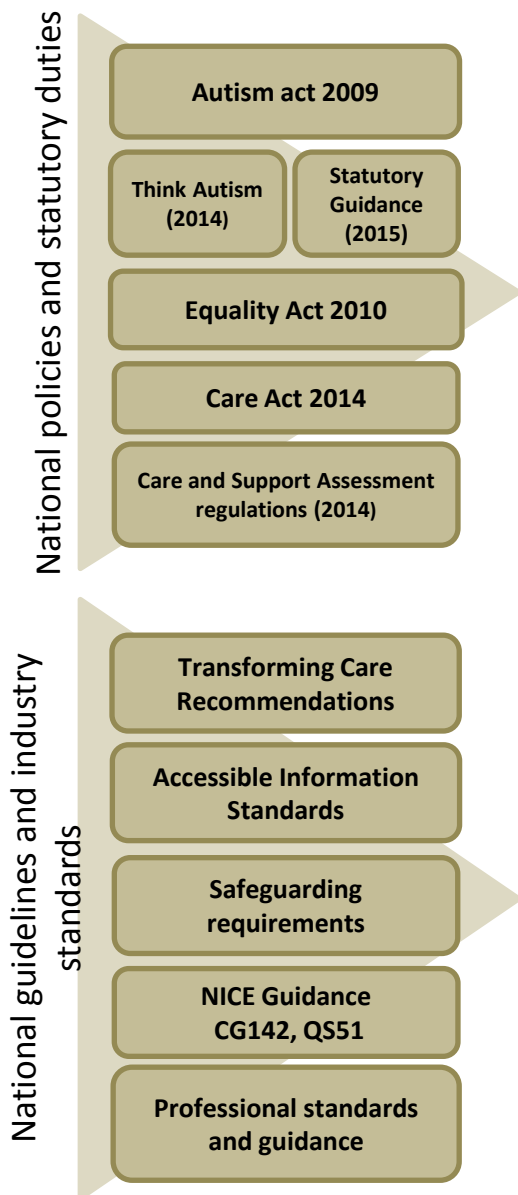
Joint Health and Social Care

Adult Autism Strategy

2017-2020

Update of the Derbyshire Autism Strategy, 2015
and
Derbyshire Adult Autism Needs Assessment, 2011

1. What are the things we need to achieve?



The Autism act¹, Department of Health national strategy^{2,3} and associated statutory guidance^{4,5}; provides the strategic framework for improvement across all services to support people with an autistic spectrum condition. Whilst the statutory guidance is clear on the requirements that both NHS bodies and Local Authorities *must* achieve, it also specifies what NHS bodies and Local authorities should achieve and how public sector bodies should work in partnership to support people with an autistic spectrum condition to lead a fulfilling and rewarding life.

The rights of people with autistic spectrum conditions are enshrined within the Equality Act 2010⁶ and the Human Rights Act (1998)⁷.

The Care Act (2014)⁸ places a duty on Local Authorities to prevent, reduce or delay the need for care and support and to ensure that anybody, including a carer, who appears to need care or support is entitled to an assessment, which must focus on outcomes important to the individual as detailed within statutory regulations.

The transforming care programme⁹ has been established to improve the quality of support provided to people with a learning disability and/or autism who display behaviour that challenges.

The accessible communication standards (2016)¹⁰ aims to make sure that people who have a disability, impairment or sensory loss are provided with information that they can easily understand and receive support so they can communicate effectively with health and social care services

All Local Authorities have overarching duties to safeguard both children and vulnerable adults from abuse¹¹.

NICE have produced clinical guidance and quality standards relating to the assessment and management of autistic spectrum conditions in adults^{12,13}.

Many professional bodies have created an published standards with which their members should abide. These include the Royal College of Psychiatrists, British Psychology society, Royal College of General Practitioner, Royal College of Nursing and the Social Care Institute of Excellence.

2. What do we know about how well we are progressing?

Local findings

Autism Self-Assessment Returns (SAF)

Gap analysis return to PHE

2013 2014
2016

Derbyshire Autism Health and Social Care Needs Assessment (2011)

Derbyshire survey of adults living with Autism (2013)

Regular engagement with self advocates

Findings from CTR reviews

Increased awareness across society

Derbyshire Autism Partnership Board

The Autism Act¹ requires the Department of Health to undertake regular assessment of the progress of local areas in implementing the actions required. This is achieved through a Self-Assessment return co-ordinated by Local Authorities but including NHS and public sector partners. A summary of the local findings are provided on the following page

The Derbyshire Autism needs assessment¹⁴ recommended that the local system look to develop a joint care pathway across health and social care; the pathway should take account of training needs of staff and carers, ensure services make reasonable adjustments and adaptations and effectively plan capacity levels to meet the expected rise in demand. It also recommended that an action plan and monitoring mechanisms are developed to support the delivery.

The results of the survey identified the following priorities for people with autism living in Derbyshire; help with meeting friends, communication, managing behaviour, getting a buddy or volunteering, finding groups and joining activities.

The Autism leads in Derbyshire and co-chair of the Autism Partnership Board regularly meet self-advocates and collate the themes including good practice and areas for improvement. The main themes relate to length of time between referral and diagnosis and lack of post diagnostic support.

Care and Treatment reviews of people admitted for mental health acute care or receiving crisis services in the community has highlighted the need for more effective pro-active care planning enhanced workforce skills, reasonable adjustments and housing support needs.

National awareness campaigns and media focus has had a positive effect on reducing stigma relating to ASD, this has encouraged more people to seek both a diagnosis and support services to meet their needs. Since 2012 the number of adults referred for an ASD assessment has increased substantially (>50% increase) and the number of people meeting social care eligibility criteria with an autistic spectrum condition has increased 25% since 2014¹⁵

The Derbyshire Autism Partnership Board have highlighted the need for further work with Department of Work and Pensions and Job Centre colleagues to enable an increase in people getting into and maintaining employment.

4. What are our priorities for the next 3 years?

Improve access to advice, information and training

Enable people to live well

Improve access to specialist support

Improve access to diagnostics

Preparing for adulthood

Collating the requirements from the statutory guidance and the themes from the local findings the following areas have been highlighted as a priority for the Derbyshire Adult Autism Programme.

For both individuals with an autistic spectrum condition; and their immediate support network, along with paid carers and health providers there is a need to **improve access to advice information and training across Derbyshire**. The communication methods and information needs will vary from one person to the next so we need to develop many different ways of providing the information including booklets, videos, on-line learning modules and face to face learning.

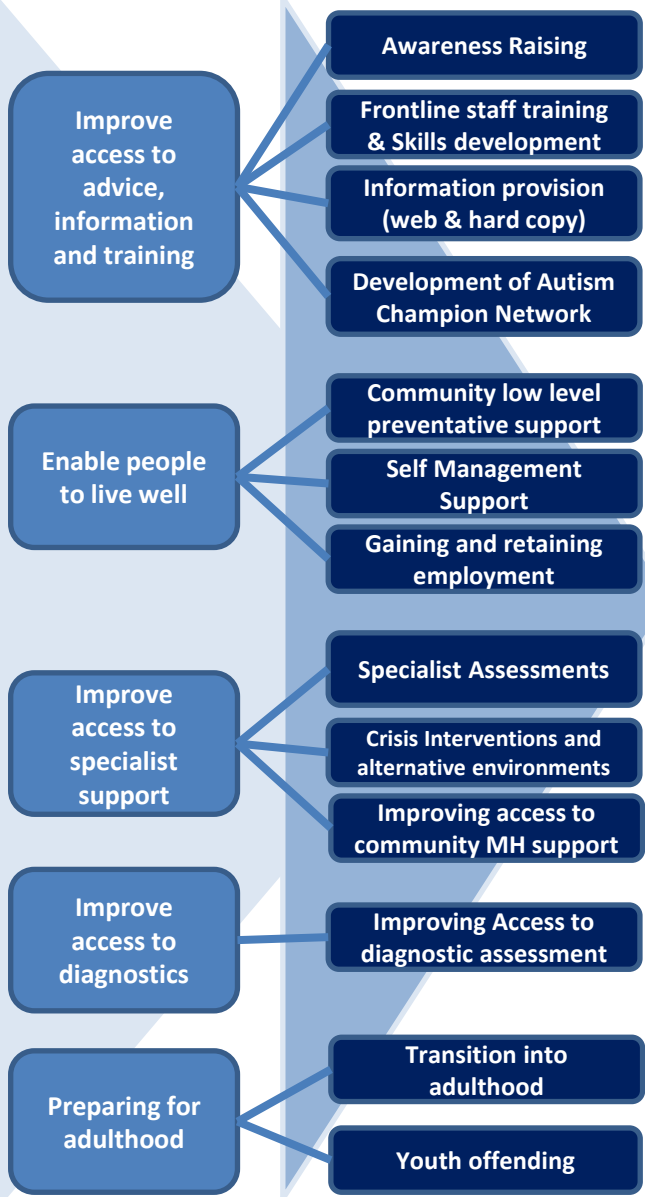
Both the Derbyshire survey and Self-Assessment results highlight a need to increase access to support to **enable people to live well** within their homes and communities. We want to create a system that promotes empowerment and self-management at it's core and provides rapid access to advice, guidance and care provision when needed.

We know that there are times when some people need expert advice from people with greater levels of knowledge and skills therefore we want to **improve access to specialist support**. We understand that this needs to be available not only in times of crisis (when things are going wrong and support is required urgently) but also to assist with development of personal strategies to help people cope with challenging situations, and to support the development of effective care plans which capture what is important to people and how services will work together.

In Derbyshire there are two Adult Autism Assessment services able to provide a diagnosis however the waiting times are longer than we would like. We know we need to **improve access to diagnostics** to ensure that people get help to understand themselves and their condition better, that access routes are opened up to ensure reasonable adjustments are made and interventions are adapted as required.



We know that life's transitions are hard for everyone but can be extremely difficult for people with an autistic spectrum condition. We want to help prepare individuals, families and services for the unique challenges that **preparing for adulthood** can bring for people, which includes navigating relationships and sexuality, moving into a home of your own, seeking further skills and employment, becoming financially independent and how to build a network of support to enable people to cope with these challenges.

5. How are we going to achieve them?



- 1) We will ensure that all organisations are aware of their duties to provide autism awareness training to all staff and we will work with national and local campaigns to increase awareness across our communities.
- 2) We will work with health and social care organisations to ensure that staff receive the relevant training and skills to deliver their role.
- 3) We will develop and publish information booklets and support packs .
- 4) We will work across the system to link people together and develop networks of support .
- 5) We will review care and support provision to ensure that the interventions offered are evidence based and provide good value for the individual and the Derbyshire £.
- 6) We will provide advice and guidance to individuals and their immediate support network to promote and encourage self-management strategies and techniques.
- 7) We will work with partner agencies to promote employment support for both the potential employee and employer.
- 8) We will support the development of specialist assessment skills across the relevant agencies and organisations.
- 9) We will work with our crisis response services to develop specialist skills to support people with ASD and ensure that rapid access to appropriate environments for assessment and treatment is provided.
- 10) We will work with the providers of community mental health support (including IAPT services) to ensure the interventions provided are adapted and that reasonable adjustments are made to the physical environment and communication methods.
- 11) We will work with our providers of adult autism assessment to reduce the waiting times between referral and assessment.
- 12) We will smooth the transition between children's and adult services for those individuals receiving care and support and provide advice and guidance for those individuals whose needs are not as complex however may find the transition challenging.
- 13) We will work across agencies to support people who have offended and reduce re-offending rates.

6. What are the responsibilities for key health and social care organisations?

Key:  Action plan to be created & delivered
 Actions led by other agencies

	Primary Care (inc DHU)	DHeFT	DCHS FT	Derby City Council	Derbyshire County Council	DTH FT	CRH FT	CCG's
Awareness Raising								
Frontline staff training & skills development								
Information provision (web & hard copy)								
Development of Autism Champion Network								
Community low level preventative support								
Self Management Support programme								
Gaining and retaining employment								
Specialist Assessments								
Crisis Interventions and alternative environments								
Improving access to community MH support								
Improving Access to diagnostic assessment								
Transition into adulthood								
Youth offending								

7. What does this mean for Derbyshire County Council?

Awareness Raising

Frontline Staff
Training & Skills
development

Information
provision
(web & hard copy)

Development of
Autism Champion
Network

Community low
level preventative
support

Self Management
Support Programme

Gaining and
retaining
employment

Specialist
Assessments

Crisis Interventions
and alternative
environments

Improving access to
community MH
support

Improving Access to
diagnostic assessment

Transition into
adulthood

Youth offending

- 1) We will provide autism awareness training for all our staff via our on-line learning portal and encourage all managers to ensure their staff are supported to complete the course.
- 2) We will provide access to role specific training for all our staff providing frontline services to increase understanding and skills to support people with autism in line with statutory guidance.
- 3) We will develop information and support packs to raise awareness and understanding of autism and associated challenges and distribute these to the population that we serve and our partner organisations.
- 4) We will seek to work closely across the Derbyshire community to support and encourage the development of a Derbyshire Autism Champions network to enable knowledge sharing.
- 5) We will ensure all of our universally accessed services are inclusive for people with autism ensuring reasonable adjustments are made.
- 6) We will work with our voluntary sector, community and social enterprise partners to raise awareness of autism, provide information and support packs to increase skills and knowledge and encourage the development of autism friendly service support.
- 7) We will commission a self-management education programme to support people living with autism; and their immediate support network, to understand their condition better.
- 8) We will ensure our recruitment processes are autism friendly and ensure that reasonable adjustments are made.
- 9) We will provide support for our staff members living with autism to ensure their work environment is reasonably adjusted and provide support to managers and immediate work colleagues to increase understanding of autism.
- 10) We will ensure all of our social work teams receive the appropriate training to enable them to undertake effective community care assessments for people living with autism and their immediate support network.
- 11) We will work with our partners within health and the voluntary, community and social enterprise sector to support people with autism understanding their rights to receive a community care assessment and ensure the referral process is inclusive for people living with autism.
- 12) We will work closely with our partners in health and the criminal justice system to support people living with autism who find themselves in a crisis situation and will work effectively to provide support to resolve the crisis.
- 13) We will raise awareness of the impact of autism on everyday life and the increased risk of associated common mental health disorders.
- 14) We will share information across social care and universal access services regarding the referral process to receive an autism assessment so that people are supported to understand their options.
- 15) As part of the 'preparing for adulthood' pathway we will consider the needs of young people with autism not previously known to the children's service (without an active SEND, GRIP or EHC) and ensure that easily accessible information is provided regarding prevention services and the support they can receive, alongside information about local support networks and groups.
- 16) Our Youth Offending teams will develop specialist knowledge and skills to support people living with autism who enter the criminal justice system, and work effectively with partners across all agencies to ensure reasonable adjustments and adaptations are made.

8. How will we know when we have achieved them?

Timely information and advice from one single point of access

Improved access to community care assessments

Increased social skills and understanding of behaviours

Increased independence and self-directed support

Increased understanding and management of risk

Improved access to education and employment

Improved pre-assessment and post diagnostic support

Reduced levels of anxiety and depression

Reduced assessment times

Improved understanding of meltdown triggers

People will know where to go to get access to advice and information and it will be provided 24/7.

People will be informed of their rights to receive a community care assessment and the assessment process will be sensitive to identify the social as well as care needs.

People will be supported to understand the impact of their behaviour on others (this will include supporting people with autism understanding the impact their behaviour has on people without autism as much as people without autism understanding the impact of their behaviours on people living with autism).

People will be supported to live the life they want to lead, in their community with knowledge and skills to enable them to build personal resilience a strong support network.

People will have a better understanding of the risks (both in their community, wider society and on-line), and will know how to avoid or reduce their personal exposure.

People will be able to access training courses and apprenticeships that have made reasonable adjustments to take account of their environmental and communication needs.

Employers will make reasonable adjustments and adaptations to the recruitment process and will ensure appropriate support is provided within the work place.

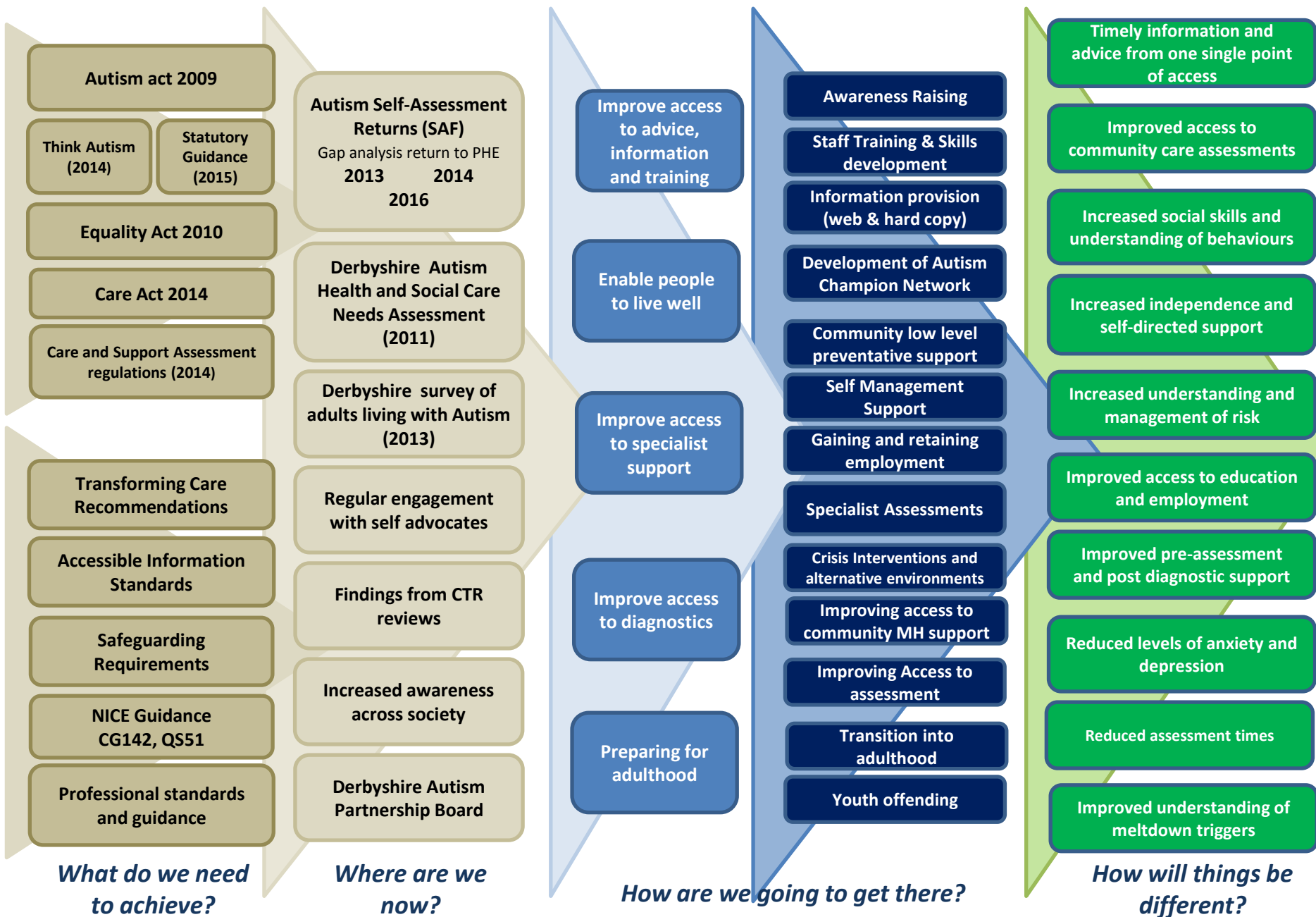
People will have access to specialist advice and support to help them understand and manage their condition.

People will be supported to improve their emotional and mental health resilience and will recognise personal triggers and have strategies in place to manage the effects.

People will have timely access to assessments and will be kept fully informed of the process and associated timescales.

People will feel safe to share with their immediate support network and others, the conditions (environment, physical and emotional) which could lead to a feeling of being overwhelmed or 'meltdown' and will feel confident that if that situation arises appropriate actions will be taken to reduce the intensity and length of the response.

9. Derbyshire (County & City) Adult Autism Programme 2017–2020



10. Glossary of Abbreviations

CCG's	Clinical Commissioning Groups
CRH FT	Chesterfield Royal Hospital Foundation Trust
DHU	Derbyshire Health United
DHcFT	Derbyshire Healthcare NHS Foundation Trust
DCHS FT	Derbyshire Community Health Services NHS Foundation Trust
DTH FT	Derby Teaching Hospitals NHS Foundation Trust
EHC	Education Health and Care
GRIP	Graduated Response for Individual Pupil
SEND	Special Education Needs and Disabilities

11. References

- ¹ The Autism Act. UK Act of Parliament. *UK Government* 2009. <http://www.legislation.gov.uk/ukpga/2009/15/contents> [accessed July 2017]
- ² Fulfilling and Rewarding Lives – the strategy for adults with autism in England. *Department of Health* 2010 http://webarchive.nationalarchives.gov.uk/20130104203954/http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_113369 [accessed July 2017]
- ³ Think Autism – Fulfilling and rewarding lives the strategy for adults with autism in England an update. *Department of Health* 2014. <https://www.gov.uk/government/publications/think-autism-an-update-to-the-government-adult-autism-strategy> [accessed July 2017]
- ⁴ Statutory guidance for Local Authorities and NHS organisations to support implementation of the adult autism strategy – Fulfilling and Rewarding Lives. *Department of Health*. 2010 https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/216129/dh_122908.pdf [accessed April 2017]
- ⁵ Statutory guidance for Local Authorities and NHS organisations to support implementation of the adult autism strategy. *Department of Health*. 2015 <https://www.gov.uk/government/publications/adult-autism-strategy-statutory-guidance> [accessed April 2017]
- ⁶ Equality Act – UK act of Parliament. *UK Government* 2010 <http://www.legislation.gov.uk/ukpga/2010/15/contents> [accessed April 2017]
- ⁷ Care and Support (Eligibility Criteria) regulations. *UK Government* 2014 <http://www.legislation.gov.uk/ukdsi/2014/978011124185> [accessed April 2017]
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- ¹⁰ Accessible Information Standards. *NHS England* 2015. <https://www.england.nhs.uk/wp-content/uploads/2015/07/access-info-implmntn-guid.pdf> [accessed April 2017]
- ¹¹ Safeguarding guidance. UK Government. <https://www.gov.uk/government/publications/safeguarding-children-and-young-people/safeguarding-children-and-young-people> ; <https://www.gov.uk/government/publications/care-act-statutory-guidance/care-and-support-statutory-guidance> [accessed July 2017]
- ¹² CG142. Autism Spectrum Disorder in Adults – diagnosis and management. *National Institute for Health and Care Excellence (NICE)*. June 2012. <https://www.nice.org.uk/guidance/cg142> [accessed Feb 2017]
- ¹³ QS51. Autism Spectrum Disorders in Adults. Quality Standards. *National Institute for Health and Care Excellence (NICE)*. Jan 2014. <https://www.nice.org.uk/guidance/qs51> [accessed July 2017]
- ¹⁴ Derbyshire Health and Social Care Needs Assessments for adults with autism spectrum disorders. *NHS Derbyshire, Derbyshire County Council*. July 2011. https://observatory.derbyshire.gov.uk/IAS/Custom/resources/HealthandWellbeing/Health_Needs_Assessments/Derbyshire_Adults_ASD_Health_%20Social_Care_Needs_Assessment_Aug2011.pdf [accessed July 2017]
- ¹⁵ Derbyshire Autism Self Assessment Framework Return 2016. <https://www.gov.uk/government/publications/autism-self-assessment-framework-exercise> [accessed July 2017]