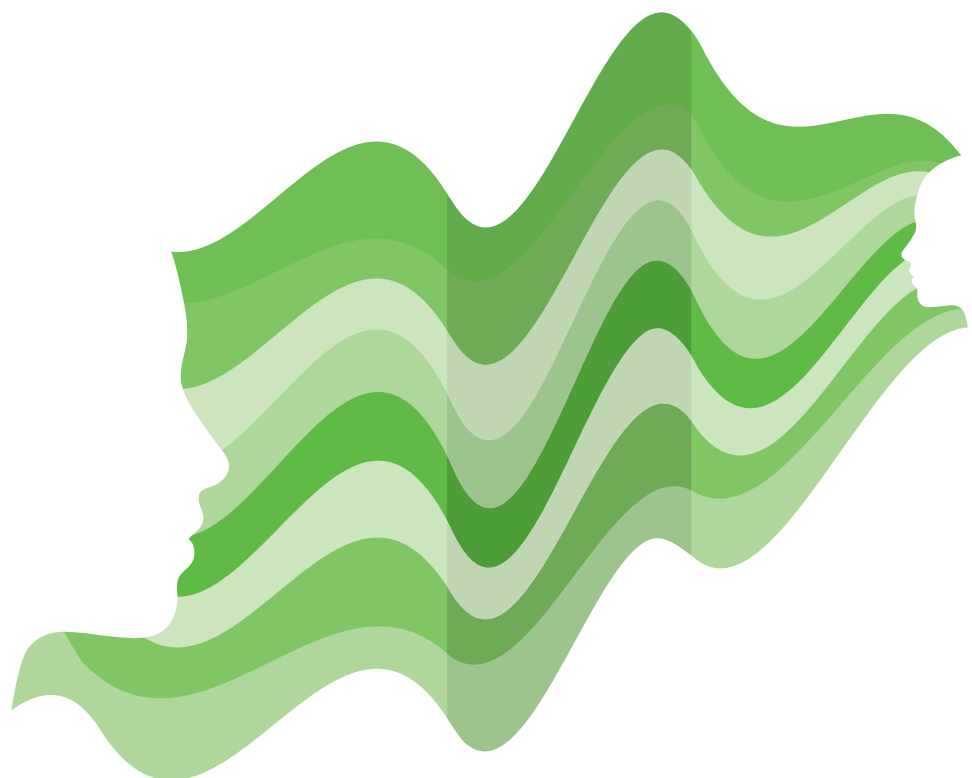






How we can help and support you: A Guide to Autism in Adults



How we can help and support you: A Guide to Autism in Adult Services

This is a brief summary of the Standards of Care, Assessment and Interventions for autism. If you are assessed for autism or have an autism diagnosis you might expect to be offered the following care routinely, as appropriate to your needs, and taking into account your preferences.

	Diagnostic Assessment	<p>We will offer you an assessment of autism with someone who has the right training.</p> <p>You may be seen by one or more professionals. It will be a comprehensive assessment as recommended by NICE guidance.</p>
	Post-diagnosis	<p>After your assessment, we will talk to you about what the diagnosis means for you and any help you may need.</p> <p>This will be written in your assessment report.</p> <p>We will signpost you to resources about autism and neurodiversity on the internet and local organisations.</p> <p>We may offer post-diagnosis groups to help you understand what autism means for you.</p>

	<h2>Reasonable adjustments</h2>	<p>We will aim to make reasonable adjustments for your sensory, communication needs and offer consistency in appointments where we can.</p> <p>We will train staff to recognise and understand autism and to adapt their care.</p> <p>We will aim to make our environments more autism-friendly.</p> <p>We will record in your notes any reasonable adjustments you need.</p>
	<h2>Daily Life</h2>	<p>We will signpost you to where you can get help with housing, care and support needs and employment.</p> <p>If you have significant difficulty with daily functioning or sensory needs, you may be offered a specialist assessment with an Occupational Therapist.</p> <p>If you are in a hospital placement or at risk of admission we will work with those involved in your care so you can live in the community with the right support.</p>

More information

For more information, please go to: www.sussexpartnership.nhs.uk/CAGS. This provides our Menu of Care and Interventions for Autism, of which this document is a summary. It also provides links to the guidelines produced by the National Institute for Health and Care Excellence (NICE).

If you require this document in another format such as large print, audio and other community language please contact the Clinical Academic Groups at: cags@sussexpartnership.nhs.uk

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Friends and Family

It is usually helpful to bring someone who knows you well to a diagnostic appointment. We would only do this with your agreement.

It can be helpful for friends and family to understand autism so we can involve them in your care with your agreement.

We will signpost family and carers to information and support.

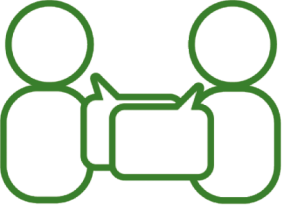



Medication Treatment

There is not a medication to treat autism.

If you have a mental health problem, medication might be suggested.

Sometimes autistic people react differently to medications. It is recommended to start with low doses.

	<p>Psychological Therapies</p>	<p>We will aim to ensure receiving a diagnosis is helpful for you and has a positive effect on your mental health and wellbeing.</p> <p>When you receive treatment for coexisting mental health conditions in the Trust, these will be reasonably adjusted for autism and your needs.</p>
	<p>Physical Health Care</p>	<p>We will assess for health problems that are more common for autistic people like epilepsy and joint problems.</p> <p>If autism makes it difficult for you to look after your health, we will discuss how to improve this.</p> <p>We will recommend the autism toolkit to your GP www.rcgp.org.uk/clinical-and-research/toolkits/asd-toolkit.aspx</p>

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More information

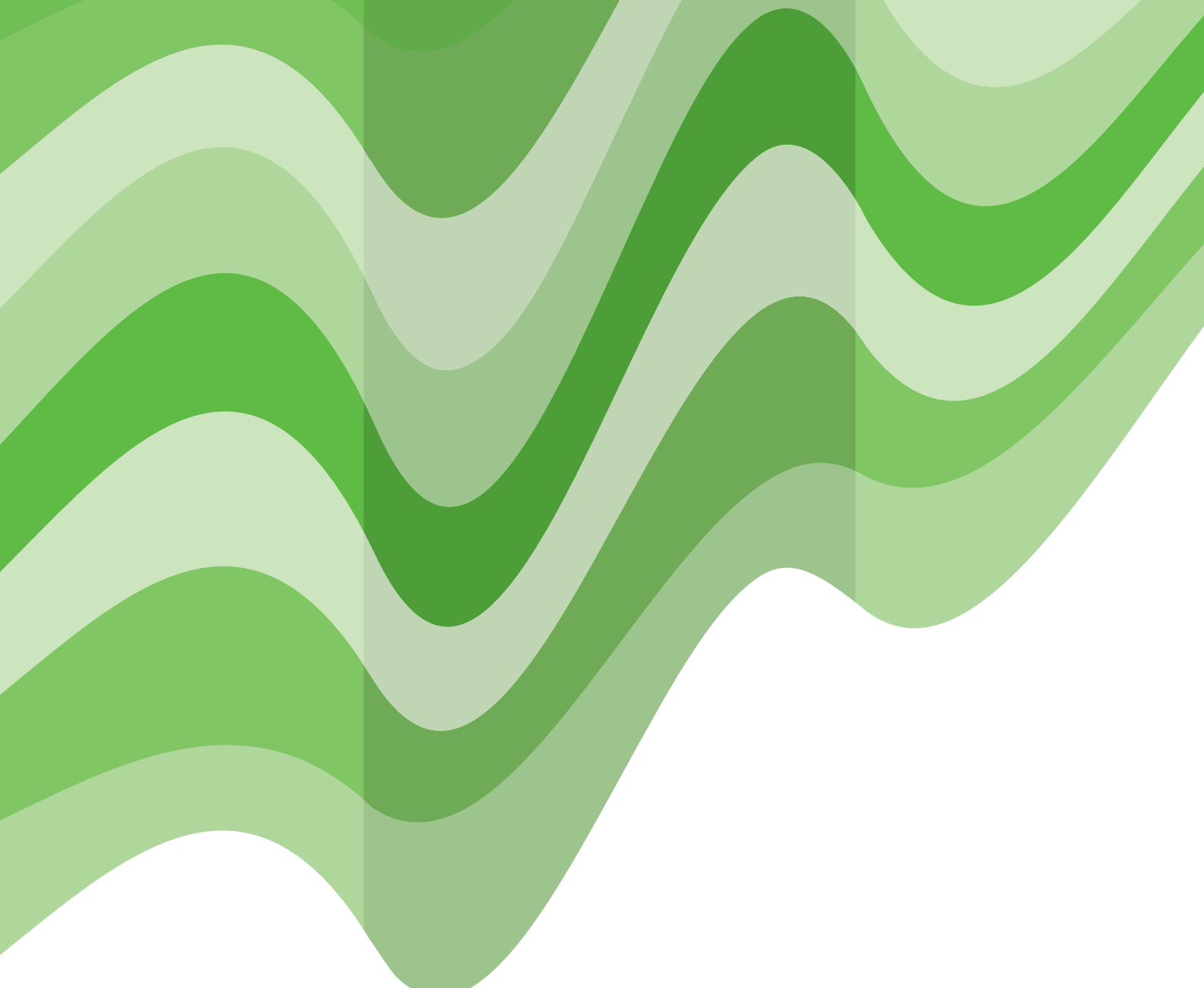
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Learning Disability and Neurobehavioural Clinical Academic Group