

## Autism Strategy EASY READ

**This is a plan to make life better for autistic people living in Hackney or the City of London.**

**This plan is for autistic children, young people and adults.**



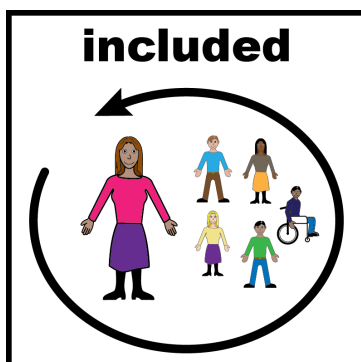
## Why do we need a plan?



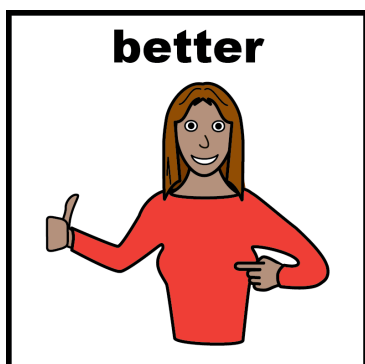
We want the City and Hackney to be a friendly place to live and work for autistic people.



We want to make it easier to find out if you are autistic, and easier to get help and support if you want it.



We want all autistic people to feel included.



We want to make things better at school for children and young people.

We want to make it easier for autistic adults to get a job.

## What is autism?



Autism is a condition that lasts your whole lifetime.

It affects how you understand other people and how you make sense of the world.



Autism is different for everyone.

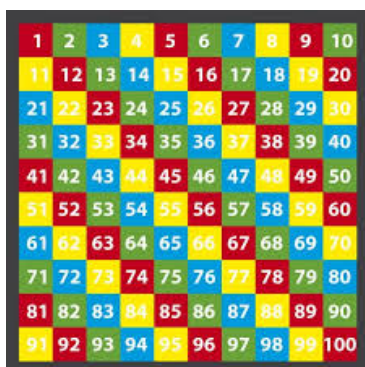
Some autistic people find these things difficult:

- understanding other people and telling people how they feel
- meeting new people and making friends
- being in loud places or where there are bright lights and lots of people



Some autistic people are very good at these things:

- understanding numbers and patterns
- thinking and solving problems
- remembering things



About 1 in every 100 people are autistic.

## Who helped write the plan?



We asked local autistic people what they needed.



We asked family and carers of autistic people what they needed.



We asked people who work in autism services.



We also asked:

- people who work in Health services
- Police
- Social Workers
- staff who work with children

## What does the plan say?



We agreed to look at 6 main areas.

Working with autistic residents and carers we have made some suggestions for each of these areas.

## 1: Preventing Crisis and Managing Independence



We want autistic people to know where to go if they need help.



We will make sure people can get information about autism on websites.



We will help set up a place that autistic people can meet, get support and information and feel safe.

Some people call this a Hub.



We will make sure there is help for parents and families of autistic people of all ages.



We will give support to girls and women who need different types of help.



We will make sure services help autistic people manage money.



We will make sure services help autistic people find a home to live in.



We will make sure it's easier for autistic people to get help if they feel sad.



## 2: Health, Social Care and Wellbeing

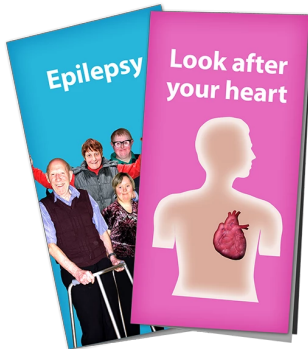


Teach more people about autism, so they know about the things autistic people need to keep them healthy.



Everyone over the age of 45 can have a health check with their doctor.

We want to make sure autistic people get these checks.



Autistic people might put on weight or have epilepsy and we will give them extra support.



We will ask your doctor to make sure they put in their notes if you are autistic so they can support you better.

We will ask doctors to make it easier to come to the surgery.



We already have a social worker who can help someone who is autistic.

We hope to have other people in the council who can also help.



We will work with some dentists and opticians so they know how to make their service easier for you to visit.



If you feel sad or worried we will ask mental health services to understand an autistic person might need different help.



Some people who are autistic have a learning disability as well.

We will work with these services to make sure they help autistic people.



Some older people have not been checked to see if they are autistic .

We will ask services who help older people to understand this and get help for them.





People from different religions and different places in the world have different views about autism and we need to know how to get messages to all groups so people can get help.

### **3: Planning and Leadership**



We want autistic people to be involved in decisions about the help they get.



We will teach people about autism to help them understand the problems people might have as well as the good things about autism.

### **4: Education, Training, Employment and Skills (Being at school and getting a job)**



We want to be sure that children's services and adult services share information so that autistic people can move from one service to the other when needed.



We want to make sure young autistic people are involved in decisions about what happens as they get older.



We will make sure that young people have the option to continue learning, choose to get a job or live on their own as they get older.



We will offer autism training to employers (owners of businesses) so they know about the things that autistic people are good at and make it easier for autistic people to get a job.



We will make Job Centres easier for autistic people to go to.



We will help teachers to understand how to support autistic children.



We will help autistic people get training and a job.

## 5: Criminal Justice (Being involved with the Police)



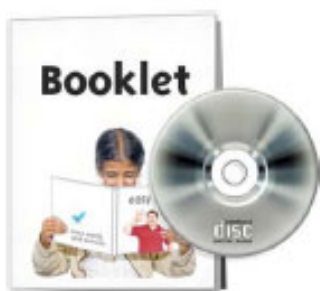
We want the police to understand that autistic people communicate differently sometimes.



We want the police to know more about autism.



We want people who work in Courts and in Prisons to learn more about autism.



We want the police to have special information for autistic people to help them understand what is happening.

## **6: Wider Community and Private Sector (The Community, Shops and Entertainment)**



We want to find a way for autistic people to share their knowledge about good places in the local community.



We want to make it easier for autistic people to take part in social activities



We want libraries and leisure centre staff to know more about and understand what autistic people need to use their services.



There is an award that shops and services can get if they make their services friendly for autistic people.

We will help local shops get this award.



We will work with London Transport to make getting buses and trains easier for autistic people.



We will work with religious places to teach them about autism and how to make their services easier for autistic people to visit.

## What will happen next?



A group of people will be in charge of making sure that this plan happens over the next 5 years.

This group will include autistic people.



For more information about our work, how you can get help or how you can get involved, please use our website:

<http://www.hackney.gov.uk/autism>