



Newham London

Newham Autism Strategy for Adults

2013 – 2016

Easy Read



Newham Clinical Commissioning Group

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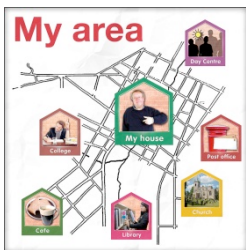
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**BIG
words**

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About this strategy



Strategy – a carefully made plan to achieve something.

This strategy has been written because of what **central government** has said **councils** should do. It has also been written because of things we think are important about autism for people in Newham.



Central government – the people who make decisions about how the country is run.



Council – a group of people who are chosen by the public to run the local area.

This strategy was made with the **Newham Autism Steering Group**.



Newham Autism Steering Group – a group of people who have checked that they are happy with the strategy. Their job is to check that the Newham Autism Plan is being followed. They also check that the council reaches the targets set in the plan. They make sure that service users, families and carers are included.



This strategy is important. It is part of how we are making things better for people with autism in Newham.

Members of the Newham Autism Steering Group

The people and organisations below are members of the Newham Autism Steering Group. They want to say thank you to everyone who helped to write this strategy:



People with autism in Newham



Families and carers for people with autism in Newham



PARENTS FOR
INCLUSION

Newham Parents for Inclusion



The National
Autistic Society

National Autistic Society Newham Local Branch

Autism Awareness and Support Group



Newham College



Newham Sixth Form College (NewVIC)



Service User Led Organisation representatives

Community Organisations representatives



Ellingham Employment Services

Provider Organisations representatives



Newham Community Health Team for People with Learning Disabilities



Newham Jobcentre Plus/Department for Work and Pensions

Newham Asperger Syndrome Service



Newham Clinical Commissioning Group



Newham Council



A word from Councillor Furness, executive member for health and adult commissioning at Newham Council

I am very happy to share this strategy with you. It is a plan for what will happen over the next three years.



The strategy has been written with the help of the Newham Autism Steering Group.



People who live in Newham have been very important in helping us to write this strategy. They have shared their ideas and views. They have been telling us how we can make things better for people with autism, their families and carers.



We want to give good advice and support for adults with autism in Newham.

This strategy is a clear plan of how we will make changes. The National strategy 'Fulfilling and Rewarding Lives 2010' says we need to make these changes. These changes will help adults with autism to have the same chances as other people.



The strategy will mean that people need to work together to make things better. Newham Council thinks what this strategy says is very important.



A word from Grainne Siggins, director of adult social care at Newham Council

This strategy tells you how the following groups are going to work together. They are working to help people with autism in Newham.



London Borough of Newham – this is your local council.



Newham Clinical Commissioning Group

Newham Clinical Commissioning Group – this is a group of doctors. They make choices about health care in Newham.



East London NHS Foundation Trust – these people look after mental health and learning disability services in Newham.



Central government did not give Newham any extra money to make these changes. The money will have to come out of the money we already have.

This strategy has been written to make sure that:



- Services that already exist are used well



- Help is given when problems start rather than waiting for them to get bad



- People get to make choices and have control of their lives



- People get help making decisions when they need it.



This strategy gives health, social care and local services lots of challenges.



Why we wrote this strategy

This strategy was written because of two documents from central government. These are:

1. The Autism Act (2009)



This tells us what the government will do to help people with autism live the life they want. It tells councils they have to write a strategy, which says how the council will help people with autism live the life they want.

2. National Autism Strategy (2010)



This is called 'Fulfilling and Rewarding Lives'. It is the first strategy for adults with autism in this country. It tells us what the government will do to make things better for people with autism:



- It looks at making services that already exist better for people with autism



- It also looks at making policies that already exist better for people with autism

- It tells councils that they must:



- Give someone the job of '**Autism Lead**'. This person is in charge of making sure the National Autism Strategy is followed in their area



- Include people with autism, their families and carers in making plans



- Train people in autism awareness



- Give special training to GP's and care staff



🌐 Plan how they will care for people with autism in their area



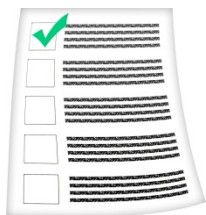
🌐 Give someone the job of making sure people in their area can be **diagnosed** and **assessed** for autism.



To be **diagnosed** – to be told that you have a particular disability or illness. Here we are talking about being told that you have autism.



To be **assessed** – professionals finding out information about you. This could be to find out how much help you need because of your autism.



🌐 Make sure they know about people with autism who live in their area



🌐 Make the move from children's services and school to adult services easier.



What is autism?

Autism is a disability people have for their whole life.



The word autism is used to explain a big range of needs. Some people have more problems because of their autism than others. Some people with autism need lots of support and others do not need very much.

The main things that people with autism find hard are:



1. Social communication

This means how people communicate with each other. Autism can make it hard to talk, and to understand what other people are saying. Autism can also make it hard to understand **gestures**.



Gestures – actions people do to try to communicate something, for example shaking their head to say “no”.

2. Social interaction



This means how people get on with each other. Autism can make it hard for people to explain how they feel. It can also make it hard to understand how other people feel. Sometimes autism makes it hard for people to cope with their feelings. This can make people with autism behave in ways other people find difficult.



3. Social imagination

This means understanding what is happening. People with autism can find it hard to understand what other people are going to do. They may also find it hard to cope with change. Some people with autism find it hard to cope with smell, noise, colour, taste or touch.



Diagnosis pathway – how to find out if you have autism

We want to make sure you are told if you have autism as soon as possible.



We then want to make sure you get all the information you need. This includes telling you about all the services you can get.

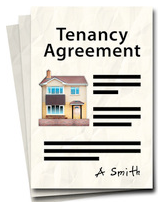
Newham's vision – what we want to achieve



We want all people who live in Newham to have the same chances in life. This includes all people with autism in Newham.



Everyone we work with thinks that this is important. We will work together so we can do this.



In Newham we want people with autism to:

🌐 Be able to live independently if they want to



🌐 Make their own choices and have control over their lives



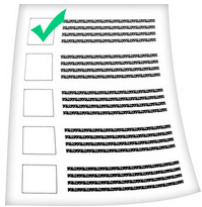
🌐 Be able to join in with things in their area. We want everyone in Newham to know more about autism. This will make it easier for people with autism to join in



🌐 Be able to say what they think about things, and be listened to



🌐 Have support for themselves, their families and the people who care for them



🌐 Get the services we think are the best for each person at a particular time

🌐 Get these services from when they first find out they have autism



🌐 Be able to learn. We will work with schools, colleges and adult education to help with this.



We want people who work with the public to understand autism better. This includes people who work in doctors' surgeries, job centres and hospitals. This should make it easier for people with autism to go to these places.



What we want to do in Newham

🌐 Make sure there are good services for people with autism in Newham

🌐 Make sure the services we buy are what people with autism want and need. They should not cost too much money but be good. They should be able to change to fit the needs of different people

🌐 Make sure we know how many people in Newham have autism.



🌐 Make sure we make more services available if there are more people with autism



🌐 Make sure information about how to get a diagnosis is clear



🌐 Make sure that our plans for housing include people with autism



🌐 Make a three year training plan to make sure people in Newham learn more about autism.

Getting the right support (employment, health and social care, housing, education and training)



Employment (work)



🌐 We are writing an employment strategy for disabled people. We will include people with autism when we write this



🌐 We are going to work with employers to make them feel happy about giving jobs to people with autism

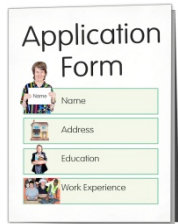


🌐 We will make sure schools are talking to children with autism about getting jobs in the future. This will help children with autism to have the goal of

finding work. It will also help people with autism to learn why people want to get jobs



- 🌐 We will try to find more places for people to try out work. This might be unpaid work or a short work trial



- 🌐 We will make sure people with autism have support to find jobs



- 🌐 When people with autism get jobs we will make sure they still get support. This will help people to stay happy at work and to keep their jobs.

Health and social care

We have found that people with autism often find it hard to get healthcare. This can mean that they do not get the healthcare they need.



To make this better we will:



- 🌐 Try to train all staff who work in health and social care. This will help them to support people with autism better



- 🌐 Make information about services like the dentist, easier for people with autism to find and understand



- 🌐 Ask people with autism, and their families, to help us when we want to make a change. This will mean the changes we make will be better for people with autism.

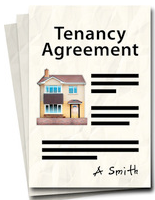


Housing

We want to make sure that people with autism get clear information about housing. They need to be told what their choices are, and how to get the housing they want.



- 🌐 When new housing is being planned we will make sure people with autism are important in these plans. We will do this by talking to people with autism, their families and carers



- 🌐 We will help adults with autism to move into independent housing when this is safe



- 🌐 People who work in houses where people with autism live will be trained. They will learn more about autism. They will then be able to help the people they work with better.

Education and training



We want to make the move from being a child to being an adult easier. This includes moving on from school to whatever you choose to do next.

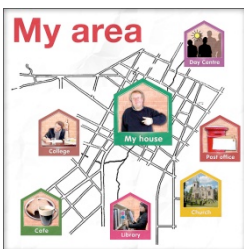


🌐 We are going to work with schools and colleges. We want them to understand autism. They should make sure that they offer good education to people with autism



🌐 We want people in education to learn how to communicate well with people with autism. They should also think about the size of their classes for people with autism. They should make sure there are clear routines and quiet areas where people with autism can go

🌐 We will ask schools and colleges to talk to each other. This should make moving from one school or college to another easier.



Local services

This is what there is in Newham at the moment for people with autism:

Asperger/High-Functioning Autism Service

- This is for people who have autism but do not have a learning disability. They may be very clever and not need much help every day
- There is help for these people in adult mental health services. They can get help with health and social care

Newham Community Health Team for People with Learning Disabilities

This team has special health services that are just for people with learning disabilities. They can help you to go to a hospital or doctor.

The team is also for people who have autism as well as a learning disability.

Newham Day Opportunities Autism Service

These are special services for people with learning disabilities and autism.



Newham Community Gateway Service

This is a service for people with a learning disability and autism. They help people to access things in their area. They find out what things you are interested in and help you to do these things.



Newham Enterprise Services

This is a service for people with a learning disability and autism. It helps people to become more confident. They help you to learn how to do things that will help you get a job.

There are opportunities to work in the following:

- A cafe





- A catering firm
- DJ and events production



- Recycling
- A gardening business



- They are also happy to try new ideas you might have for a business.

Newham Employment Support Service



This is a service for adults with autism, learning disabilities or both. They help people to find and to keep work.

Newco Employment Support Service



This service works with disabled people including people with autism. This is done using the government's Work Choice programme.

Equipment and Telecare Service



This is where you can get equipment to help you to be independent and stay safe.

There are other services too. You can find out about these by contacting Newham Council.



Newham Action Plan



The action plan tells you how we are going to make things better. The people on the steering group will make sure we are following the action plan. They will also check that changes are really happening for people with autism in Newham.

Our **three year** action plan includes these actions:



- 🌐 We will keep telling people in Newham about autism. We will help people to understand autism better so that they can make things easier for people with autism



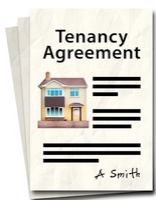
- 🌐 We will keep making services in Newham better for people with autism, their families and carers



- 🌐 We will help adults with autism to get work and training



- 🌐 We will make the way we plan services for people with autism better



- 🌐 We will make it easier for people with autism to live independently. We will make it easier to get help to be independent



- 🌐 We will keep talking to people with autism and their families. This will help us to learn about problems and how we can make things better.

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Strategy – a carefully made plan to achieve something.

For more information about adult autism in Newham

Visit **www.newham.gov.uk/Autism**

Or call **020 8430 2000** selecting option 8 on the menu.



The pictures in this document come from Photo Symbols 4.



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