

# A report from the all-party parliamentary group on autism

**This report is about transition support for young people with autism.**

## **All party parliamentary group**

This is a group of members of parliament (MPs) from all the different political parties. There are lots of different groups on different topics. This group is for MPs interested in autism.

## **Transition**

This is the planning that should happen for all young people with a disability or extra needs to help them as they become an adult.

The Group wanted to look at transition for young people with autism because



- As they become an adult some young people with autism can find things more difficult than young people who do not have autism.
- For some young people change can be really difficult to cope with.
- Other people may not understand about autism. This can make it hard for them to give people with autism the right support.
- Services that young people may want to use as they become adults may not be right for people with autism.



**Report**

This report tells you about the main things that we found when we asked young people with autism, parents and professionals about transition and what should be done to make it work better.

## What people told us



### Planning

**Planning for the future needs to start early, well before the young person is ready to leave school.**

Many young people with autism do not get help to plan for the future.

Decisions about the future often get made very late when the young person is just about to leave school. Sometimes decisions are made after they have left school.

Adult social services need to join in with transition planning.



### Support

**With the right support young people with autism can have a great future.**



People should have the chance to work, have relationships and friendships and to be as independent as they can be. They should have support that is right for them.

## **More about what people told us**



### **Services should work together**

**All the support services that the young person may use should work together better**



People told us that it would really help to have 1 person as a contact for a family.

All the other services and people would work with the family through this person.



### **Understanding more about autism**

**Professionals should have more training about autism so they can understand young people's needs better.**

Understanding more about how autism affects a young person will help professionals work better with young people in transition planning.

## More about what people told us



### **Information that is easy to understand**

**Young people and their families need to be given good information that is easy to understand so they can make the right choices for the future.**

Transition planning should be done in the way that is right for each individual young person.



Lots of people told us it would be good for each young person to take part in transition planning. They should have an independent advocate to support them to take part.

### **Funding (money)**

**The needs of each young person should be what are most important not how much money there is to pay for support and services.**



Social services in different parts of the country have different rules about how to decide if people can have a service.



People told us this can mean that some young people do not get any support from social services when they are adults.

# What needs to change?



## What the government should do

- They should have information about how many children have autism in each area of the country and share it with adult services.
- Planning for the future should be done often with each young person.
- Every young person with autism should have a person centred transition plan.
- Young people should be asked what they think about transition. This information should be used to check up on how well each area is doing on transition planning.
- The government's plan on learning disability and employment should have more about the needs of young adults with autism.
- Connexions should give all young people with autism information on Employment Support Allowance and Disability Living Allowance (benefits).



## What needs to change?

**The government should tell social services what they need to do to support young people with autism better.**



- Every young person should have a person centred transition plan. This should have information about the young person's social skills and any training they need.

- Connexions should check how young people with autism are getting on and support them up to the age of 24.

- All the professionals who work with young people with autism should have basic training in autism.

- All young people with autism who need a transition plan should have a transition key worker. This person should be trained in autism.

- All young people with autism should take part in making their plans. They should have support to help them take part.

- Families should take part in planning. They should have the information they need to help them.

- There should be a system to support young people with autism and mental health problems as they change from children's mental health services to adult mental health services.



# What words mean



## Connexions

This is a service for all young people.

Connexions can help you with

- careers
- education
- employment
- training

Connexions can also give you help, advice and support to plan for the future.



## Person centred planning

Person centred planning is about making sure that any planning starts off with what is most important to the person the plan is for.

Person centred planning should be about how to help someone get what they want from life.

The individual that the plan is for should always be included in as much of the planning as they can be.

Person centred plans should be made in a way that is easy for each individual to understand. They are often done as big drawings.



## If you want to find out more

### Contact



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Mencap helped to make this easy read.

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