

Norfolk's All Age Autism Strategy

June 2024 to 2029

Easy Read





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Foreword

This is an easy read summary of the new autism strategy.



It replaces the old autism strategy, ‘**My Autism, Our Lives, Our Norfolk**’.

A **strategy** tells us what is important and what should change.



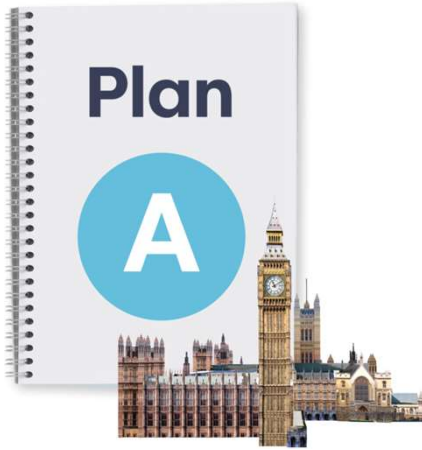
This strategy is for autistic people and their families. It is also for anyone who supports autistic people in Norfolk.



This strategy shows what has got better since 2019.



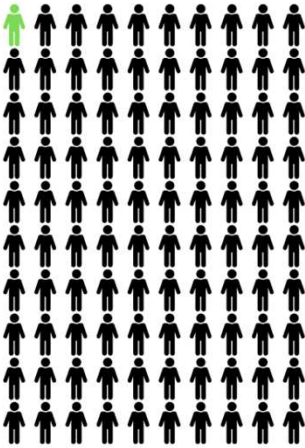
It also shows what autistic people in Norfolk want to change from 2024 to 2029.



The strategy follows new guidance from the government.



It also looks at other local strategies and plans that might help autistic people.



1 in 100 people are autistic.



This strategy will help us support autistic people better.



Introduction

‘My Autism, Our Lives, Our Norfolk’ and this refreshed strategy set out a vision for the future.



All autistic people and their carers are accepted and treated as equals in the community.



People in Norfolk know more about autism and understand it better.



This helps autistic people have the same chances as everyone else to live happy lives.



Autistic People

This strategy uses the words 'autistic people'.



Autistic members of the Norfolk Autism Partnership Board said they like 'autistic people' better than 'people with autism'.



They feel autism is part of who they are, not something separate.



Autism is a lifelong condition. Autistic people communicate and understand the world in a different way.



The Priorities

The Norfolk Autism Partnership will work on 6 priorities.

A **priority** is something that is important.



Priority 1 - Improve understanding and inclusion of autism



Priority 2 - Improve access to education and support transitions into adulthood



Priority 3 - Support adults into employment



Priority 4 - Tackle health inequalities for autistic people



Priority 5 - Build the right support in the community



Priority 6 - Improve support within the criminal and youth justice system



You can read the full strategy to learn more.

It is on our website.



Priority 1- Improve understanding and inclusion of autism



By 2029, we want Norfolk to be a better place for autistic people.



We want to help everyone understand autism better.



We want autistic people to feel safe and welcome in Norfolk.



People said these things are important to them:



Better understanding of autism within society

Better understanding of autism in public services

A Norfolk autism directory of support



Autistic people planning changes and making sure they happen

People having advocates

A quiet space available within communities and hospitals

An **advocate** is someone who helps you to speak up for yourself.

Priority 2 Improve access to education and support transitions into adulthood



By 2029, we want autistic children to get the right help at school. This will help them do well in their learning.



We want young people to get the right support as they become adults.



They will also find jobs or keep learning if they want to.



People said these things are important to them:



Support in schools and college



Listening to parents and young people



Support for young people who are not in school



Support for young people as they become adults

Priority 3 Support adults into employment



By 2029, we want more autistic adults to have jobs.



We want their time at work to be better and happier.



We also want bosses to feel good about hiring and helping autistic workers.





People said these things are important to them:



Support to get a job



Support to keep a job



Support for employers



More ways into work or learning for adults



NHS CARE

Priority 4 Tackle health inequalities for autistic people



NHS CARE

By 2029, we want autistic people to get the health support they need.



We want their health to get better and for them to live longer lives.



Autistic people often do not live as long as people who are not autistic. We want this to change.



People said these things are important to them:



Reduce the waiting time for a diagnosis, and provide more information and support



Health checks, health passports and services for autistic people



More mental health support for autistic people



Priority 5 Build the right support in the community



By 2029, we want autistic people to live happily in their communities.



We want better support so fewer autistic people face big problems.



When autistic people are in hospital, we want them to be able to leave with the right support as soon as they are ready.



People said these things are important to them:



Early intervention such as more autism social groups



Support for autistic people when they need it



Improve social care support for autistic people



Help with life skills like cooking and cleaning and information about where you can live



Priority 6 Improve support within the criminal and youth justice system



By 2029, we want autistic people to get the right support when they go to a police station or a court.



We want to help early so fewer autistic people are hurt by crime or get in trouble with the law.



If they do get in trouble with the law, we want them to get the right support. This will help them to understand what they did wrong, so they will not do it again.



People said these things are important to them:



Earlier help so things do not get worse



Support in police stations and courts



Support in prison



Support when you come out of prison



Putting the strategy into action



We will write a plan.

The plan will include actions to meet the six priorities.

Yearly Plan



Yearly Plan

Each year, we will make a new plan.



The **Norfolk Autism Partnership Board** will check if everyone is doing what they promised.





How we refreshed the strategy



From **July to Dec 2023**, put together an Autism Strategy Group.



From **July to Sept 2023**, the Autism Strategy Group made a document, animation and easy read to show what has been done over the past 5 years.



From **Oct to Nov 2023**, we had a questionnaire, and a workbook on the Norfolk Autism Partnership website to gather your ideas.





In **Jan to Feb 2024**, the Autism Strategy Group set up activities to learn what people think is important.



In **March to April 2024**, the Autism Strategy Group looked at feedback to help write the strategy.



In **May to June 2024** the Autism Strategy Reference Group shared the strategy.



In **July 2024**, the finished strategy was uploaded on the Norfolk Autism Partnership website.



Who was involved?

We looked at **574 comments** from people to help write the strategy.



137 People

The questionnaire was completed by **137 people**:

- 76 autistic adults 2 autistic young people - aged under 18
- 35 parents/carers or family members
- 24 professionals/other respondents



69 People

69 people took part in individual and group sessions:

- 43 people through an online session
- 20 people through a library session
- 6 people in a workshop for autistic prisoners at Norwich Prison



Acknowledgements

The Norfolk Autism Partnership Board would like to thank:



The **Autism Strategy Reference Group** worked hard to make this plan.



All **Norfolk Autism Partnership Board members**, past and present, are thanked for their time and skills.



People who filled out the autism strategy form or joined a group
By sharing their stories and ideas, they made a big difference to the plan.



The Norfolk Autism Partnership is a group of autistic people, parents, carers, and helpers. They work together to make Norfolk a better place for autistic people.



They want Norfolk to be friendly and welcoming for everyone with autism.

Get in touch

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AUTISM
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