



East Berkshire
Clinical Commissioning Group

Improving services for people with Autism and ADHD

Easy Read version of:
**East Berkshire Autism
and Attention Deficit and
Hyperactivity Disorder
(ADHD) Analysis Project
Final Report**



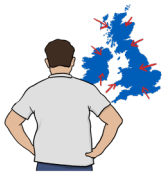
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Introduction



East Berkshire Clinical Commissioning Group (CCG) is part of the NHS.



We plan and pay for health and care support services in East Berkshire.

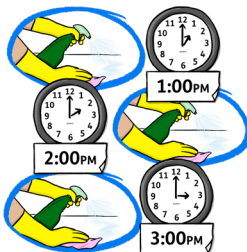


Earlier this year we organised a review into services for people with **autism** and **attention deficit hyperactivity disorder (ADHD)**.



Autism is a range of conditions where people often:

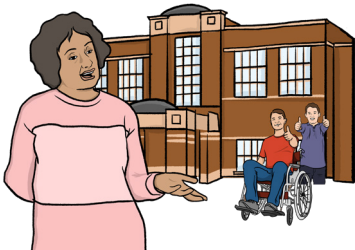
- Have difficulty getting on with other people
- Do the same thing again and again
- Have learning disabilities and difficulty with speech





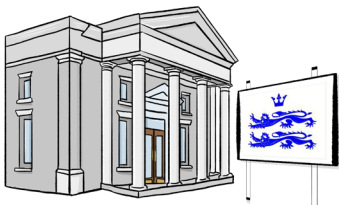
Attention deficit hyperactivity disorder (ADHD) is a condition where people often:

- Have difficulty in concentrating and staying still
- Do things without thinking



There are lots of people providing support and care for people of all ages with autism and ADHD. These include:

- Schools
- Health services
- The voluntary sector
- Local authorities



This report is about what we have learned from the review and how we can make services better for the future.

The review



The review was carried out by an independent organisation called Attain.



They plan and support changes to health, social care, local authority and voluntary sector services.



The review looked at all the different services for autism and ADHD. In doing this there were a number of things that need to be looked at. For example:



- People shouldn't have to wait a long time for an **assessment** and **diagnosis**.



An **assessment** is where you have tests carried out.



Diagnosis is after you have had an assessment and you are told you have autism or ADHD.



We are using this picture to mean **autism**.



- You should be able to get support in the right place for you, even if you don't have a diagnosis.



- A lot of people are waiting to be assessed.



- There are lots of training, workshops and support available for people with ADHD and autism.



There is also training available for professionals, volunteers, parents and carers.



We need to make sure people know how to access this when they need it.

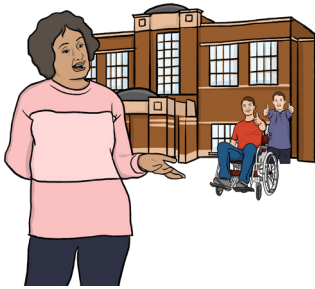


The review talked to lots of people including:

- Parents and Carers



- People with ADHD or autism



- Education



- Healthcare professionals



- Local authority staff



- Voluntary sector

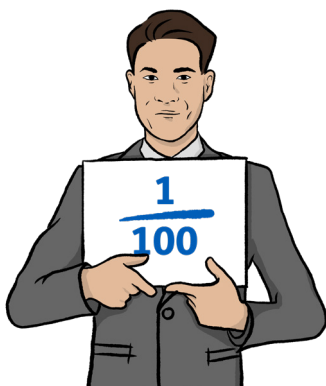


They then came up with new ideas for ways to improve the services.

The challenges in the UK



There are challenges for services for people with autism and people with ADHD throughout the UK.



Autism is more common than people think:

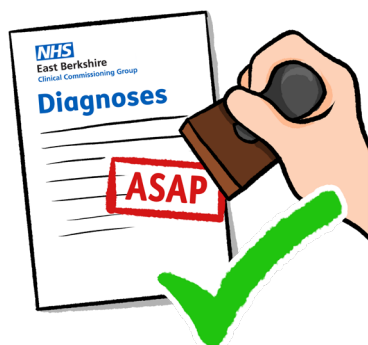
- More than 1 in every 100 people have autism, ADHD is even more common.



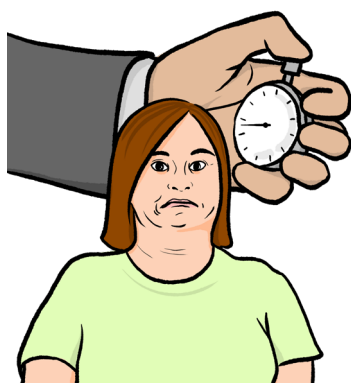
- Most people with autism also have at least one other mental health condition.



Currently in the UK a number of people with ADHD and autism haven't had a diagnosis, and therefore may not be getting the support they need.



An early diagnosis can help particularly in ADHD.



Waiting for a long time can be frustrating and make things worse.



You may need support while you wait.



People with ADHD and autism can still do lots of things and learn new skills. They just need the right support.

Challenges in East Berkshire

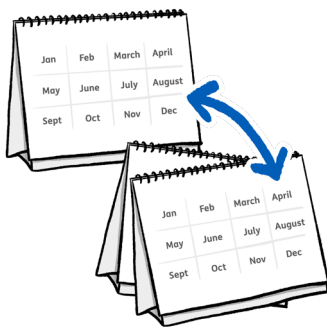


Currently in East Berkshire there are challenges for services for people with autism and people with ADHD:



A. **Waiting time for an assessment**

There are over 1000 people in East Berkshire waiting for an assessment.



People are having to wait between 12 and 24 months.



B. Services focussing on autism We have been focussing on people with autism. But there are many more people with ADHD.



C. Services focussing on adults Adult ADHD and autism health services have not had any more money even though more people need to use them.

D. More people have ADHD and autism than we know about



Some people are not diagnosed. But not everyone needs to be diagnosed, they may just need the right information to support them.



In East Berkshire about 2000 people have autism but have not been diagnosed.



About 11,500 people have ADHD but have not been diagnosed.

E. Different services sometimes don't work together



This means people with autism and people with ADHD may have to see different services who may not be working together.

What is working well



Whilst there are challenges, there are things that are going well in East Berkshire and we need to continue to keep doing these:



- All local councils in our area have an autism plan to improve services in their areas.



- Organisations that work with children under 5 are working together more.



- People have now been able to get support from community groups before and after getting a diagnosis.



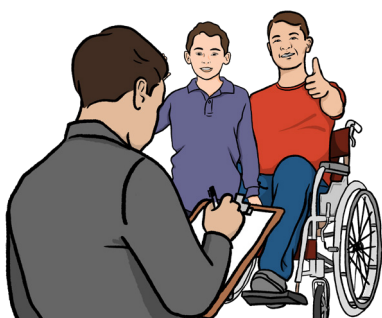
- The voluntary sector have set up training and workshops to enable parents who work in the voluntary sector to train and support other parents.



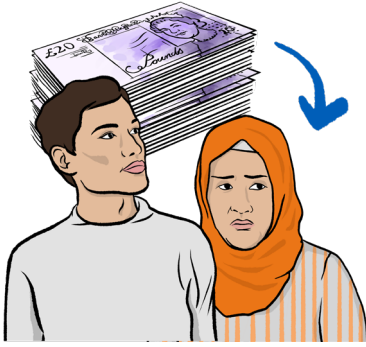
- Some local councils have specially trained staff to help people get the support they need.



- Health and local council services are starting to work better with schools.



- We are including children, young people and adults in service planning and decision making.



- More money has been spent on autism/ADHD health services for children and young people to reduce the waiting lists.



- We have a committed workforce with a supportive delivery team.



- Everyone is committed to working together to keep things going well and continuing to make things better.

A new way of working

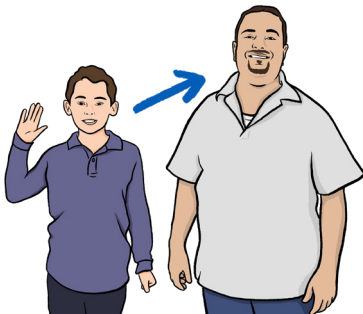


The review recommends that we have a new way of working and it also describes how we can get there.



People should only have to tell their story once.

Support should be based on people's needs and not a diagnosis.



The support and help you need might change throughout your life.



The new way of working would mean people will get the right level of help and support at the time they need it.



But it should also help people who need more specialist health care.

How things can be improved



The review recommends that we have services that do these things:



Health and wellbeing

- Help everyone to understand how to look after their own health and wellbeing.



- Help people to do things that stop their mental health getting worse.



Getting advice

- Make sure that people know:
 - Where to get advice
 - How to find out about the right service



- We need a central place to get information, advice and support.



- Look at how to work better with people who are harder to reach.

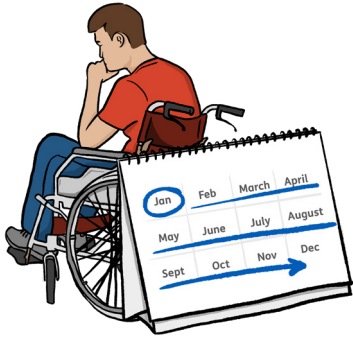


Getting help

- Providing help in lots of different ways, including:
 - From health professionals
 - Community organisations



- Check that the help is working for each person.



Getting more help

- Recognise that some people need more help, or help over a longer period of time and this help may change at different times in their life.



- This help will be given by:
 - Health services
 - Social care
 - Education
 - Voluntary sector



Getting support when you need it

- Encourage services to work together with people and their families so that everyone knows what to do if there is a crisis.



- Help people to have a good team of friends and family around them.

What will be done



Phase 1:

Phase 1 was telling people about the review.



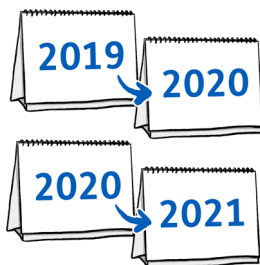
Phase 2:

Phase 2 is looking at what we can do now to improve the services we already have. Building on the good examples and making things better.



Phase 3:

Phase 3 is thinking about the longer term changes that may be needed.

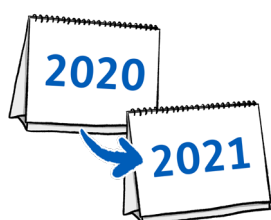


This will happen in the years 2019 - 2020 and 2020 - 2021.



Phase 4:

Phase 4 is when we start to make the long term changes that are needed.



This will start to happen from 2020 - 2021.

For more information



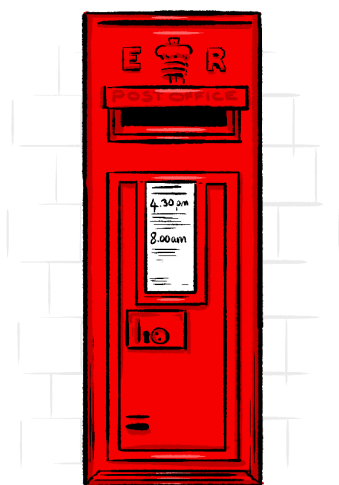
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