

Local Autism Strategy: My Autism, Our Lives, Our Norfolk



Norfolk's Autism Strategy, **My Autism, Our Lives, Our Norfolk**, aims to make things better for autistic children and adults.



Our Vision: All autistic people, their parents/carers are accepted, understood and treated as equal members of the community. That there is a greater awareness and understanding of autism by people that live and work in Norfolk. That this understanding will enable autistic people to have the same opportunities as everyone else to live a fulfilling and rewarding life and achieve their life's ambitions.



There are over half-a-million autistic people in England and around 10,000 autistic people in Norfolk. They use lots of different services.



Laws help local services that support people with autism and their families have better lives.

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The Autism Act is a law which says how Norfolk County Council and the NHS need to help autistic people.

The law says they have to follow it unless they can show there is a good reason for not doing so.



The Equality Act says services must make **reasonable adjustments** so disabled people can use them. This includes people with autism.

A reasonable adjustment is a change to the way things are normally done to help people.



The Children and Families Act helps young people with autism get ready to be adults.



The Care Act says the health and social care service must work together to keep people safe and well so they need less care and support.

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Norfolk County Council brought people together to form the **Norfolk All-age Autism Partnership board (NAPB)**.



Autistic people, their family/carers, Norfolk County Council, health services, the police, HealthWatch, service providers and voluntary services are all members of the board.



The NAPB will make sure services have plans for supporting people with autism and their families.



The NAPB reports to the Health and Wellbeing Board to so they can check the plan and ensure everyone works together.

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My Autism, Our Lives, Our Norfolk is a plan that says how health and social care can make sure all services help people with autism have better lives.



The NAPB worked with autistic people, their families, carers and people who support autistic people to deliver the plan.

My Autism, Our Lives, Our Norfolk has **nine priorities**.

Priority 1: Working together



The NAPB will work with and listen to autistic people, their families, carers and people who support autistic people to. They will put the plan in place and check support and services.

Priority 2: Diagnosis and Support

We want people to know how to get an autism diagnosis.



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NICE is the National Institute for Health and Care Excellence.

We want people to receive an autism diagnosis which follows NICE guidance.



We want people to receive the right support before and after diagnosis.



Priority 3: Autism Awareness

We want people who work for Norfolk County Council and the NHS to be well trained in autism.



We want adults with autism and their families carers involved in planning and delivering training.

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We want to make sure all staff have basic autism training, not just those who meet autistic people in their job.



We will give extra training for staff who need special skills.



We will help staff to use their training in their work.



New staff will have autism training. All staff will have the chance to learn more about autism.

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The NAPB will regularly check to make sure Norfolk County Council and the NHS always have enough staff who understand autism.



The NAPB will raise awareness of autism in local communities to make Norfolk **Autism Friendly**.



Priority 4: Education, Employment and Training

We will make sure health and social care work together to write Education, Health and Care Plans for young people with autism who need support.



We will help autistic young people with their higher education and job needs.

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We will think about all the different ways we can support people with autism to get jobs and keep them.



Priority 5: Understanding Need

We want to improve how we find out information about autism to help us plan for the future.



Priority 6: Transitions

Transition means going from using one service to another or dealing with big changes in life, like moving house.



We want to help autistic people plan for the future.

We want services to work together to help young people to do the things that are important to them as they become adults.

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Some young people will not need adult services from Norfolk County Council. We want the plans to say how these people will be supported in the future.



Sometimes parents of autistic people need more help to look after their children, especially when they get older. We want to help them plan for this.



Priority 7: Right Service, Right Time, Right Place

If someone has autism we want them to be able to find out what support they need by contacting Norfolk County Council.



We want carers to be able to contact Norfolk County Council to find out what support they need.

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We want to think about any changes that would make it easier for people with autism to find services to help them.



We want to make changes to help autistic people use services.



We will give examples of technology and equipment that can help people with autism communicate and live a happy life.



The council will have services that stop things from going wrong for autistic people. This will include advocacy, information, advice and news about community and voluntary groups.

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Priority 8: Housing

We will make the health and social care service work with the housing service so people with autism will get the housing they need.



Sometimes people with autism have lots of different needs or behave in a difficult way. We want them to live in their own homes and not in a hospital.



Some people live in hospitals when they aren't supposed to. We want to move them out so they live in the community.



We want to have good local plans to support people who behave in a difficult way.

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We want different services to work together to care for people with lots of needs in the community.

This means they can be with their family and friends.



Priority 9: Justice System

The **Criminal Justice System** (CJS) is the police, law courts, prisons and probations service.

The council and NHS must work with these services to support adults with autism.



Norfolk County Council, local councils, the NHS and the police will work together to keep autistic adults safe. If they think something bad might be happening to them, they will check to make sure they are OK.



Liaison and Diversion Services help people who have problems with their mental health, learning disabilities or drugs when they first meet someone from the CJS.

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We want Norfolk County Council to work with the Liaison and Diversion Services.

The Liaison and Diversion Service will check if someone has autism and make sure they get the support they need at the police station or in court.



We want local council and health services to support people with autism when they are in prison.

We also want them to help autistic people plan for leaving prison.



We want the NHS to give people with autism who commit crimes the support they need.



My Autism, Our Lives, Our Norfolk aims to meet these needs so children and adults with autism have good, healthy lives and feel valued and respected.

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Thank you for reading our plans to improve support and service for autistic people.



If you need more information, please contact us by

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