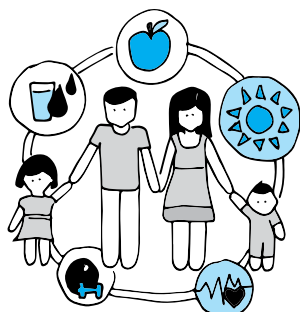
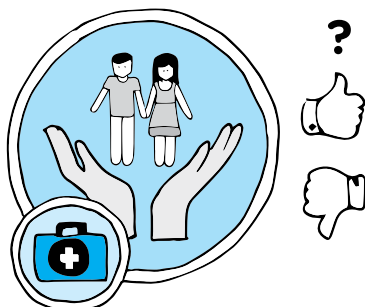


EASY READ SUMMARY

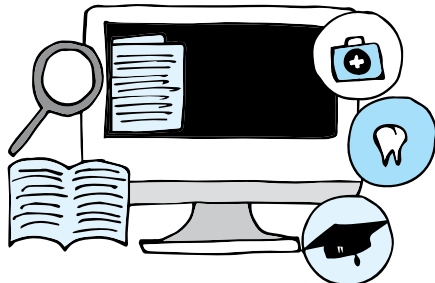
The National Autism Project



We want autistic people and their families to get what they need to live happy and healthy lives.



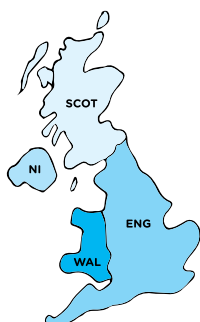
Most autistic people need extra support in their lives. But we don't know very much about how good this support is.



This report looks at lots of information about the services and activities that can be used by autistic people and their families.



It has been written by autism experts and researchers. Our Autistic Advisory Panel made sure that the views of autistic people are included.

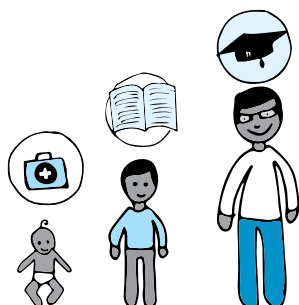


It covers England, Northern Ireland, Scotland and Wales.

This is what we did



We looked at lots of services and activities used by autistic people.



These services are used by people at different times in their lives, like at school, going to the doctor or getting a job.



We tried to understand whether these services and activities are helpful. We have also tried to work out if they are good value for money.



We found that often there is not enough evidence about services or activities.



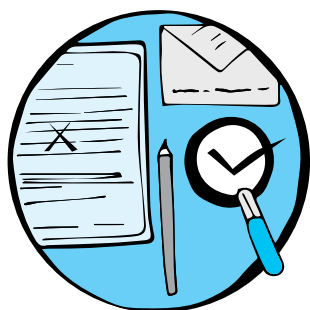
We want to see more evidence to help autistic people and local services choose the best option.



We have 10 ideas to help make the situation better



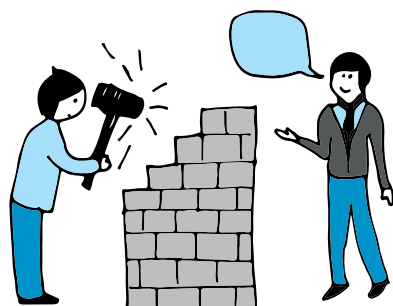
- 1.** People's autism should be identified as early as possible. This will help them throughout their lives. They should then get access to good support.



- 2.** There should be better evidence that services and activities are good and helpful. Things that we know are bad or dangerous should not be available.



- 3.** People in charge of autism services should think about how much a service or activity that is helpful really costs. Sometimes services or activities for autistic people may cost a lot of money in the beginning. But they might also help to save money in the future.



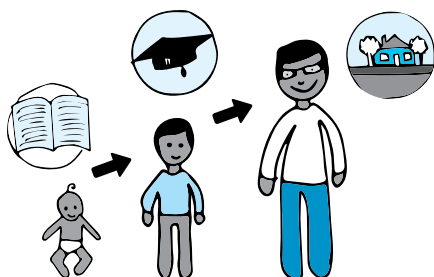
- 4.** More should be done to remove the things that stop autistic people from getting the services or activities that they want or would be good for them. It should be easier for autistic people to get a job and have regular health checks.



- 5.** Lots of autistic people get very stressed or anxious. There should be support for them and their families in the community. Everyone should understand more about what can cause anxiety or stress for autistic people and the simple things they can do to help.



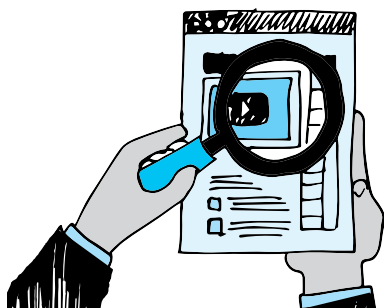
- 6.** There should be a campaign to help everyone understand more about autism. A national campaign is helping to change people's views about mental health. We want one for autism.



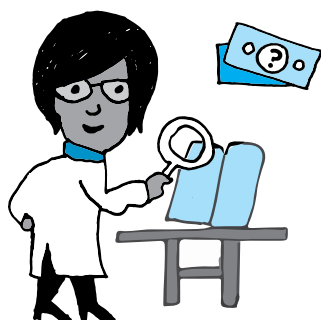
- 7.** There should be better planning for when autistic people have to make big changes in their lives, like leaving school or moving house. Autistic people and parents and carers need good information to help them.



- 8.** Services working with autistic people should work together better. They should think about how money to pay for autism services is best used.



- 9.** We need to collect more information about autistic people. This would help services make better plans.



- 10.** There should be much more money spent on autism research so we can understand better what makes different services and activities good or bad. For example, we need to know more about how to help autistic people get and keep jobs and how to prevent bullying.
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