

East Dunbartonshire

Autism Strategy

2014- 2024



East Dunbartonshire's Vision



“Our vision is to support and empower individuals and families affected by autism. We will aim to raise public and professional awareness of autism and strive to help children and adults with autism to make choices and achieve their potential in their home, school and community”

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Purpose of the Strategy

Autism is a national priority and the vision of Scottish Government is that individuals on the autistic spectrum disorder are respected, accepted, treated fairly, valued by their communities and are able to have satisfying and meaningful lives. In East Dunbartonshire it is our commitment that people enjoy a high quality of life and that all age groups are served by a set of public and voluntary services that are integrated and complimentary, and focused on outcomes. Underpinning this strategy are values from the [Scottish Autism Strategy](#) that have been recognised as important:

- Dignity – people should be given the care and support they need in a way which promotes their independence and emotional well-being and respects their dignity;
- Privacy – people should be supported to have choice and control over their lives so that they are able to have the same chosen level of privacy as other citizens;
- Choice – care and support should be personalised and based on the identified needs and wishes of the individual;
- Safety – people should be supported to feel safe and secure without being over protected;
- Realising potential – people should have the opportunity to achieve all they can; and
- Equality and diversity – people should have access to information, assessments and services; health and social care agencies should work to redress inequalities and challenge discrimination.

This strategy has been developed by East Dunbartonshire Multi-Agency Autism Steering Group in partnership with key stakeholders including young people and adults with autism and their carers. It sets out how we plan to take action to achieve a range of objectives that have been agreed as priorities. These are based on the principles and [Recommendations](#) of the Scottish Autism Strategy, scoping work carried out by the National Autism Services Mapping project, and a comprehensive Local Needs Assessment commissioned from Figure 8 Consultancy, an independent research organisation.

[The Scottish Autism Strategy also provided 10 indicators](#) for current best practice in the provision of effective Autism Spectrum Disorder (ASD) services, these include:

1. A local Autism Strategy developed in co-operation with people across the autism spectrum, carers and professionals, ensuring that the needs of people with ASD and carers are reflected and incorporated within local policies and plans;
2. Access to training and development to inform staff and improve the understanding amongst professionals about ASD;
3. A process for ensuring a means of easy access to useful and practical information about ASD, and local action, for stakeholders to improve communication;
4. An ASD Training Plan to improve the knowledge and skills of those who work with people who have ASD, to ensure that people with ASD are properly supported by trained staff;
5. A process for data collection which improves the reporting of how many people with ASD are receiving services and informs the planning of these services;
6. A multi-agency care pathway for assessment, diagnosis and intervention to improve the support for people with ASD and remove barriers;

7. A framework and process for seeking stakeholder feedback to inform service improvement and encourage engagement;
8. Services that can demonstrate that service delivery is multi-agency in focus and coordinated effectively to target meeting the needs of people with ASD;
9. Clear multi-agency procedures and plans which are in place to support individuals through major transitions at each important life-stage; and
10. A self-evaluation framework to ensure best practice implementation and monitoring.

These indicators of best practice were used as the foundation for the scoping carried out by the [National Autism Services Mapping project in East Dunbartonshire](#). Through a number of workshops and questionnaires a picture of autism services and issues was built up. This was published in September 2013. It indicated that, on a scale of 1 to 4, with 1 indicating “work just begun”, 2 “made a start”, and 3 “good progress, and 4 “completed”, overall East Dunbartonshire achieved between 2 and 3.

What is Autism?

Autism is a lifelong developmental disorder which is sometimes referred to as autistic spectrum disorder (ASD). Autism affects how an individual understands, communicates and relates to other people and environments and can include conditions such as classic autism and Asperger’s Syndrome.

It is termed a spectrum because people who are affected by this condition will have differing experiences of how it impacts on their lives. There will be some individuals, for whom the condition will cause little disruption, allowing them to function independently while others may need some specialist support. There are others, however, who may require lifelong specialist input and supports, with many of these individuals also having a diagnosed learning disability.

Whilst there is a recognised diversity within the spectrum there is also some commonality for individuals affected by autism; the common factors experienced by most individuals with ASD are usually termed as being the ‘*Triad of Impairment*’. This relates to three areas where ASD may specifically impact on someone’s life:

1. Difficulty with Social Communication

Individuals with autism sometimes find social communication difficult. This could mean difficulties with:

- Understanding and communicating with verbal and non-verbal language;
- Understanding jokes, sarcasm or use of irony;
- Understanding changes in facial expression and tone of voice;
- Understanding the ‘give and take’ nature of general social communication and when to end a conversation or choose topics.

2. Difficulty with Social Interaction

Although many individuals with autism would like to be sociable and maintain social relationships they find it difficult to initiate or sustain these relationships. This could mean a difficulty in:

- Recognising emotions and feelings in other people;
- Expressing personal emotions and feelings;
- Understanding social rules – such as body space and distance; or confusion over how to give or receive comfort. This can manifest in what may seem an inappropriate manner.

3. Difficulty with Social Imagination

This is not to be confused with a lack of imagination – as many great artists, musicians and writers may have an ASD. More specifically this may mean difficulty with imagining and planning for the future and can include:

- Difficulty in predicting behaviours and events;
- Coping with new or unfamiliar situations;
- The ability to understand and interpret others actions, thoughts and feelings.

Although the triad of impairments can have some impact, to a greater or lesser degree, on all individuals on the spectrum, the response from specialist or mainstream services should be based on how they affect each individual. A generic term of autism will not provide a template for how all individuals should be supported, but an awareness of how the three main impairments could affect an individual's interaction in social, educational and work settings is certainly a step towards more inclusive services.

The characteristics of autism vary from one person to another but as well as the **three main areas of difficulty**, people with autism may also have:

- Love of routines
- Sensory sensitivity
- Special interests

An effective care pathway incorporating diagnostics and assessments may help to determine in which areas an individual with ASD could need support; development of awareness and inclusive responses across services may then help to reshape perceptions, thus promoting better understanding, increased choice and more independence.

This strategy hopes to recognise the different experiences of individuals with ASD, provide information on existing supports and services and promote a vision from East Dunbartonshire's partnership setting out how we can continue to develop and promote inclusive services and responses.

“What I tell them is that the potential of their child is unlimited...just like any other child. What our challenge to do is to find ways to access that potential. That's what all these interventions are about. I think we know enough now that people with autism leading a fulfilling and productive life can become the rule as opposed to the exception. It's really a matter of getting the resources to the people who need it.”

(Dr Stephen Shore, 2011, cited by S. Frkovic, in Personal Experiences of Autism)

Prevalence – The Local and National picture

According to 'The National Autistic Society'¹ around 700,000 people in the UK may have autism or more than 1 in every 100 population. This is approximately 1.1% of the population (taken from the [2011 UK Census figures](#)). In comparison the prevalence figures for autism based on the population figures in Scotland's 2011 Census are:

Population of Scotland	• 5,295,400
Prevalence of Autism	• 58,249

The Scottish Society for Autism estimated East Dunbartonshire's prevalence rate for Autism to be **949**. This was based on the 2006 population of 105,460. Having regard to the National Autistic Society's and the Scottish Society for Autism's estimations of prevalence and local information referred to in the tables below, it is acknowledged that these figures under-represent the profile of autism in East Dunbartonshire. The identification of autism and its diagnosis is a major priority within this strategy.

Children and Young People

Within this population, the National Autism Service Mapping project profile for East Dunbartonshire notes that the number of children and young people with an Autistic Spectrum Disorder recorded is **232**. This is approximately 11% of the total number of children and young people with Additional Support Needs recorded (ASN).

	Scotland	East Dunbartonshire
The number of children and young people having Additional Support Needs (recorded)	117818	2134
The number of children and young people having an Autistic Spectrum Disorder (recorded)	8,650 7.3% of ASN population	232 10.8% of ASN population

Adults

The largest % of adults with autism known to services in East Dunbartonshire are within Learning Disability services. These individuals are reflected within eSAY returns which are only confined to this client group. Out of the number below, **191** individuals (2013 figures) are known to Social Work with a classification of autism on the CareFirst² system.

¹ <http://www.autism.org.uk/about-autism/myths-facts-and-statistics/statistics-how-many-people-have-autism-spectrum-disorders.aspx>

² Carefirst: Social Work electronic customer database

East Dunbartonshire Frequency Tables for eSAY December 2012/13

As we can see from table 1 below, there has been an increase in each of the categories within eSAY, with an overall 3.85% increase in all adults with regards to autism between 2012/ 2013.

Table 1

	2012	2013	% Increase
No ASD Diagnosis	342	361	5.56%
Classic Autism	70	76	8.57%
Aspergers Syndrome	55	58	5.45%
All Adults	467	485	3.85%

A further break down of the 191 that are known to CareFirst shows that the estimated population levels of 1 in 100 (1.1%) are not reflective of the actual number of individuals recorded; this can be for a number of reasons, as not all of these individuals are known to Social Work or other services. With regard to Learning Disability, comparative information is available from the [eSAY³](#) ([Appendix 2](#)) frequency tables from 2012 in respect of numbers of adults with autism, both diagnosed and undiagnosed.

Table 2

East Dunbartonshire ⁴	Total Adult Population (16+)	% prevalence of autism	No. prevalence of autism
Adult Population	87,394	1.10%	961
Male	41,703	2.00%	834
Female	45,691	0.30%	137

As highlighted in table 2 above there is a significantly higher prevalence of autism in males (834) compared to females (137) within East Dunbartonshire. The information from tables 2 and 3 was based on commonly used prevalence estimates which took into account a number of caveats including:

- Limited sample and low response rates;
- Geography;
- Social Determinants.

³ eSAY: Electronic 'Same As You' data collected to inform the implementation of the national strategy for Adults with Learning Disability 2002-2012

⁴ Information provided from the Figure 8 ASD needs assessment - Source: applying assumption from Brugha et al.'s (2012) report to GROS 2012 Mid-Year Estimates (accessed via www.nomisweb.co.uk)

Based on the national 1.10% prevalence rates we can see that in table 3 there is a higher prevalence of autism in those between the ages (45 – 59 and 60 – 74) compared to the other age ranges; this falls in line with the estimated total population figures for East Dunbartonshire as a whole.

Table 3

East Dunbartonshire	Total Adult Population (16+)	% prevalence of autism	No. prevalence of autism
16-29	16,323	1.10%	179
30-44	17,670	1.10%	194
45-59	24,972	1.10%	275
60-74	18,440	1.10%	203
75+	9,969	1.10%	110
Total	87,394	1.10%	961

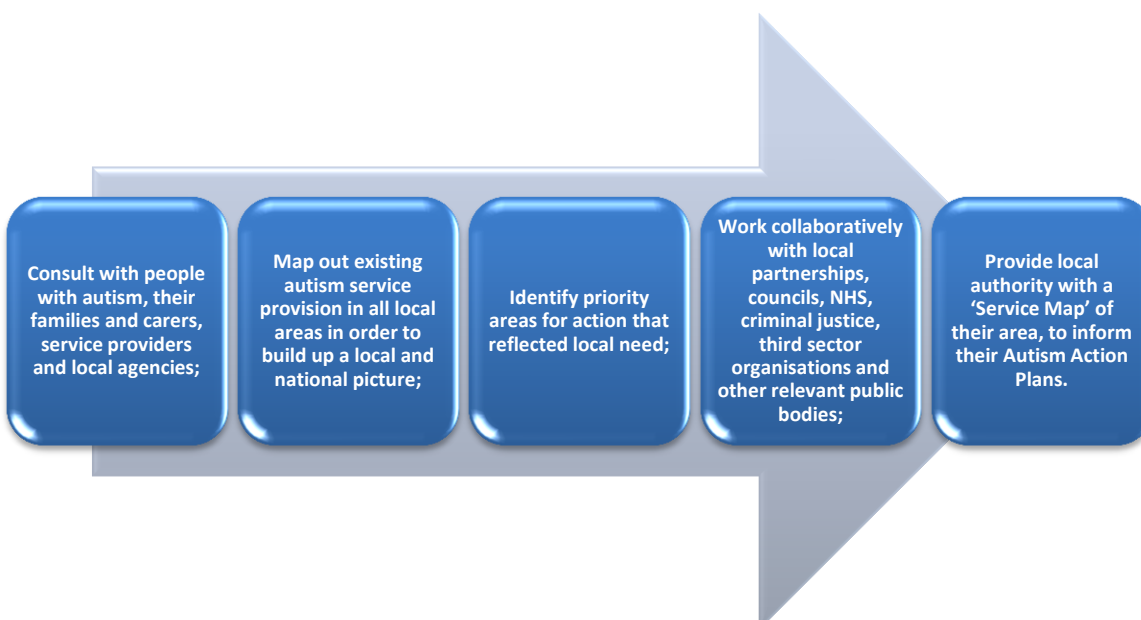
The message overall is that current systems of identifying and recording the incidence of autism are not sufficiently accurate. The Strategy makes the improvement of this a priority.

What have we done in East Dunbartonshire?

Phase 1 - National Mapping Project

The Scottish Strategy for Autism set out an agenda for improving the lives of people with autism, their families and carers. At the launch of the strategy the Scottish Minister for Public Health announced additional investment of £13.4 million over a 4 year period. Some of this funding was committed to a [scoping exercise to map out autism services](#) across each local authority area and to look at areas of service improvement and coordination.

The purpose of this scoping was to:

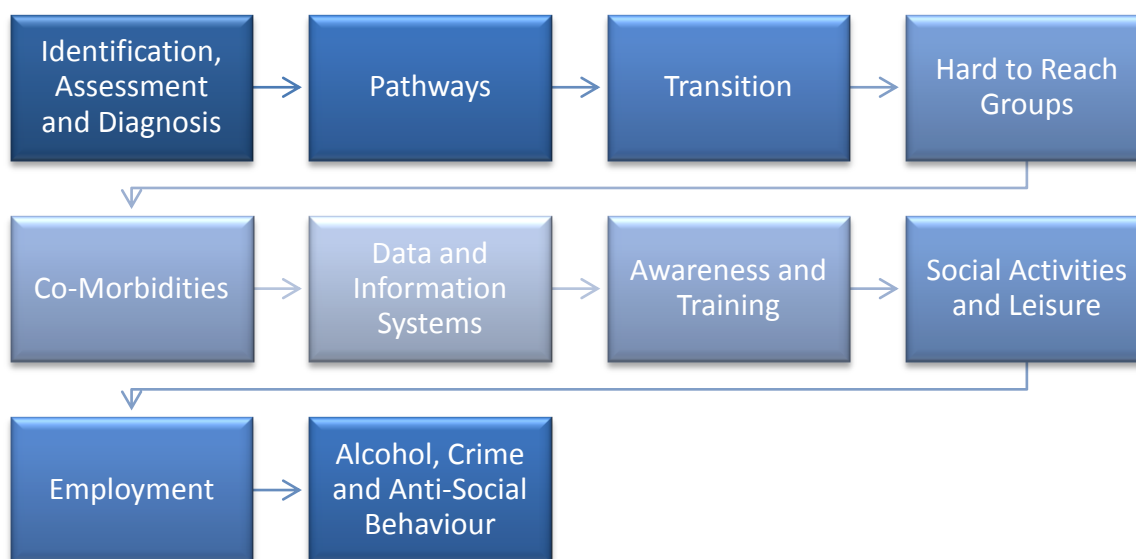


Led by a mapping co-ordinator provided by the National Autistic Society (NAS) information was gathered in three ways : desktop research, online questionnaires and workshops. A range of people and groups were contacted, including people living with autism, their families and carers, statutory organisations, service providers and other multi-agency stakeholders. The report produced by the National Mapping Project evaluated East Dunbartonshire in terms of its progress to date against the ten indicators of good practice set out within the national strategy. Although this exercise provided a snapshot of the picture across East Dunbartonshire with regards to autism it was not a complete picture of the area.

Phase 2 - Local action research project

Each local authority area received £35k one off funding to develop a local autism action plan. In order to properly inform the way forward, the Multi-Agency Autism Steering Group commissioned Figure 8 Consultancy to undertake a comprehensive needs assessment (both identified and projected), issues, current service provision, and the views of service users, parents, carers, staff and stakeholders. The report provided by Figure 8 details recommendations that underpin the priorities set out in this strategy. A copy of the Executive Summary and the full report is available on request. *(Hyperlink to be added once the summary and report are available online)*

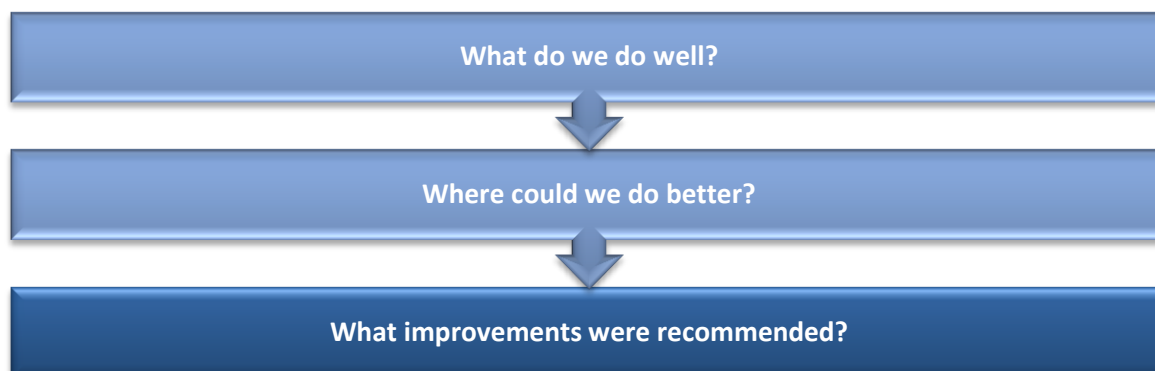
The Figure 8 report details 27 **recommendations** across the following areas:



The national and local mapping highlighted a number of areas where development is required. It also emphasised that East Dunbartonshire has a range of services which, although not all are autism specific, provide significant support to individuals with autism ([Appendix 1](#)). The reports also highlights a number of areas where ‘things that are working well’ in East Dunbartonshire.

What have we learned from our consultations?

The following tables summarise the main conclusions from both the National Autism Services Mapping Project (2013) and the action research carried out for East Dunbartonshire by Figure 8 Consultancy Services (2014) in relation to:



What do we do well?

- ✓ Good links between practitioners across agencies in terms of sharing assessments and other information;
- ✓ Language and Communication Units within schools are well regarded;
- ✓ Local Area Co-ordinators are effective in raising awareness within communities and across agencies (including mainstream organisations such as employers) and in adopting a preventative approach;
- ✓ Good progress has been made in streamlining forward planning for young people with autism in transition to adult services – although this has so far been focused on Social Work and Education and needs to be widened to other agencies;
- ✓ Support for people with autism and their carers from local non-specialist voluntary organisations including Ceartas (advocacy) and Carers Link.

Where could we do better?

- No single local database of people with autism and inconsistent recording across agencies with three different systems across Education, Social Work and Health;
- Unclear if current data accurately reflects actual prevalence of autism and potential demand for services - accuracy of data affected by whether based on a formal diagnosis;
- Feedback from carers emphasises how important knowing a diagnosis is to them in moving forward - can be affected by delays/waiting times for assessment and variation in the importance attached to screening/diagnosis by clinicians;
- Carers report an absence of post-diagnosis support and a loss of 'specialist' support once diagnosis established;
- No local multi-agency care/support pathway across children and adults;
- Carers' view that to no single point of information locally or single point of contact to access support and resources;
- People with autism who do not also have a clear diagnosis around mental health or learning disability do not have a clear route to resources and are much less likely to receive a smooth and equitable access to available services;
- Carers reported less adjustment made by mainstream schools with a lack of awareness around autism for some teachers;
- Mainstream resources (such as leisure services) need to become more autism-friendly;
- Carers requesting a more flexible range of social supports – both people with autism and their carers report feeling socially isolated – the lack of a geographical spread of available resources can disadvantage some in terms of travel and transport links;
- Lack of specialist assistance within existing employment support projects locally for people with autism;
- Carers and service users report an overall improvement in awareness but inconsistent across all agencies and no co-ordinated multi-agency training plan - almost all agencies responding to National Mapping Project felt more training was required;
- Intervention with 'hard to reach' groups of people with autism e.g. older adults with no previous diagnosis; those who misuse substances or known to criminal justice system.

What improvements were recommended?

- ⇒ Improve access to advice and information around autism and local resources and work towards identified points of contact;
- ⇒ Establish localised pathways for children and adults around diagnosis, treatment, care and support - to provide clearer expectations for people with autism and their families;
- ⇒ Promote the earlier identification of autism via raising awareness amongst practitioners, facilitating quicker diagnosis and streamlining assessment processes across agencies;
- ⇒ Continue to develop access to self-directed support options for people with autism and to support carers - will involve a wider, more flexible range of providers and services;
- ⇒ Clarify responsibility for the on-going specialist clinical care of people with autism who have Aspergers and /or associated mental health problems (but who do not have an intellectual

impairment) ensuring that community mental health teams have the capacity and expertise to offer a service to young people in 'transition' and older adults;

- ⇒ Scope the overall training needs across agencies and work towards a locally integrated training plan;
- ⇒ Explore options for a more 'community based' approach to provide improved support for people with autism and their carers (including self-help group, self-management and peer support) utilising and where possible expanding existing resources such as the 'community assets' project and the deployment of Local Area Co-ordinators;
- ⇒ Improve access to mainstream resources such as leisure, housing and further education by promoting adjustments and an autism-friendly approach and facilitating travel arrangements;
- ⇒ Ensure that local 'support into employment' projects are geared up to assisting people with autism.

Key Objectives

Arising out of the national and local scoping work, reflecting the national Scottish Autism Strategy, and based on the recommendations of the Figure 8 report, we are committed as a partnership to delivering on the following key objectives:

Objective	
1	Review current information systems with a view to streamlining and developing a joined up approach and accurate data
2	Work towards developing a clear pathway and accountability for the diagnosis, treatment, care and support of children, young people and adults with autism, ensuring the engagement of relevant stakeholders
3	Ensuring the route to diagnosis is more consistent, accessible and visible, whilst recognising the needs of individuals without a formal diagnosis
4	Develop a single point of access for information for individuals with autism , their families, carers and practitioners
5	Ensure there is a robust transitions process in place at each important life stage with clear responsibility across health , social work and other relevant agencies
6	Develop a post-school framework as part of the transitions process by engaging with local further education facilities, employment agencies and other local organisations in order to maximise opportunities for people with autism
7	Focus on supporting those individuals with co-existing problems around mental health, substance misuse and offending behaviour as part of the wider pathway, in particular those regarded as 'hard to reach' and non-engaging

8	Enable people with autism to feel safe in their communities via measures around self-protection and links with community safety agencies
9	Work with the local community in relation to a wider social integration agenda; promoting local assets through the East Dunbartonshire Community Asset Map (http://eastdunassets.org.uk/) and raising awareness of autism e.g. use of Autism Awareness week
10	Review existing employment support programmes, the impact of welfare reform and ways to improve engagement with local employers across all care groups with a specific focus on autism
11	Ensure that people with autism and their carers are enabled to actively engage with mainstream services e.g. leisure and culture
12	Address the geographical challenges, ensuring equitable access to resources and the development of outreach/mobile support
13	Work in partnership with local organisations to raise awareness and provide autism specific support if required
14	Undertake a multi-agency training needs assessment and develop a strategic training plan
15	Promote access to self-help groups and peer support for individuals with autism, their families and carers including use of self-directed support
16	Develop meaningful consultation involving individuals with autism, parents and carers in the planning and evaluation of services
17	Ensure that the needs of people with autism are reflected in local housing plans
18	Develop a self-evaluation framework to ensure best practice implementation and monitoring including updating the existing action plan
19	Ensure that people with autism and their carers benefit from services that are integrated and complimentary – a multi-disciplinary approach which is clear and accessible to those who make use of it

What happens next?



This Strategy covers a ten year period; building on what we currently have in place, with much still needing to be accomplished. East Dunbartonshire is committed to driving forward the key objectives agreed by the Multi-agency Autism Steering group based on the scoping and recommendations from the Figure 8 needs assessment as well as the work of the National Mapping Project

Our goal is to make sure we have addressed these objectives by the time the Strategy concludes. These objectives will be divided into goals to be completed within three timeframes; 2 years, 5 years and 10 years. An [action plan \(Appendix 3\)](#) has already been developed that covers a range of these objectives, one of the next steps will be to ensure this action plan reflects the entirety of these objectives and sets clear timescales for each. The Strategy will be delivered and monitored through the Multi-Agency Autism Steering Group

Appendices

Appendix 1

As highlighted on page 10, below is a snapshot of the variety services which provide support to individuals with autism in East Dunbartonshire.

Organisation	Service
Ceartas	Ceartas provides an advocacy service for people in East Dunbartonshire irrespective of their cultural background, gender, beliefs or sexuality.
Carers Link ED	Provides information and advice to Carers – this also includes Carers Call, a volunteer befriender that can provide on-going support.
Citizens Advice Bureau	The Citizens Advice service helps people resolve their legal, money and other problems by providing free information and advice, including social security benefits.
Direct Payments Support Service	Support and advice for those in receipt of Direct Payments – this service is being expanded to provide advice and support on all four SDS options
Carers Call (provided by Carers Link)	A volunteer befriender can visit Carers each week or fortnightly to provide on-going support and encouragement.
East Dunbartonshire Volunteer Action (EDVA)	East Dunbartonshire Voluntary Action (EDVA) was formed as a result of the merger of the Volunteer Centre and East Dunbartonshire Council for Voluntary Service. EDVA provides services across 4 main areas; Volunteering, Voluntary Sector, Social Economy and Community Engagement.
Kelvinbank Resource Centre	A day service to help the individual stay as independent as possible, helping them develop and practise new skills and even help find employment or education
John Street House	A registered residential care home base providing physical, emotional, intellectual and social support to residents.
Language and Communication Units	These are available in a number of mainstream schools with an attached language and communication unit to support pupils with communication difficulties.
Campsie View School	Special needs school which supports pupils with complex learning and physical disabilities aged 5-19 years. Also has a pre-school specialist nursery.
Merkland School	Special needs school which has an autism-specific programme for pupils aged 5-19 years.

Educational Psychologists	This is a psychological service for children up to the age of 19 years. Can offer specialist educational support in a small group setting for school pupils with additional support needs
Positive Futures	An inclusive careers service for adults with additional needs.
Community Occupational Therapy Team	Provides a specialist service to people of all ages with physical, mental health and/or learning disabilities and their carers.
East Dunbartonshire Initiative for Creative Therapy (EDICT)	Provides therapeutic art sessions for carers and people with mental health difficulties including Aspergers syndrome.
East Dunbartonshire Young Carers Network	Provides a social and leisure programme for children who have a sibling or family member with additional care needs.
Local Area Co-ordinators	LAC work is based in a set of principles which advocate working in partnership with individuals and families, enabling people to live the lives they want and building community capacity to increase the opportunities that people have to participate in the community as citizens.
Outlook	Outreach service provided evenings and weekends
Outreach	Alternative day service provision
Twechar Respite	Five bedded respite unit support provided by The Mungo Foundation
Quarriers	Supported Accommodation/ Outreach/ care at home and housing support
Cornerstone	Supported Accommodation/ Outreach/ care at home and housing support
RLO	Supported Accommodation/ Outreach/ care at home and housing support
Richmond Fellowship	Supported Accommodation/ Outreach/ care at home and housing support
Key Housing	Supported Accommodation and Outreach support
Richmond Fellowship	Offers a range of flexible support services including residential and home support to individuals with mental health and/or learning disabilities
Orem Care Services	Offers a wide range of individually tailored day services to adults with a learning disability and additional complex needs.

National Autistic Society	National Autistic Society offers a range of services designed to support individuals through their whole life journey and enhance their quality of life.
Scottish Society for Autism	Now called Scottish Autism. Scottish Autism offers a range of services designed to support individuals through their whole life journey and enhance their quality of life.
Buddies	Play scheme and Sunday club
Teenscene	Support for teenagers with ASD. It aims to encourage social interaction with peers, promote confidence and introduce young people to activities appropriate to their age and interests.
Autism Resource Centre	The Autism Resource Centre (ARC) is a partnership between Glasgow City Council, NHS Greater Glasgow & Clyde , The National Autistic Society , Scottish Autism and Strathclyde Autistic Society.
Children's Respite Centre	Purpose-built facility offering flexible respite to children and young people and their families
Wednesday / Friday Clubs – 'Dates and Mates'	Social club organised by young people with disabilities (Inc. Autism) for young people with disabilities
Enable Employment Project	Employability service to enable people to gain work experience and potential future employment opportunities
EDC Housing – Ravenswood and the Canal Project	Specialist housing projects offering accommodation with support leading to independent tenancy
East Dunbartonshire Recovery Cafe	Run by people recovering from drugs and alcohol or mental health difficulties, provides food and fellowship in a safe supportive setting
Personal and Community Asset Mapping	Allows people to identify and store those things in their lives and local communities that give them strength and positive support

Appendix 2

As highlighted on page 8 the table below is an extract from the 2012 eSAY: (Electronic 'Same as You') data collected to inform the implementation of the national strategy for Adults with Learning Disability 2002-2012.

Local authority	Autism Spectrum diagnosis				No AS Diagnosis	Not recorded	AS diagnosis as % of all adults	All adults
	Classical Autism*	Asperger's Syndrome*	Other AS diagnosis*	Total with AS diagnosis				
Aberdeen City	76	41	2	119	1,083	0	9.9	1,202
Aberdeenshire	125	24	24	173	787	223	14.6	1,183
Angus	28	24	30	82	414	29	15.6	525
Argyll & Bute	22	19	11	52	325	11	13.4	388
Clackmannanshire	20	0	30	50	204	0	19.7	254
Dumfries & Galloway	27	15	5	48	455	289	6.1	792
Dundee City	81	33	33	147	805	180	13.0	1,132
East Ayrshire	27	17	9	53	406	77	9.9	536
East Dunbartonshire	70	55	0	125	342	0	26.8	467
East Lothian	19	21	20	60	152	450	9.1	662
East Renfrewshire	35	27	14	76	237	8	23.7	321
Edinburgh	81	0	173	254	2,959	0	7.9	3,213
Eilean Siar	9	10	0	19	133	2	12.3	154
Falkirk	67	15	20	102	595	136	12.2	833
Fife	162	91	127	380	764	163	29.1	1,307
Glasgow City	201	48	69	318	2,003	117	13.0	2,438
Highland	0	0	157	157	972	3	13.9	1,132
Inverclyde	33	9	0	42	549	0	7.1	591
Midlothian	48	15	0	62	16	487	11.0	565
Moray	83	0	0	85	366	0	18.8	451
North Ayrshire	33	9	0	42	517	47	6.9	606
North Lanarkshire	0	0	128	128	0	1388	8.4	1,516
Orkney Islands	5	0	16	20	42	23	23.5	85
Perth & Kinross	49	23	9	81	398	0	16.9	479
Renfrewshire	74	39	0	113	782	0	12.6	895
Scottish Borders	98	9	0	107	505	0	17.5	612
Shetland Isles	23	12	0	35	33	69	25.5	137
South Ayrshire	21	30	11	62	459	0	11.9	521
South Lanarkshire	110	63	7	180	1,080	0	14.3	1,260
Stirling	37	29	0	66	350	0	15.9	416
West Dunbartonshire	30	33	10	73	550	0	11.7	623
West Lothian	0	25	49	74	8	739	9.0	821
Scotland	1,691	736	958	3,385	18,291	4,441	13.0	26,117

Source: eSAY 2012

EAST DUNBARTONSHIRE AUTISM STRATEGY ACTION PLAN

ADULTS AND TRANSITION 2014-2024

	Areas for action	Actions required	Lead	2 / 5 or 10 years
1	Map a pathway for adults (18+) not previously known to autism services around - identification/diagnosis - referral and assessment - support and action	Incorporate existing Adult Autism Additional Support team Operational Policy (MHP 2010) Confirm role of link Clinical Autism Co-ordinator for East Dunbartonshire around - joint clinical assessment - facilitate local intervention including post-diagnosis support in conjunction with Community Mental Health, Primary Mental Health and Joint Learning Disability teams Also to include stages for - single shareable assessment of need/risk - carer assessment - eligibility for services - support package/self-directed support Develop actions around the following areas needs to incorporate the specific needs and aspirations of people with autism: - education/learning - employment - accommodation - support/social networks - managing finances Ensure that the pathway for individuals includes those with a diagnosed mental health problems as well as those who do not have an intellectual impairment	Social Work - Adults	5 years

	Areas for action	Actions required	Lead	2 / 5 or 10 years
		Include any requirement for - specialist treatment around severe and enduring mental health problems/challenging behaviour - preventative interventions e.g. referral to Local Area Co-ordinator		
2	Map a pathway for young people in transition to adult services	Incorporate internal Social Work operational procedure between Children & Families and Adult teams around assessment, involvement of adult social worker, eligibility for adult services and agreeing support plan Incorporate the existing Social Work Children & Families autism pathway Include role of any other agency involved at transitional stage - Education - Psychology - CAMHS Ensure that current processes which make plans for individuals are used appropriately for people with autism including - school transition reviews - social work reviews (if looked after child) - care programme approach (if young person has a serious mental disorder)	Social Work – Adults / Children & Families	2 years

	Areas for action	Actions required	Lead	2 / 5 or 10 years
3	Improve early identification of young people requiring support into adulthood	Review how information collated and by whom with view to compiling and updating an accurate database Review efficacy of 'named person' system under Getting It Right For Every Child (Scottish Government 2008) Consider link person from Social Work into identified schools Review current targeting of Local Area Co-ordinators into schools	Social Work – Children & Families / Planning & Service Development	2 years
4	Improved identification and diagnosis locally (high estimate of undiagnosed young people and adults)	Review GP referral rates by age group in comparison to national estimates of local prevalence Examine rate of diagnosis within Community Mental Health/Primary Mental Health teams and/or referral by mental health practitioners to Adult Autism Additional Support Team As above for Joint Learning Disability Team and Social Work Children with Autism Additional Support Needs Team (AAAST)	Social Work / CHP	2 years
5	Enhanced post-diagnosis support for individuals, parents and carers	Improve access to (or where possible develop locally) post-diagnosis services including: - advice and information	Social Work / CHP	5 years

	Areas for action	Actions required	Lead	2 / 5 or 10 years
		- counselling and emotional support T- therapeutic interventions - support groups for individuals with autism and/or their carers/families - skills training for parents/carers - link practitioner as key point of contact for individual/family		
6	Access to high quality assessment and (where eligible) to appropriate services including the option of self-directed support	Early contact made post-diagnosis (where need for local intervention indicated) by AAST or GP with appropriate team - Community Mental Health Team - Joint Learning Disability Team (via Social Work - Adult Intake team if not known previously - Social Work Children with Additional Support Needs team - Joint Community Addiction Team to trigger a comprehensive assessment of need (or joint assessment with AAST if required) to allow a flexible application of service eligibility criteria around	Social Work – Adults / Children & Families	2 years

	Areas for action	Actions required	Lead	2 / 5 or 10 years
		▪ promoting independence ▪ sustaining carers ▪ protecting from harm ▪ meeting personal and domestic needs Develop an outcomes-based integrated support plan alongside individual and carer/family including ▪ language, communication, behavioural, health and social supports ▪ evidence based interventions ▪ social/family/carer needs ▪ transition/life planning ▪ educational/employment/occupational needs/aspirations ▪ financial/benefits ▪ leisure activities Offer carer assessment where applicable Consider use of Personal Centred Planning Approach where this is not already in place Ensure self-directed support options are fully outlined in decisions around delivery of support	Social Work SDS Lead	
7	Competent, trained staff within all partner agencies	Promote the consistency of the local response to assessing, diagnosing and supporting young people and adults with autism via - a formalised inter-agency training agenda - levels of training from awareness raising through building a skills base around therapeutic interventions with individuals, families and carers	Multi-Agency Autism Steering Group / Social Work - Planning & Service Development	2 years

	Areas for action	Actions required	Lead	2 / 5 or 10 years
8	Enable and empower people with autism to live as independently as possible and promote positive risk-taking whilst ensuring risks are robustly assessed and they are protected from harm	Promote the use of person-centred planning Use of risk enablement tools with service users in collaboration with carers and families Seek funding to develop resources to work with and support people with autism around routes into employment, on-going education, integrated activities within the community and appropriate options for accommodation which maximises independence and involvement with their local community Explore extension of Local Area Co-ordination model to focus on supporting people with autism.	Social Work - Adults	10 years
9	Involvement of people with autism, their parents, carers and families in the planning and evaluation of services both for themselves and strategically	Ensure that the views and aspirations of people with autism, their carers and families are represented within the wider planning and evaluation framework for community care and young people with additional needs in transition to adulthood. Convene a dedicated event for people with autism, their carers and families and other stakeholders in order to - consider the implications and expectations for East Dunbartonshire from the Scottish Strategy for Autism (2011) - consult on this Action Plan - agree their on-going representation around service development and review	Multi-Agency Autism Steering Group / Social Work – Planning & Service Development	2 years

	Areas for action	Actions required	Lead	2 / 5 or 10 years
10	Good quality information is available locally for the public on autism and services	Ensure that dedicated and generic services available to people with autism and their carers (including self-directed support) are - summarised within a local autism-specific leaflet or other information - clearly specified within wider leaflets and other information for young people with additional needs - incorporated within information relating to groups where people with autism are represented (such as adults with a learning disability or mental health problems) http://www.eastdunbarton.gov.uk/default.aspx?page=20651	Multi-Agency Autism Steering Group	2 years
11	Integrate Autism Action Plan into wider strategies to ensure that needs and gaps for people with autism are fully reflected and responded to within these strategies	Incorporate key points from action plan into - East Dunbartonshire Learning Disability Strategy - East Dunbartonshire Mental Health Strategy - Social Work Transitions Protocol - East Dunbartonshire Children with Additional Support Needs strategies - Local Area Co-ordinators work plan - Self-Directed Support Strategy - Alcohol and Drug Partnership Strategy	Planning and Service Delivery Leads	5 years

