

Experiences of post diagnostic services for Autistic people and people with ADHD – Kingston & Richmond – July 2023

You said, we did - September 2023

Themes (you said)	Response (we did/are doing)
<p>Many of those who responded felt there was little, if any, support after an Autism diagnosis. This is for adults with Autism, and parents of children with Autism. The sentiment was they felt dismissed and alone after the diagnosis.</p>	<ul style="list-style-type: none"> • Achieving for Children are reviewing the autism page on the Local Offer and gathering feedback from people with lived experience to help develop the page further. • Once the local website has been updated, we will share it with GPs as a single point of information for signposting to parents and carers. • Staff training - Oliver McGowan is mandatory training for all health care staff and the early aspect of this training is available online. The practical element of this training is in progress and will involve people with lived experience. A start date to be confirmed for later this year and should improve how those with a diagnosis and their family or carers are supported in health services and primary care. • GP training to improve quality and consistency of referrals has been developed and a training video on Autism Awareness has been delivered to GPs across Kingston and Richmond. • The video shares information about autism, the diagnostic process, and reasonable adjustments that can be made irrelevant of a diagnosis. • It will increase awareness amongst GPs on Autism and ADHD diagnostic criteria, including how to differentiate between Autism and ADHD.
<p>A lot of those who felt they had some support did not feel it was enough, and had negative experiences, including long waiting times and a confusing system to navigate. They said they were also not advised about support through NHS services and felt it was up to them to seek it out using other channels.</p>	<p>In addition to the Local Offer.</p> <p><u>Children (5-18)</u> The Emotional Health Service from Achieving for Children have been delivering the “A Plan” pilot for the last two years. This offers year-long practical and emotional support to parents and carers of children and young people who have received a diagnosis of autism. Following diagnosis, the child/ young person and their family will automatically be offered access to the “A Plan.” Support includes:</p>

	<ul style="list-style-type: none"> • 1:1 Check-ins • Parent Psychoeducational Groups • Workshops • Signposting • Autistic Spectrum Condition Anxiety Group for children aged 9-12 <p>A teenager support group will be established with a date to be confirmed.</p> <p><u>Adults - YourHealthcare response</u> All clients diagnosed with Autism are offered support to understand their diagnosis after the assessment. We plan to restart post diagnostic groups during 2024 for people diagnosed and their families/supporter. All clients are given a personalised post-diagnostic pack which details sources of local support and advice. The pilot social prescribing and care coordination projects will enable clients to receive more, time limited, individual support. These will be evaluated to establish their effectiveness.</p> <p><u>For Adults with ADHD</u> Remodelling of the Kingston Adult ADHD service is currently taking place to increase capacity, reduce waiting time for an assessment and expand the range of services offered. During 2024 there will be a wide range of time limited, post diagnostic support including psychoeducation sessions (group format), information on non-pharmacological management strategies and an information pack on local organisations and sources of support. The aim is to streamline the referral processes for both Autism and ADHD services. GP training to improve quality and consistency of referrals has been developed and a training video on Autism Awareness has been delivered to GPs across Kingston and Richmond.</p>
<p>Respondents wanted to know any information that would have been helpful to them post diagnosis, as many were/are unsure where to go.</p>	<ul style="list-style-type: none"> • Achieving for Children are reviewing the autism page on the Local Offer and gathering feedback from people with lived experience to help develop the page further. • We hope the actions we are taking as set out in the above responses will increase access to information post diagnosis.