

Easy Read

# Autism Wales Annual Report 2019-2020



This document was written by the **National Autism Team**. It is an easy read version of **Supplementary Annual Report 2019/20**.

**April 2020**



# How to use this document

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This is an easy read document. But you may still need support to read it. Ask someone you know to help you.



Words in **bold blue writing** may be hard to understand. You can check what all the words in blue mean on **page 38**.



Where the document says **we**, this means **National Autism Team**. For more information contact:

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# Eluned Morgan, MS

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**Eluned Morgan, MS** is the Minister for mental health, well-being, and Welsh language.



**Eluned** says we have been doing a really good job supporting autistic people. Especially during coronavirus.



**Eluned** thinks it is helpful that we have so much information online. And she is happy that more people are using our website now.



**Eluned** wants people reading this report to know that she supports the work we do.



This report has been written by the **National Autism Team**. We are called **NAT** for short.



Our job is to help make the lives of autistic people better.

This report has been written for everyone that we work with, like:



Llywodraeth Cymru  
Welsh Government

- Welsh Government



- Welsh Local Government Association



- Public Health Wales.

# Introduction

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We want to thank them for their support.



This report has also been written for autistic people and their families. And for the professionals who support them.



This report tells you about the work we have done to help autistic people.



You can listen to **audios** of some of this work in the full **Annual Report 2019/20**, available on our website [here](#).

## Our website



You can find our website at: [autismwales.org](https://autismwales.org)



Our website has lots of information and advice for autistic people.



Our website also helps people who support autistic people. For example, parents, carers, and teachers.



Lots more people visited our website in 2019. Nearly 11 thousand people visited every month. That is a lot more people than in 2018.



We asked lots of people what they think of our website. We listened and made changes. We will make a new website at the end of 2020. This will have all the new changes in it.

# National Autism Team

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## Our film



We made a film called **What is autism?**



The film helps people to understand autism better.



We worked with autistic people to make the film. They gave us ideas about what should be in it.



The film is about three autistic people called:

- **Amara Tamblyn**
- **Rhiannon Lloyd-Williams**
- **Osian Harries**



## Amara, Rhiannon and Osian talk about:



- Being sociable and talking to people.



- Their day-to-day life.



- Their senses. Like how they feel about noise or different colours.



- How to make things better for autistic people.



The film also includes the voice of **Dr Elin Walker Jones**.

# National Autism Team

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Lots of people have watched the film already. It has been shared on social media too.



We want to show the film in lots more places. Like on our new website.



You can watch the film in Welsh or in English.



This film is included in our **autism awareness certification scheme**. This is a training course that helps people learn more about autism.



More than 43 thousand people have done this training course.

## Rules for autism services



The **Welsh Government** has made rules for how autistic people should be supported.



They call these rules the **code of practice**.



We helped the Welsh Government to write the **code of practice**.



We talked to lots of people. Including autistic people, their families, and professionals.



We made sure they all had a say in what was in the **code of practice**.

# National Autism Team

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The main subjects in the **code of practice** are:

- **diagnosing** autism



**diagnosing** means checking a person's health and behaviour to see if they have a certain condition. This is usually done by a doctor or a team of health and social care professionals.



- help for autistic people



- learning more about autism



- making sure services are doing a good job.

## Help we give autistic adults



We wrote a guide to help autistic adults. This is called the **guide for adults following diagnosis**. You can read this guide [here](#).



In 2019 we wanted to make this guide better. We wanted to make sure it was up to date and helpful.



We wanted to talk to lots of people to help make this guide better. Including autistic adults. Because of coronavirus, we couldn't talk to people face to face. But we did talk to people online.



People told us how we could make the guide better.



We changed the way we said things in the guide. And changed how the guide looked.

## Help we give parents and carers



We wrote a guide to help parents and carers. We called this the **guide for parents and carers following diagnosis**. You can read this guide here.



In 2019 we talked to parents and carers about this guide. We asked them how it could be better. And we listened to what they said.



The guide looks different now. And it gives better advice to parents and carers.



Parents and carers can also watch a film we made to help them. The guide and the film go together.

## Our work during coronavirus



Because of coronavirus, we had to start doing lots of our work online.



But we wanted to make sure we still helped people properly.



We started a team called the **Virtual Autism Team Wales**. The **Virtual Autism Team Wales**:



- talked to autistic people, their parents and carers, and professionals. They found out what help people needed most during coronavirus.

# National Autism Team

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- met online every 2 weeks. They talked about what information people needed.



- made sure our website had all the information people needed. And they shared more information on social media too.



# Integrated autism services

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There are 7 **integrated autism services** in Wales. We call them **IAS** for short.

The **IAS**:



- make sure autistic people get all the help they need. Like advice, support and guidance



- help the parents, carers, and families of autistic people.



- have lots of meetings to make sure they are doing a good job. They share good ideas with each other.

# Integrated autism services

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- talk to autistic people to hear their stories. And to check what help they need.



For example, they listened to the stories of autistic parents. And found out what it is like for autistic women to have a baby.

## Collecting information about the IAS



We collected lots of information about the **IAS** in 2019 to 2020.

**Here are some of the things we found out. In 2019 to 2020:**



- The **IAS** supported more than 5000 autistic adults.

# Integrated autism services

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- The **IAS** supported more than 2000 parents and carers of autistic people.



- Supported 800 adults through the autism **diagnosis** process.



- More than 600 adults were **diagnosed** with autism.



Information like this helps us see if the **IAS** are doing a good job.

# Training

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We want more people to understand autism.



We have **autism aware** training courses to teach people about autism at work.



We also work with communities and groups to teach more people about autism.



## We are already doing work with:

- South Wales Fire and Rescue Services
- CAFCASS Cymru
- Department of work and pensions
- Neath business district
- Early years staff
- Teachers and headteachers
- Colleges
- Child and adolescent mental health services.



## In the future we plan to work with:

- North Wales police
- The Welsh ambulance service
- Gwent police
- North Wales police



# Learning with autism

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**Learning with autism** is a training course we made.



**Learning with autism** is for staff working with autistic children in early years settings. And in primary and secondary schools.

**Learning with autism** training has been done by:



- 71 early years settings

- 185 primary schools



- 16 secondary schools. The training in secondary schools is for staff **and** students.

# Learning with autism

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Everyone who did the training agreed that it was really helpful. And that it made life better for autistic children.



All the information about **Learning with autism** is on **Hwb** - the **Welsh Government digital platform**.



Schools can access **Hwb** and get any information they need about **Learning with autism**.



This is really helpful for schools who want more information about autism.



All the information is in English and in Welsh.

# Work based learning and further education

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**Work based learning** is when students get a **qualification** and work at the same time.

A **qualification** shows employers that you know how to do something. Having a **qualification** will help you to get a job.



**Further education** is when students go to college.



We want **work based learning** and **further education** staff to learn more about autism.



We want to help autistic students so they can be successful in their studies.



**We have lots of information to share that will help staff and students:**

- Films about autism
- Information and advice sheets
- Stories about autistic people



# The birthday party film

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We worked with other professionals to make a film called **the birthday party**.



This film is for people who work with children. The film teaches people what the **signs** of autism are in children.



Lots of people think the film is very good. And that it helps professionals understand autism better.



The film even won an award at Cardiff University.



Lots of people from other countries have asked if they can use the film too.

# Housing guide

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Some autistic people find it hard to access housing services.

## Some reasons for this are:



- some autistic people do not like going into busy housing service offices.



- housing service staff do not know how to support autistic people.



We worked with lots of people to make a **guide** for housing service staff.



The people we worked with included autistic people, their parents and carers, and professionals.



The **guide** tells staff how to support autistic people better.



You can find the guide [here](#).

# National Autism Wales Conference

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The **National Autism Wales Conference** was held in 2019.



This was a big meeting to talk about the best ways to help autistic people.



Most people at the meeting said it helped them understand autism better. And to know what help there was for autistic people.



This meeting helped us all to be better at supporting autistic people.



You can find out more about the meeting [here](#).

# World Autism Awareness Week 2020

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**World Autism Awareness Week** is a special week to celebrate and share information about autism. It happens every year.



But in 2020, coronavirus meant we had to do things differently.



We needed to share information that was useful. Like how to stay safe during coronavirus.



We had to make information easy to get during lockdown. For example, by having it online, in films, or on social media.

# World Autism Awareness Week 2020

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We only shared information from people we trusted, like:

- Public Health Wales
- Learning Disability Wales
- Autism Wellbeing Cymru
- Virtual Autism Team Wales



We were still able to celebrate during this week. But everything we did was online.



**Case studies** are stories about people. We collected lots of **case studies** in 2019 to 2020.



Some **case studies** are stories from autistic people. And how their lives have been made better.



Some **case studies** are stories from professionals. And the work they do to help autistic people.



Every time we collect a new **case study**, we put them on our **website**. You can find them [here](#).

# Case Studies

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## Gerraint Jones Griffiths

We did a **case study** on Gerraint Jones-Griffiths.



Gerraint is the **Lead Ambassador** for the **Engage to Change project**. This means he works to support autistic people.



Gerraint is an autistic person. He has had great support to help make his life better.



[Here is the video of his case study.](#)



This video was first shown during **world autism awareness week 2020**.



Here is an easy read version of his story:



My name is Gerraint Jones-Griffiths. I am 24 years old. I am autistic.



In 2019, I talked at the **National Autism Wales Conference**. This was a big meeting about autism.



Then I did some work with **NAT**. I worked on their social media. And I talked at some training courses.



Working at **NAT** was really good for me. And for the people I worked with.



I hope my story and my work will help other autistic people. I hope my story will help everyone to understand autism better.

# Hard words

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## Diagnosing and Diagnosis

Diagnosing means checking a person's health and behaviour to see if they have a certain condition. This is usually done by a doctor or a team of health and social care professionals.

## Qualification

A qualification shows employers that you know how to do something. Having a qualification will help you to get a job.