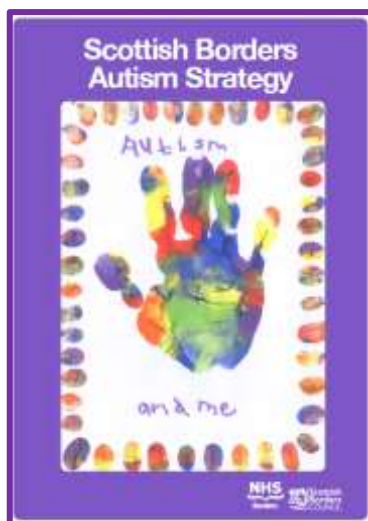


# Scottish Borders Autism Strategy

## Easy Read Delivery Plan



In 2015, people in the Scottish Borders wrote an **Autism Strategy**.

People were asked about what is good for Autistic people in the Borders and what needs to be made better.

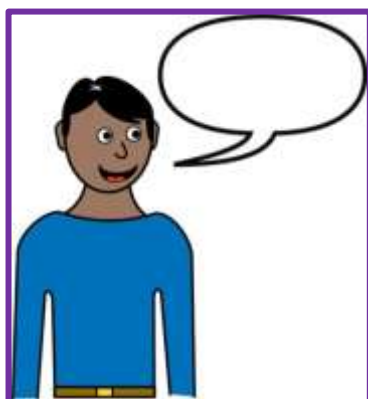
The Autism Strategy describes what we hope life will be like for Autistic people in the future.



To make things happen, we also need **plans**.

The **Autism Strategy Delivery Plan** gives lots of details about the things we are going to do.

We will just call this **the Plan** for the rest of this leaflet.



People use different words to speak about Autism.

In this leaflet, we will talk about “Autistic people”.

You might use different words. The Plan is still for you.



The next pages have information about the parts of the Plan.

There are two or three pages for each part of the Plan. Each page has different bits.

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## Heading

The **Heading** tells us which of the four parts we are looking at.

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## Outcomes

The **Outcomes** describe what people hope life will be like for Autistic People. This is what reminds us **why** we are doing things.

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## Actions

The **Actions** are what we have decided to do, to help our hopes come true.

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Remember! Plans can change, too.

We could get more ideas, which make us think of something different to do.

We could try something, and find that it doesn't work very well. Then we would need to try something different.

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# Part One: Healthy Life

## Outcome 1. Children and adults experience good quality, early diagnosis and intervention services.



This means that people are not kept waiting to find out whether they are Autistic.

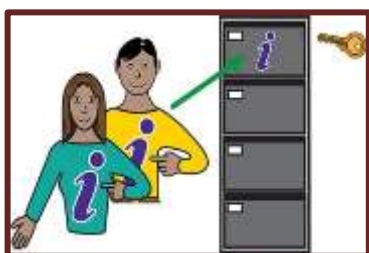
It means that people get the help and support they need quickly.

## Actions

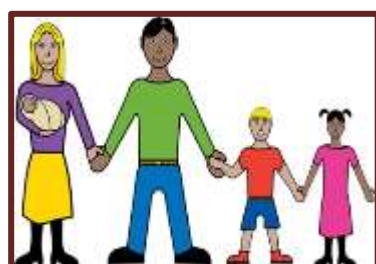


We will make sure that the people who decide whether someone is Autistic have the right **training**. We will make sure they are using the best ways to decide whether someone is Autistic.

We will make sure that more people have this training.



We will make sure that we are getting the right **information** about people with Autism in the Borders. And that we are keeping the information **safe**.



We will make sure that people get **help** when they are told they are Autistic. This will be help to understand what being Autistic means. It might be help for their **family** too.

## Outcome 2. People have easy access to a wide range of information, in a variety of forms.



This means that there is lots of **information** about Autism. It means that people can **find** this information easily. Or they can **be given** it by a worker.

It means that information is given in lots of different ways, so people can **understand** it.

### Actions



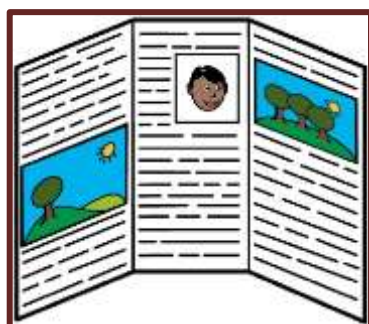
We will make sure that people can **find out about** services for Autistic people in the Borders.

This will include how to **get** these services.



We will make sure that information is on the **internet**.

We will make sure that workers know about this.



We will make sure that there are lots of **leaflets** with different information.

We will make sure that these are in lots of different places.

We will make sure that people are given lots of information when they are told they are Autistic.

## Part Two: Choice and Control

### Outcome 3. Professionals are confident in their knowledge and understanding of Autism.



This means that all workers know about Autism. They know what is difficult for people with Autism. They are not worried about supporting someone with Autism.

Workers know who they can talk to, if they are not sure about something.

### Actions



We will make sure that everyone who works in Health, Education or Social Work has to have some training. And we will make sure it is **good training**.

We will make sure that Autistic people **have a say** in what the training is about.



We will make sure that **all workers** are given the chance to find out about Autism.



We will train some people to be **Autism Champions**. They will help the people they work with to understand about Autism.

## Outcome 4. Autistic people are confident and supported in accessing appropriate specialist and mainstream services.



This means that people know they can get the **help** they need, when they need it. This might be special services for Autistic people. Or it might be help that everyone has, like the doctor or Housing.

It means that Autistic people know they will be **treated properly** when they see workers.

### Actions



Sometimes workers need to do assessments to find out what help people can get.

We will make sure that workers ask the **right questions** when they do assessments.

We will change the assessments if we need to.



We will make sure that all workers know how to **make it easier** for Autistic people. Help with things like:

- appointments.
- the right kind of place to meet.
- understanding what is happening.



These Actions are especially important for Autistic people who do not have a Learning Disability. Sometimes it is harder for workers to see the support they need.

## Outcome 5. Autistic people, and their parents or carers, feel involved in service delivery and planning.



This means that people know how to **have a say**.  
And they know they will be listened to.  
They know that they will have **choices**.

### Actions



We will make sure that there are **groups** where people can have their say.

This will be for Autistic people, and for their parents and carers.



We will make sure that there are other ways for people say what is important to them. This might be:

- **Surveys.**
- **Talking to a worker.**
- **Making a video.**
- **Writing a letter.**



We will make sure that Autistic people have proper access to **Self-Directed Support**.

Self-Directed support is a way for people to have more choice about how they get the help they need.





## Part Three: Independence

**Outcome 6. Autistic people feel understood and accepted in their community, and can access a range of social activities.**



This means that Autistic people can **do fun things** that they enjoy. And they can **feel safe**.

### Actions



We will make sure that workers understand what people need to join in with activities.

And that places provide **Autism Friendly** sessions.



We will make sure that Autistic people can use **befriending services**, if they want to.



We will make sure that workers know how to help Autistic people get all the **money** they are entitled to.



We will run regular awareness raising **events** for our communities.

## Outcome 7. Autistic people live in housing that meets their needs.



This means that Autistic people can find a place to live that they like. It means that they can live alone, or with the people they want to.

It means that home is a place to **relax and feel safe**.

### Actions



We will make sure that Autistic people know how to **find out** about different kinds of homes.

We will make sure that people know how to **apply** for different kinds of homes.



We will make sure that **Housing Associations** know what people with Autism need.

We will make sure that they build some homes that are right for Autistic people.



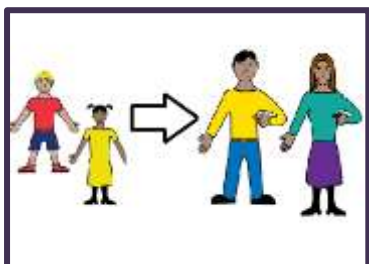
We will make sure that Autistic people can get the right **help and support** to live where they want to.

We will make sure that there are different kinds of support.

We will make sure people can **choose** what kind of support they have.

## Part Four: Active Citizenship

**Outcome 8. Autistic people and their families feel supported in the transition from children's to adult services.**



This means that Autistic young people know what is going to happen when they leave school.

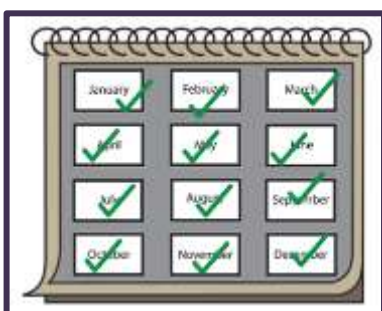
It means that they and their parents know what support they are going to get.

### Actions



We will make sure that all Autistic young people have a **plan**. The plan will say what they are good at. And what they need help with.

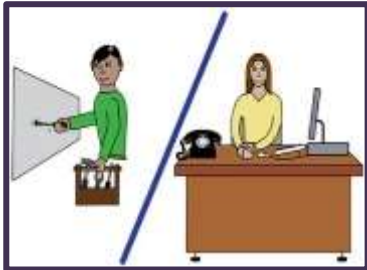
The plan will say who is going to help them after school. This might be help to work, or go to college.



We will make sure that adult services are involved in planning.

We will make sure that there is **plenty of time** to make good plans.

## Outcome 9. People with Autism feel confident and supported to find and sustain meaningful work.



This means Autistic people who want to find a job can. They can find work that they want to do.

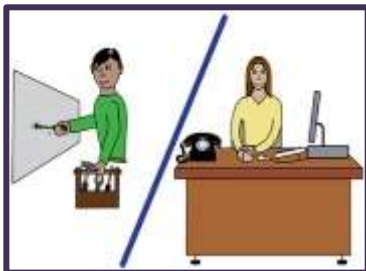
It means that they have help with things they find hard, so that they can keep working.

## Actions



We will make sure that employers understand about Autism.

We will make sure that people who help find work understand about Autism.



We will make sure that there is help to:

- Get a paid job
- Volunteer
- Do work experience



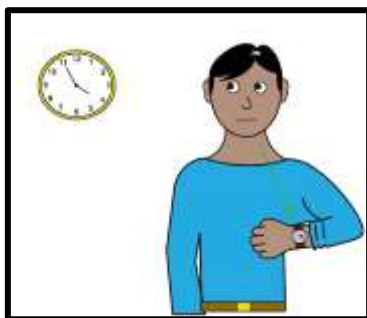
We will make sure that there is support with any problems at work.



**That is the end of our Delivery Plan.**

We want to do all the Actions by 2025.

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Some of the Actions are complicated. They will take a long time to do.

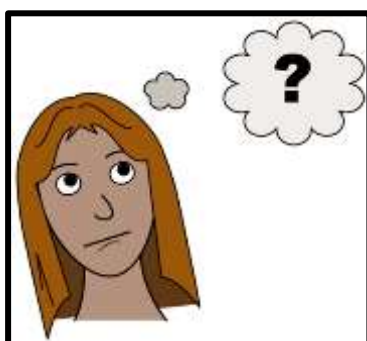
Some of the Actions are simpler. They will be quicker to do.

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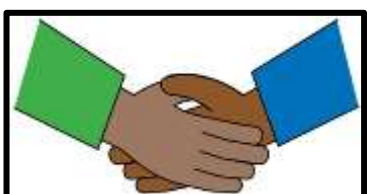
For some of the Actions, we know exactly what we need to do.

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For some of the Actions, we still need to decide exactly what to do.

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**Thank you for reading our Delivery Plan!**

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