

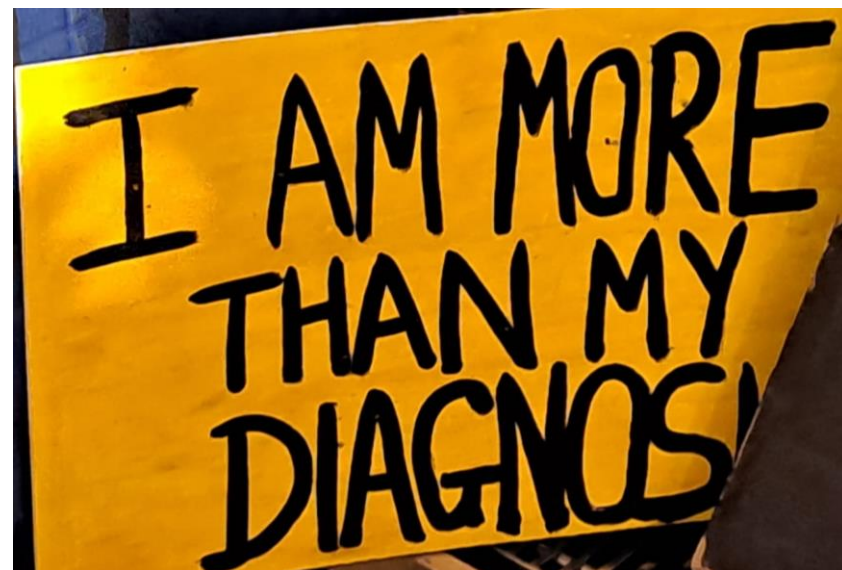
SUPPORT
FOR THOSE
ON
WAITING LISTS!

healthwatch
North Northamptonshire and West Northamptonshire

Young
healthwatch
Northamptonshire

Autism and ADHD Project

- Exploring the experiences of young people and their parents and carers who were waiting for an assessment of Autism and ADHD, or those that had been recently diagnosed.
- The support available to the young people and their families while waiting for, or recently getting, a diagnosis



Autism and ADHD Project

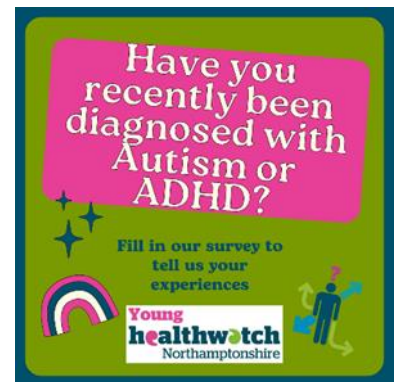
- Devised an online survey with Young Healthwatch Northamptonshire
- Support of local organisations
- Power of social media

Young
healthwatch
Northamptonshire



Autism and ADHD Project

- 115 young people between the ages of 11-18
- 209 parents and carers
- Good cross section of ages from both the North and the West of Northamptonshire



Autism and ADHD Project

Findings (1 of 2)

The top 6 things that parents said that their young person found hard to deal with:

- Education (75%)
- Mental health (65%)
- Positive relationships with peers (64%)
- Social skills (61%)
- Social activities (50%)
- Sleep (50%)

For young people, the top 6 things that they said they found hardest to deal with:

- Education (73%)
- Social skills (73%)
- Mental health (68%)
- Positive relationships with peers (65%)
- Sleep (63%)
- Anger (62%)

Autism and ADHD Project

Findings (2 of 2)

- 1. Around 30% said that they had no support after diagnosis**
- 2. 70% said they wanted to receive support at home or at school/college**
- 3. Peer support and “feeling listened to” were also what mattered to young people**
- 4. There was an uncertainty about exactly what support was needed**



- “At school, help with anger, anxiety, sleep”
- “Help at school, help with anger and tics”
- “A better understanding of what’s going on with me; easy to understand education around autism”





- “I had no support or help following my diagnoses. My mum was just given a leaflet. Some people said they had helped me when I had never even met them.”
- “They don’t really care or just spew off generic advice that I could’ve come up with myself.”



Autism and ADHD Project

Outcomes:


- Presented at a local Care and Compassion Conference
- Detailed - supportive - response from the ICB
- Northamptonshire Healthcare Foundation Trust (mental health trust) - offering support and training
- Partnership Inclusion of Neurodiversity in Schools (PINS) project



Autism and ADHD Project

Outcomes:

- Provides the evidence needed for improvements to service delivery and design
- Training for staff, young people and families
- Added to local strategies
- It ensured that young people and their families had a voice, and were listened to
- An example of how positive engagement can be done locally, going forwards



This is a really good piece of work, and as always raises as many questions as it answers. It also shows consistency with qualitative and anecdotal feedback we receive, though there are also some new elements in here as well.

This will definitely support our work across the SEND Improvement Plan and the transformation we are developing in the county.

David Loyd-Hearn

Transformation Manager

Northamptonshire ICB

