



Llywodraeth Cynulliad Cymru
Welsh Assembly Government



WLGA • CLILC

Autistic Spectrum Disorder

Compendium of Practice and Development in Wales

January 2011



ASD regional support team

Introduction

This document has been compiled by the Autistic Spectrum Disorder (ASD) Regional Support Team. The ASD Regional Support Team is funded by the Welsh Assembly Government and is based in the Welsh Local Government Association. The Regional Support Team's main purpose has been to provide assistance to Local Authorities and their statutory and voluntary sector partners in their shared task of improving local services for those affected by ASD.

Purpose

We hope that this compendium of ASD practice and development in Wales will showcase the positive outcomes of the ASD Strategic Action Plan for Wales to date. We also hope that the examples of practice and progress will aid the development of ASD Services in Wales in the future.

Disclaimer

The practice examples in this document have been provided by the many partners working within the field of ASD across Wales. The team have not investigated or evaluated any of the practice examples that can be found in this document.

We are aware that there are many more examples of practice and development not included here, and that some of those we have included may already exist in other areas. Our aim is to paint a current picture of innovative practice that can be shared, considered and adapted to meet the needs of those involved in improving services and support to people on the Autism Spectrum.

A note about terminology:

We recognise that there are ongoing discussions about how we describe the autism spectrum and that there are differences in the way people use the terms Autism, Autistic Spectrum Disorder (ASD), Autism Spectrum Condition (ASC), Asperger Syndrome (AS) and High Functioning Autism (HFA). In this compendium we have generally adhered to the terminology used in the original descriptions of projects and initiatives as submitted to us.

The ASD Regional Support Team

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Chapter 1

Background

The ASD Strategic Action Plan for Wales was launched in April 2008. The strategy sets out how the Welsh Assembly Government seeks to meet the needs of individuals with ASD, their family and carers.

Wales is the first country in the world to create an all-age strategy for Autism. The Plan created a number of funded actions on how local services can best meet the needs of young people and adults with ASD. When the plan was published the Welsh Assembly Government allocated £5.4m of dedicated funding for ASD over three years to help develop ways to meet the needs of people with ASD.

After the publication of Wales ASD Strategic Action Plan it was important that the development of services was supported at a local, regional and national level. Key people are now working together to create services for individuals with ASD and share good practice across Wales.

To drive forward the overall delivery of the action plan at a national level there is an ASD Implementation Manager based in the Welsh Assembly Government.

At a regional level there is a small ASD Regional Support Team, based in the Welsh Local Government Association (WLGA), which supports local areas to work together and develop regional initiatives.

At a local level each Local Authority area has an ASD Lead Officer, an ASD Local Action Plan that was developed and will be implemented and reviewed via a Local Stakeholder Group.

For information about your Local Action Plan and or Local ASD Stakeholder Group, please e mail enquiries to ASDinfo@WLGA.gov.uk.

National Actions

Awareness Raising Materials

The Welsh Assembly Government has developed a range of awareness raising materials for groups of professionals. These materials will help to raise awareness of autistic spectrum disorders and will target a variety of different professionals and organisations.

The work on each subject area has been led by people who have engaged representatives from a wide range of organisations and individuals with ASD in creating the materials.

The awareness raising materials will cover the following areas:

Area	Group Lead	Organisation
Families and Family Support	Shirley Parsley	National Autistic Society
Employment	Mary Rendell	ASD Regional Support Team
Advocacy	Mary Rendell	ASD Regional Support Team
Primary Healthcare	Jo Manikiza	ASD Regional Support Team
Education	Lynn Plimley	Autism Cymru
Criminal Justice	Maggie Bowen	Autism Cymru
Dentists and Opticians	Sharon Walters	ASD Regional Support Team
Residential and Day Care	Nick Haake	National Autistic Society
Older People	Prof. Ian Stuart Hamilton	University of Glamorgan
Religious Faiths	The Rev Dr John Gillibrand	Church in Wales

The ASD Awareness Raising Materials were launched on 3rd February 2011 and will be available on the Welsh Assembly Government website.

Adults Task and Finish Group

Following the publication of the Strategic Action Plan, a group met to explore the needs of Adults with ASD in Wales. This 'Adults with ASD Task and Finish Group' produced a report which considered the needs of Adults with ASD and recommended ways in which these could be met.

In response to this report Gwenda Thomas, Deputy Minister for Social Services, announced an investment of £1.7 million, over three years from April 2010, to develop and improve services for adults with Autistic Spectrum Disorder, their carers and their families.

This funding will be used to develop services that will help adults with ASD to reach their potential. The services will involve many organisations including the NHS and Local Authorities, and will address assessment and diagnosis, access to services, community support, employment and housing.

These actions include the development from 2010/11 of an All-Wales approach to the assessment and pre and post-diagnostic support of adults with autism within the NHS, and the establishment of regional community support programmes throughout Wales for those adults with ASD living in the community, including those with Asperger syndrome, who need support but might not fit into, or meet access criteria for, existing services. There are also activities in relation to employment; the access to services agenda; advocacy, and housing.

Assessment and Diagnosis

One funded action from the Adults Task and Finish Group Report is the development of an All-Wales approach to the assessment and post-diagnostic support of adults with autism within the NHS. This network is being coordinated by Betsi Cadwaladr University Health Board with support from Abertawe Bro-Morgannwg Health Board. The Welsh Assembly Government is currently assessing a proposal that has been submitted to them by these partners and implementation of the network is anticipated during 2011.

Community Monitoring and Support Projects

Another funded action will be the establishment of regional community support programmes throughout Wales for those adults with ASD living in the community who are not able to access traditional support services including those with Asperger syndrome.

Proposals for projects that will develop community monitoring and support for adults with ASD have been accepted by the Welsh Assembly Government. However no formal decision on funding has yet been given due to the present moratorium on announcements about funding within the Welsh Assembly Government.

Housing

There is some new work underway in the area of housing for individuals with ASD. Hugh Morgan, ASD Strategic Action Plan Implementation Manager is working with the Welsh Assembly Government Housing Department to determine an approach to developing housing options for individuals with ASD. This work will be reported directly to Housing and Health and Social Services Ministers, who will make any announcements necessary before the end of 2010-11.

Work on Employment for Individuals with ASD

ASD Employment Ambassador

Employment On the 1st Dec 2010, the Deputy Minister for Social Services, Gwenda Thomas, announced the appointment of an Autism Employment Ambassador for Wales.

Robert Lloyd Griffiths, a Director of the Institute of Directors, Wales has taken up this part-time post for an 18 month period. His role will be to raise the profile of employing people with autism and to demonstrate how businesses in Wales can benefit from the talents, skills and knowledge that people with autism can bring to the workplace.

This new appointment is considered to be the first of its kind in the UK and possibly the world. It is also only one element in a number of innovative projects being taken forward by the Welsh Assembly Government to enable adults with Autistic Spectrum Disorder to fulfil their potential in today's society.

Careers Wales

The Welsh Assembly Government is currently working with Careers Wales to develop specific ASD training for Careers Wales staff during 2010 and 2011.

Job Centre Plus

The Welsh Assembly Government is fully engaged with Job Centre Plus and is progressing the awareness raising action arising from the Adults Task and Finish Group report during 2010-11

Further work of the Adults Task and Finish Group

The Welsh Assembly Government 'Adults Task and Finish Group' has reconvened to carry out further work on 5 key areas:

- Further and Higher Education
- The Mental Health needs of people on the Autism Spectrum
- The Criminal Justice System
- The impact of Department of Work and Pensions reforms to the benefits system
- Older People

A report arising from this work, including recommendations will be submitted to Ministers in 2011.

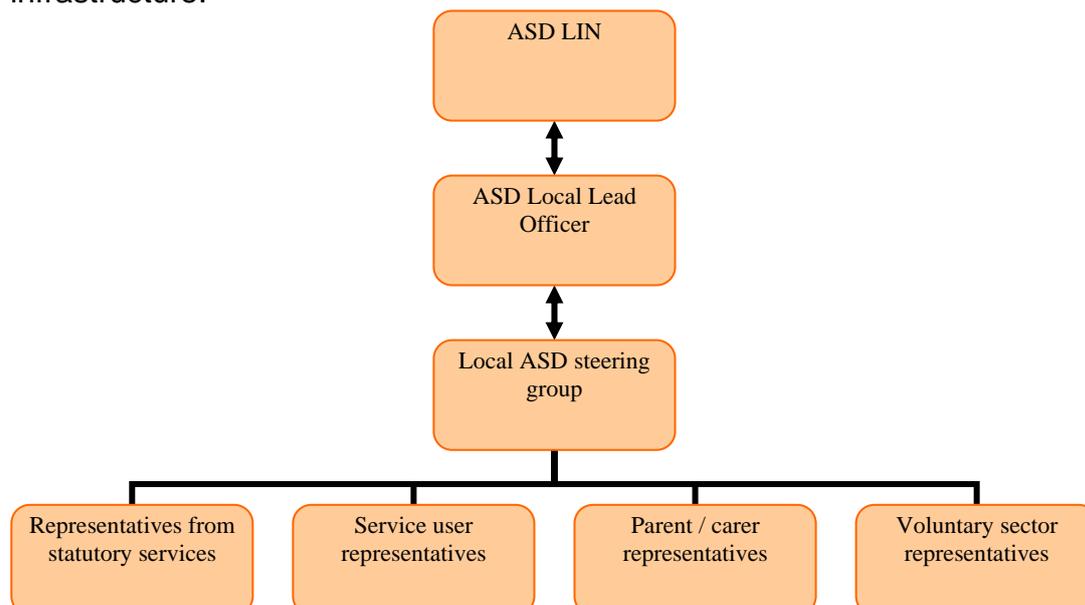
ASD Learning and Improvement Network

The Welsh Local Government Association has submitted a bid to the Welsh Assembly Government for an ASD Learning and Improvement Network. The network will ensure that learning, developments and good practice in the field of ASD are shared across Wales, and that the work that has been carried out by the Regional Support Team is built upon.

If successful, the learning and improvement network main functions will be to continue to support effective implementation of the ASD strategic action plan for Wales and improvement in services for children and adults with ASD in Wales by working collaboratively to:

- Address variability in service delivery by supporting consistency and continuous improvement
- Identify and work to address shared service pressures (shared problem solving)
- Share information and maximise learning about service development, innovation and evidence based practice
- Provide a link between the Wales Autism Research Centre and practice across Wales
- Tackle common agendas (e.g., the production of accessible information, awareness raising, staff training).
- Be a conduit for WAG to discuss and progress the implementation of the ASD strategic action plan for Wales between local, regional and national forums
- Monitor and share progress of the regionally funded projects
- Ensure effective involvement and consultation with allied networks

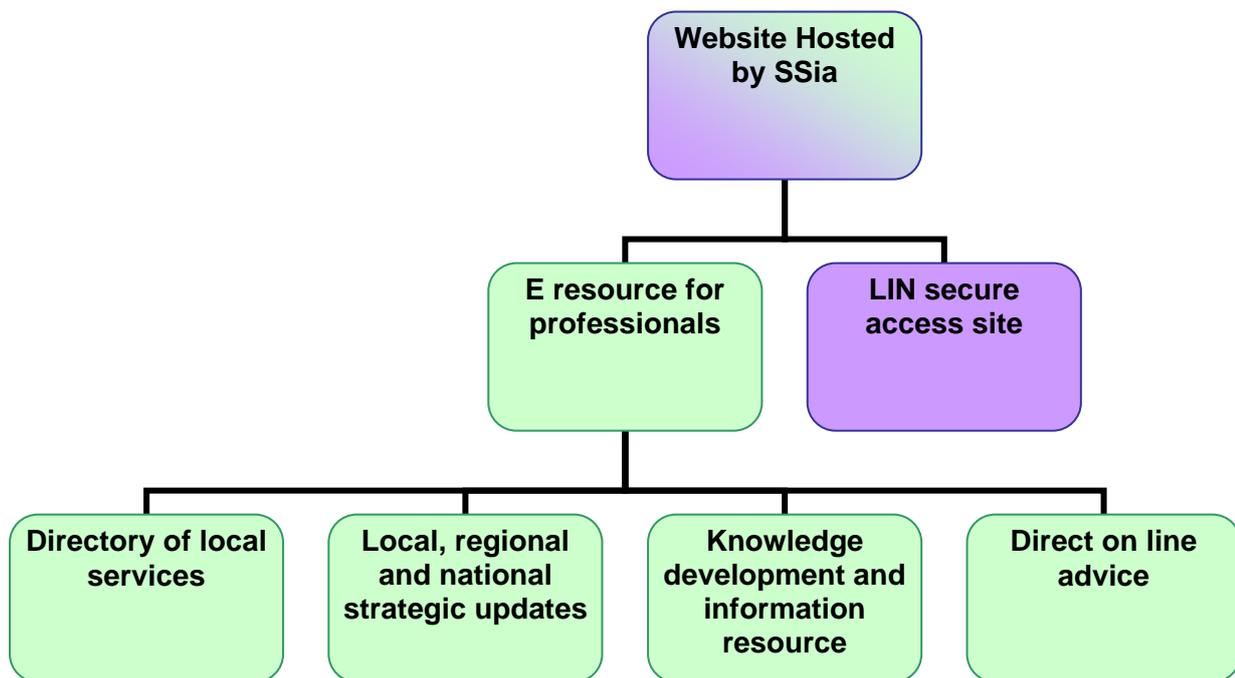
The Learning and Improvement Network will utilise the current ASD infrastructure:



The Development of an ASD e Resource

The Social Services Improvement Agency, based in the Welsh Local Government Association is currently developing an ASD e Resource for professionals.

This tool will support the work of the ASD learning and improvement network and also provide support for frontline professionals working with individuals with ASD. The resource will go live in 2011 and will provide support for frontline professionals in the following way:



The e resource will act as 'hub' for information on local, regional and national ASD services and developments in Wales and will provide links and signposting to other information and services.

Chapter 2

Research in Wales

Wales Autism Research Centre

The Wales Autism Research Centre (WARC) in Cardiff University commenced operation on 2nd April 2010 and was formally launched on 23rd September. The Centre Director is Professor Sue Leekam who is also the Chair in Autism. Sue and her team of researchers will be undertaking new and exciting research in the field of Autism. Whilst this project was initiated by Autism Cymru who formed a partnership with the research funding charity Autistica and with Cardiff University, the Welsh Assembly Government have been actively involved in funding this project which firmly places Wales on the world autism research map.

The centre's mission:

To create positive change for individuals and families affected with autism by

- advancing scientific research in areas of risk factors, early identification, diagnosis, cognitive development and intervention
- working in partnership with practitioners, charities and the Welsh Assembly Government to integrate scientific evidence with policy and practice

The centre's objectives

- to conduct internationally competitive scientific research projects
- to facilitate inter-disciplinary research and research networks
- to develop research and training that supports and influences practice and policy
- to improve public and professional awareness of research

Wales Autism Research Centre was initiated through a unique collaboration between Autism Cymru, Autistica, the School of Psychology, Cardiff University and the Welsh Assembly Government. Its establishment was supported by generous donations from the organisations above and from; Autism Initiatives, Baily Thomas Charitable Fund, Waterloo Foundation, Freemasons Grand Charity, Jane Hodge Foundation, and Research Autism.

Staff at the centre research risk factors, identification, diagnosis, cognitive development and intervention. The centre is based in the School of Psychology, they engage in multidisciplinary research collaboration across the following areas; developmental psychology, vision sciences, cognitive psychology, neurobiology, brain imaging, genetics, psychiatry and psychophysiology. Their research also includes a practitioner-focus. They study and use research evidence in services for autism, and contribute to awareness-raising. A unique goal, made possible by the Government ASD Strategy in Wales, is to integrate scientific research findings with policy.

Some of the centre's work:

Diagnosis of ASD

The researchers at the centre have undertaken a project commissioned by the Welsh Assembly Government to evaluate the systems and methods in place for diagnosing ASD in children in Wales. The project involved gaining information from clinicians (via a focus group and questionnaires) in order to gain an understanding of the scope and nature of diagnostic services in Wales, in a way that will inform policy development in this area. The research also aims to expand knowledge of the way in which diagnostic tools such as the Autism Diagnostic Observation Schedule (ADOS) and Autism Diagnostic Interview (ADI) are used in clinical practice.

A second research project investigating diagnosis at the WARC focuses on the Diagnostic Interview for Social and Communication Disorders (DISCO). This work is part of collaboration between Cardiff University and the National Autistic Society. Analysis of an existing database will aim to answer questions that require the distinctive 'spectrum' approach uniquely offered by the DISCO and identify ways in which the DISCO may be further developed to optimise research use.

Neuroimaging Studies in ASD

Members of the WARC are using different brain imaging techniques to explore differences in brain activity and structure in people who have an ASD. One project uses magneto encephalography (MEG), spectroscopy (MRS) and diffusion (D-MRI) data to investigate differences in the processing of brain activity during sensory stimulation. Furthermore, a project is currently being developed to use D-MRI to investigate structural connectivity in the brain. All imaging is carried out at the Cardiff University Brain Research Imaging Centre (CUBRIC).

Visual Attention in ASD

The centre has been undertaking research on visual attention, in other words, where people with ASD look and why. The projects have involved the use of eye-tracking methodology to record participants' eye movements while they are viewing pictures or videos on a computer. Thus far research has concentrated on the ability to use social cues and to learn parts of the pictures that repeat. More recently, there is also some work investigating how attention in people with ASD may be different to that of other people with developmental disorders, such as Williams Syndrome.

Social and Cognitive Difficulties in ASD

The difficulties that people with ASD experience in social communication and interaction have been associated with difficulties in understanding thoughts and behaviour of other people, often known as Theory of Mind (ToM). One current project in WARC is investigating whether children with an ASD have a domain-specific impairment in understanding *mental* representations (ToM) or whether they may have a more general cognitive difficulty in understanding both mental and non-mental representations.

Interventions in ASD

Clinical and educational interventions form an essential part of the designated social care pathway of every individual with an autism spectrum disorder, but there is a need for more effective evidence-based therapeutic interventions. The centre is working on a project to evaluate how effective individual interventions can be, so that this information is available for practitioners. In particular, the project will focus on the symptom domain that creates severe difficulties for families; the domain of restricted, repetitive behaviours.

Connected to this project is a study that will investigate triggers and functions of repetitive behaviour and how these behaviours change over time. This research will form part of a wider research programme of national and international research collaboration on repetitive behaviours and anxiety including researchers at Cardiff University, Newcastle University and Durham University in the UK, and Melbourne University in Australia.

To find out more about the work of the centre visit:
<http://www.cardiff.ac.uk/psych/home2/warc/>

Developing an ASD Register

In a jointly funded project with the Betsi Cadwaladr University Health Board, a project is to be carried out across North Wales looking into the possibility of developing a database/register for ASD. This work is being undertaken by researchers from Bangor University and the Welsh Autism Research Centre in Cardiff University, and is jointly funded by the Welsh Assembly Government and Betsi Cadwaladr University Health Board. The results will be fed back within eighteen months.

Older Persons Research

The world currently knows very little about what happens to people with autism when they approach and then reach pensionable age. So the Welsh Assembly Government approached Glamorgan and Bangor Universities to look into the needs of older people with autism. This research has now been completed and a series of recommendations made. The Welsh Assembly Government have now asked Professor Sue Leekam, Chair in Autism, to work with key people to make proposals for the future to Ministers.

Chapter 3

Regional Actions

ASD Regional Forums

South East Wales, Mid and West Wales and North Wales Regional Leads ASD forums have been developed and supported by the ASD Regional Support Team. These forums support the sharing of practice and developments at a regional level. The forums have also been a key arena for developing and implementing regionally funded ASD projects.

Examples of Collaborative Working

There are many examples of collaborative working across each region. Some examples of this forward thinking way of working include:

- The initiation of a Pan Gwent steering group, which informs direction of work across all services in the Pan Gwent area.
- Ynys Môn and Gwynedd Local Authorities pooling their grant funding monies to ensure maximum benefits.
- Powys led a project delivering training in the ADOS and 3Di methods of assessment and diagnosis to thirty eight professionals from the seven counties in Mid and West Wales.

Regional Projects

From April 2010, twenty two new autism projects with a broad range of development and improvement are to be delivered at local and regional levels and have received funding from the Welsh Assembly Government.

Many of these projects are new and exciting and will help to create better services and understanding for individuals with ASD.

All of these projects are underway or have been completed and include:

- ASD Emergency Services Card Scheme: SE Wales
- ASD Outcome Focussed Workshops: SE Wales
- Awareness Raising Targeted at Leisure Providers: SE Wales
- Post Diagnostic Support Package: SE Wales
- Parent / Carer Programme Training: SE Wales
- Developing Support for Children with Sensory Needs: Mid & West Wales

- Creating a Social Networking Site for Parents / Carers: Mid & West Wales
- Developing a Social Networking Site for Young People with ASD: Mid & West Wales
- Developing Access to Sport, Recreation and Leisure Provision: Mid & West Wales
- Development of an ASD Shared Care Provision: Mid & West Wales
- Social Use of Language Programme: Mid & West Wales
- Tier 3 Education Project: Mid & West Wales
- ADOS and 3Di Training: Mid & West Wales
- Developing Autism Friendly Secondary Schools: North Wales
- Mental Health Needs of Adults with Asperger Syndrome -Follow Up Study of a Cohort With ASD: North Wales
- TEACCH Training: North Wales
- ADOS/ADI-R Training for Clinicians: North Wales
- 'Socialeyes' Facilitator Training: North Wales
- ELKAN ASD Training: North Wales
- Smiles Project: North Wales

Summaries of these regionally funded projects are included in the practice examples section at the end of this document.

Implementation at a Local Level

Each Local Authority area (LA) in Wales has an ASD action plan. These plans set out the way in which services for Autism will be developed or delivered locally. Many people have been involved in developing the action plans, including individuals with ASD, parents and carers, the local ASD lead and a wide range of other professionals.

The ASD Regional Support Team has helped to support the development and the implementation of the ASD action plans. Each plan is different but they have a variety of actions that will benefit individuals with ASD. There are many common themes that are in many but not all of the action plans across Wales. The Regional Support Team has selected many of these themes and asked local ASD lead officers to self-report on local progress relating to these. We hope that this information will provide a foundation on which to share practice and work collaboratively in the future.

A summary of themes is outlined below. It is important to note that local areas also have many unique actions in their local action plans that are not outlined here.

On the following pages, commonalities in infrastructure developments and local ASD action plan themes are summarised.

Creating a Local Infrastructure to Support ASD Developments

There is now a strong infrastructure that supports the development of ASD services across Wales.

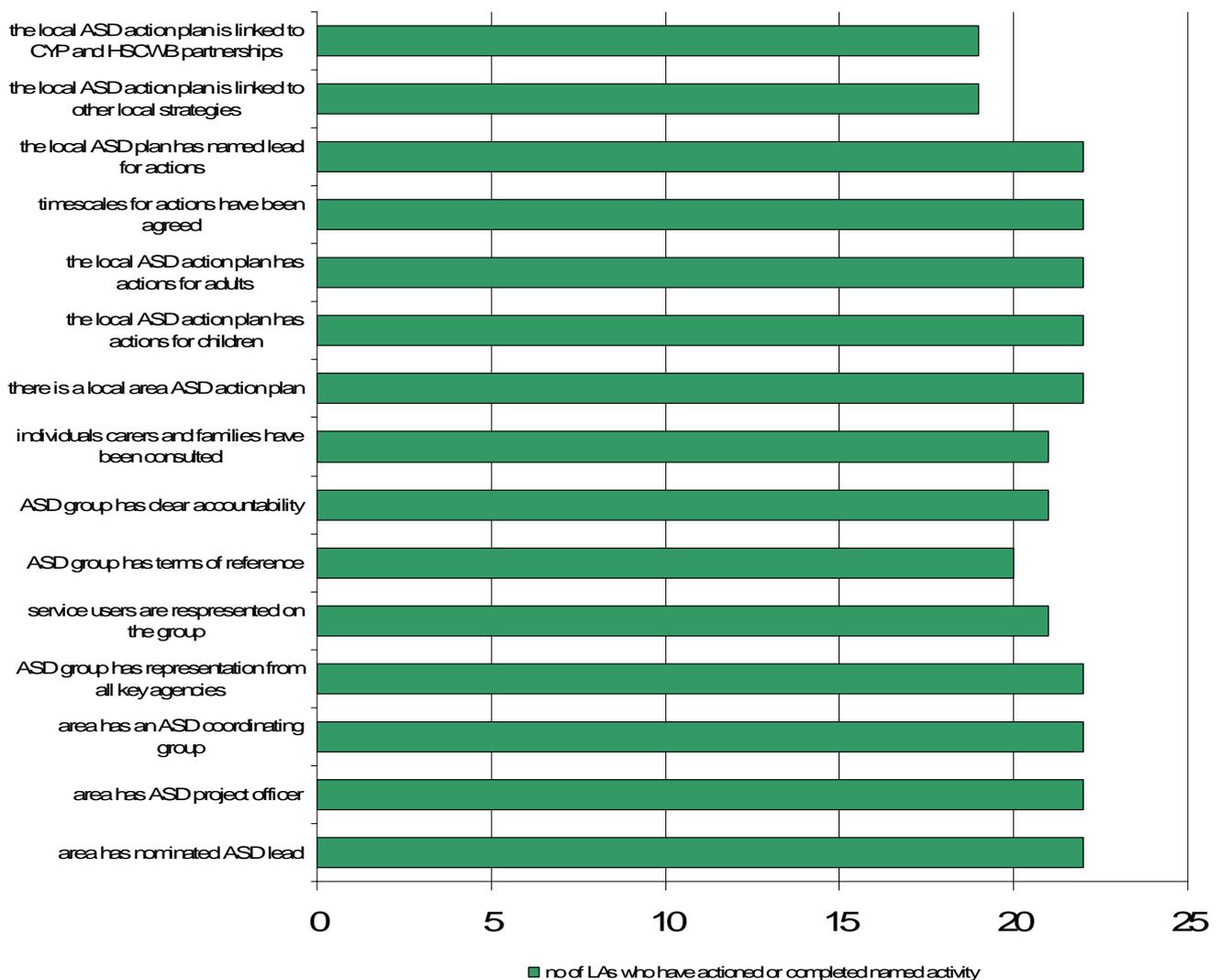
Each Local Authority area has a named ASD lead, an ASD local action plan and an ASD coordinating group to oversee the development and delivery of the plan.

All local areas have sought the opinion of individuals with ASD. In some areas there are service user representatives in the ASD coordinating group, in other areas there are separate groups of service user representatives who feed into the coordinating group. Many areas have held local events in order to consult with the wider population of individuals with ASD, their families and carers.

We also see that each local area ASD action plan has actions for children and adults, timescales and leads for the actions.

A summary of common themes relating to this infrastructure is outlined below:

Local Infrastructure

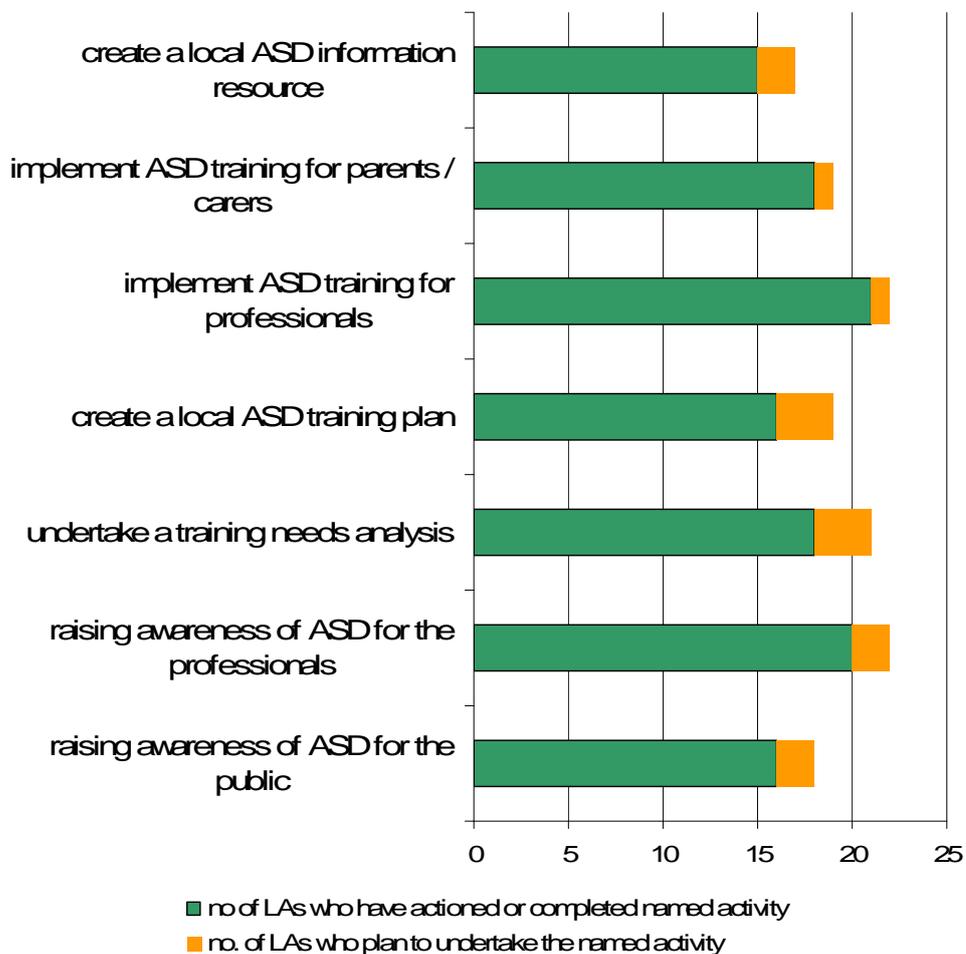


Training and Awareness Raising

Many Local Authorities have prioritised ASD training and awareness raising as actions in their local ASD action plan.

Stakeholders from many backgrounds regard raising awareness of ASD as the first step in developing services and increasing access to already existing services for individuals with ASD.

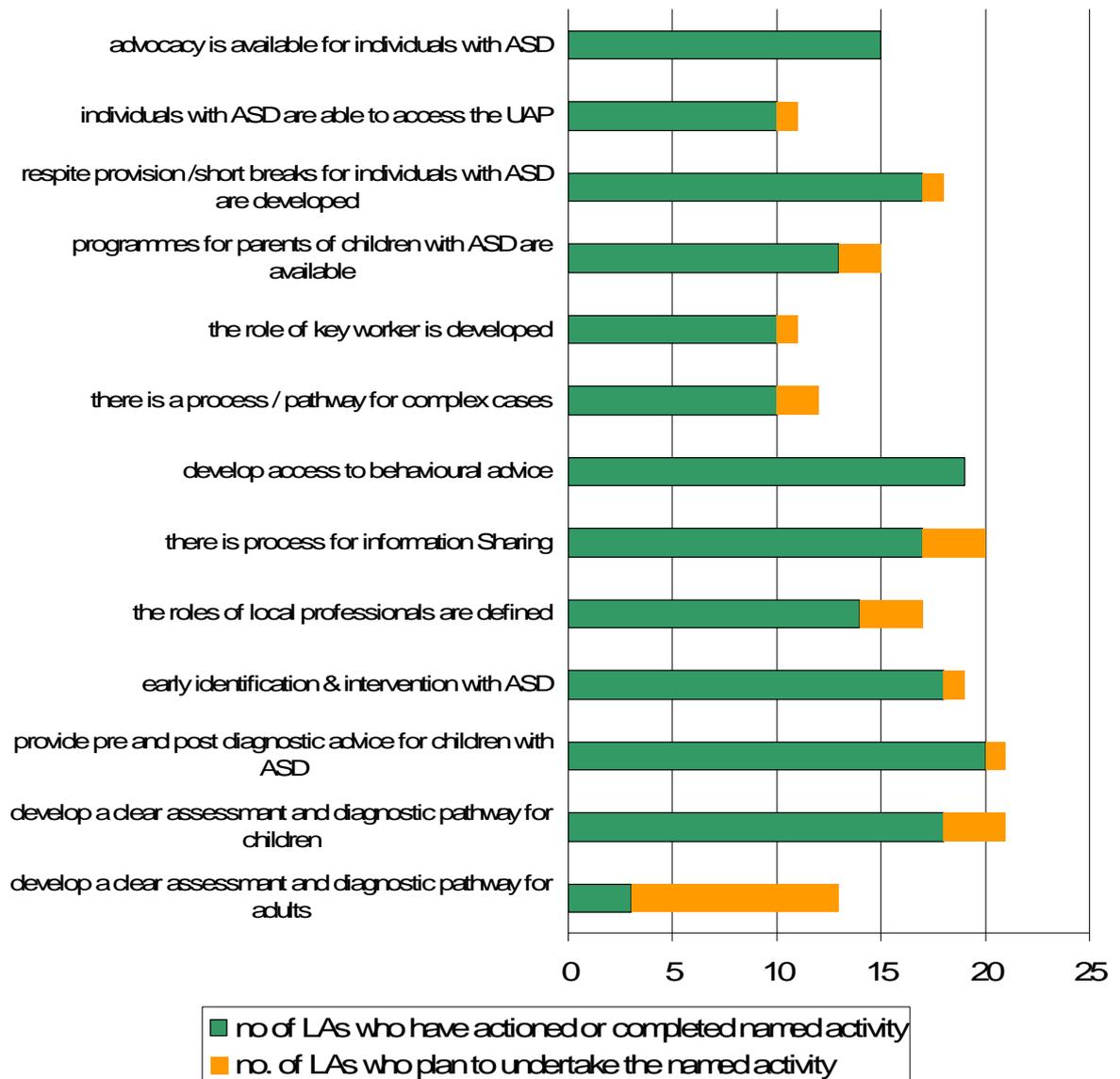
The training and awareness raising that has been implemented varies from area to area, but examples can be found in chapter 5 of this compendium.



Assessment, Diagnosis and Post Diagnostic Support Systems

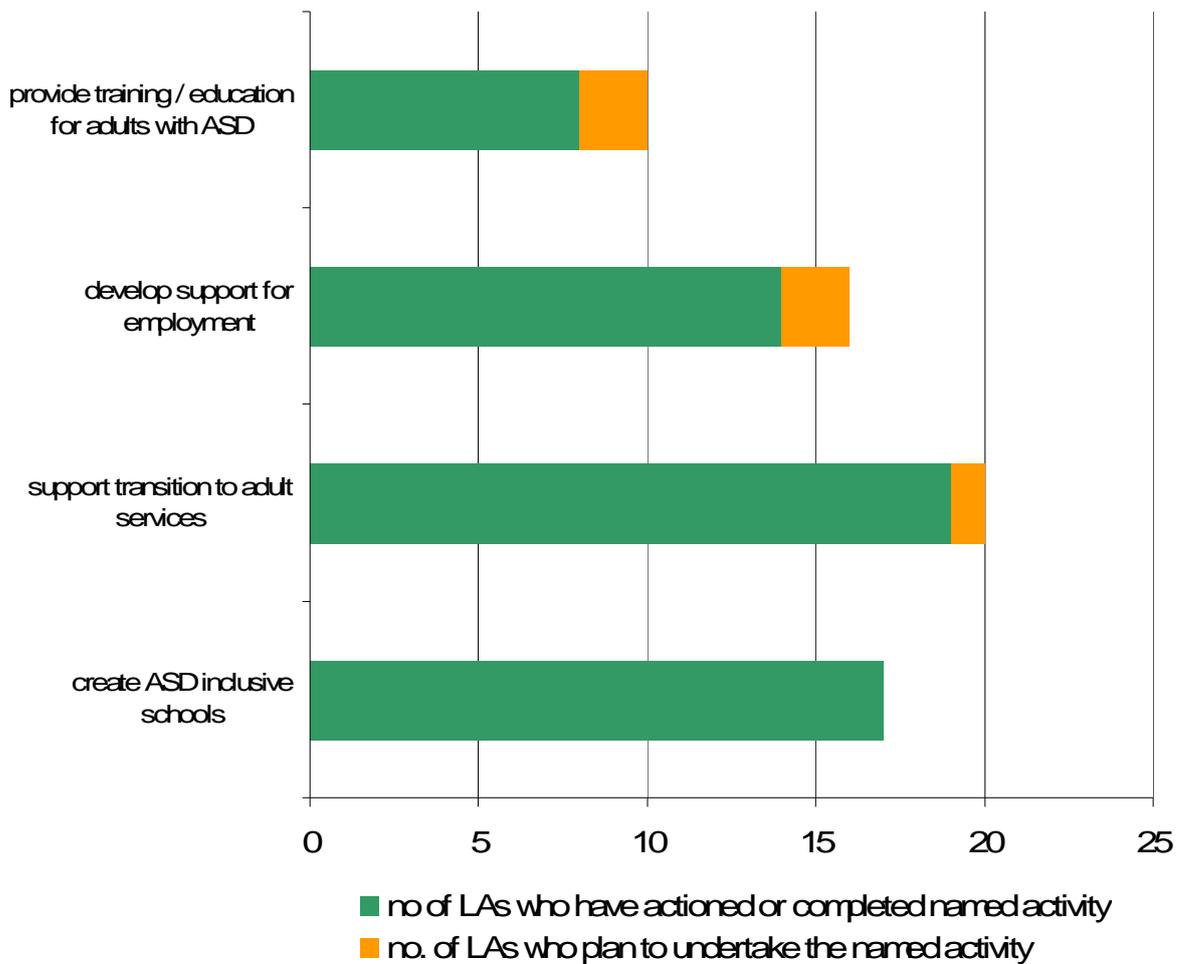
There are many actions in local ASD action plans that relate to assessment pathways, care pathways, post diagnostics support and interventions.

It is extremely positive to see how many local areas tell us they are working on these themes. Again, more detailed examples can be found later in this compendium.



Education and Employment

Many local areas are working to develop services that relate to education and employment. This is also an area that has been identified for future work across Wales.



Examples of Practice and Development

In this section examples of practice are identified. For the reader's ease we have separated the examples into the following areas:

- Infrastructure
- Training and Awareness Raising
- Assessment and Diagnosis
- Interventions and Training for individuals with ASD, Parents and Carers
- Support Systems
- Leisure
- Miscellaneous
- Further Research in Wales

Chapter 4

Infrastructure

A summary of common themes relating to this infrastructure is outlined below:

CONNECTIONS WEBSITE			
Host	ASD Regional Support Team	Areas Covered	All Wales
Description			
<p>Connections is a dedicated web site initially developed by the ASD Regional Support Team to support the ASD leads in Wales. As part of the SSIA web site, Connections has a public area and a secure area for ASD leads were leads will find up to date information to support the implementation of local action planning.</p> <p>The site contains national and regional information and resources as well as an area dedicated to practice development. There is also a discussion forum for local leads to support each other, share and gain knowledge and ideas.</p>			
goal/outcome	To share information and practice across Wales		

Cross Party Autism Group of the National Assembly for Wales (CPAG)			
Host	CPAG	Areas Covered	National
Description			
<p>The group is one of the best supported and influential groups in the Assembly. It is member-led, and the issues that are discussed in the group and raised with the Assembly are those issues which people connected with the group say are most important to them.</p> <p>The group's activities have included the publication of a research report into the provision of specialist autism education in Wales, which then prompted an inquiry by the Enterprise and Learning Committee of the National Assembly for Wales. The committee subsequently made several recommendations to the Welsh Assembly Government on actions that could be taken to improve the delivery and experience of education for young people with autism in Wales. The Cross Party Autism Group continues to campaign on this and a range of other issues.</p> <p>The Cross Party Autism Group meets at least four times a year in the National Assembly for Wales, and its annual meeting in North Wales makes it the only Cross Party Group to take its meetings outside of Cardiff.</p>			
goal/outcome	The Cross Party Autism Group was set up in May 2003 to		

	be a forum to raise awareness and promote the interests of people with autistic spectrum disorders, their families and carers in the National Assembly for Wales and the Welsh Assembly Government.
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Betsi Cadwaladr University Health Board (BCUHB) - Adults with ASD Project Group			
Host	BCUHB	Areas Covered	North Wales
Description			
<p>Following a commitment made by Mrs Mary Burrows to the Cross Party ASD Group last year, the Betsi Cadwaladr University Health Board (BCUHB) has established a North Wales Adult Autistic Spectrum Disorders (ASD) Project Group, chaired by Dr Roger Banks, Consultant in the Psychiatry of Learning Disability.</p> <p>The purpose of the Adult ASD Project Group is to clarify and agree the particular issues relating to Health Services in the context of ASD, oversee the development of responses to those issues and, by engaging directly with regional and national colleagues, facilitate delivery of the WAG ASD Action plan.</p> <p>The group has 4 work streams:</p> <p>Work stream 1: Adult ASD Assessment/Diagnosis Service, with reference to the multi-faceted nature of presentations.</p> <p>Work stream 2: An ASD Training and Awareness Strategy.</p> <p>Work stream 3: Development of a database of people with a diagnosis of ASD, which will build on the information held in the developing child database.</p> <p>Work stream 4: Service/interventions for adults. The aim of the work stream is to develop a model for the delivery of health interventions for adults with a diagnosis of ASD offering effective access in a timely manner to appropriate treatment and support services.</p> <p>Clearly there is a significant amount of overlap between some of these streams, but the key deliverables will be;</p> <ul style="list-style-type: none"> • To develop and implement an agreed BCUHB strategy for adult diagnosis and support around that diagnosis • To develop a training strategy ensuring that Health practitioners have a level of awareness of ASD or competence to deliver assessment/diagnosis or support as required by their work. • To develop a database of users and thereby better understand the needs of the population and plan accordingly. • To develop a service model whereby service users have support and 			

or guidance pertinent to assessed need.

Ultimately, successful achievement of these aims will only happen in partnership with existing stakeholders and partner organisations and will therefore include the scoping of existing services and a shared understanding of existing access criteria for adults to the full range of current services and networks.

Directory of Services			
Host	Rhondda Cynon Taff	Areas Covered	Rhondda Cynon Taff
Description			
<p>People with autism and their families are not always aware of all of the services and support available for them locally or nationally. In response to this need, which was identified by the Rhondda Cynon Taf local autism plan, the local authority has developed and published a Directory of Services. The Directory of Services recognises that good quality, comprehensive post-diagnostic information and support is essential for people with autism and their families.</p> <p>The Directory includes contact details and information about local and national autism-specific support, as well as information on support and services which is applicable to people with disabilities more generally.</p> <p>There are also signposting to sources of information and support available in early years, social care, education, the Local Health Board, employment support and benefits, leisure services, and holidays and family days out.</p> <p>A copy of the Directory is also given to people with autism at the point of diagnosis, when people with autism and their families are most in need of reliable information and support.</p>			
goal/outcome	To provide people with autism and their families with information regarding the services and support available for them locally and nationally.		

ASD Service Directory			
Host	Wrexham	Areas Covered	Wrexham
Description			
Wrexham County Borough Council welcome the Strategic Action Plan and has recently developed the <i>Wrexham Strategic Framework for Autistic</i>			

Spectrum Disorders (ASDs) which aims to meet the needs of children, young people and adults with ASD and their families by bringing together professionals from Health, Education, Housing, Youth Justice, Social Care and the Voluntary Sector, in conjunction with Autism Cymru and the National Autistic Society.

Research was undertaken by the Autism Working Party Task and Finish group between March 2007 and July 2008, in collaboration with parents and professionals with experience and knowledge of ASD. Throughout discussions of the Autism Working Party, it was clear that the needs of the children with ASD are inextricably linked with the broader needs of the family and there is a need for greater co-ordination of resources to ensure an easier way for parents to gain access to the type and level of support which they need.

One of the key issues raised was that information is not readily available to parents and that training is very important for all working with children, young people and adults with an ASD, in particular support workers. Parents reported how they had experienced a lack of understanding and knowledge of ASD generally and strongly felt that awareness raising was needed within the wider community and services that individuals come into contact with regularly. These findings echo national studies, which also suggest that the lives of children and adults with ASD may only improve if society has a better understanding of their condition. Raising awareness and understanding of ASD is one of the key elements in ensuring that each individual's needs are fully identified and assessed.

goal/outcome	<p>We aimed to further develop the good practice in the field of Autism that already exists in Wrexham across and between agencies and to pull together local expertise and knowledge in developing a joined up seamless and coordinated approach to service delivery for children and young people with an ASD.</p> <p>Therefore as part of the Strategic Framework a three year action plan has been devised, drawing upon national and local best practice and setting out the prioritised actions for multi-agency service development and improvement in Wrexham.</p>
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ASD Project Manager			
Host	Vale of Glamorgan	Areas Covered	Vale of Glamorgan
project Description			
<p>An ASD project manager has been employed to further develop the local ASD action plan and to implement the plan locally. A large part of the project manager's role has been to increase awareness of ASD across teams and services in the area. The project manager has successfully raised the profile of ASD within the following services / areas:</p>			

Learning Disability Team
 LD Transition Team
 Mental Health Team
 Health team (as part of LD)
 Children and Young Peoples Partnership
 Disability Equality
 Corporate Training team
 Family Support Team
 Vale School Governors management board
 Local Assembly member and MP
 Local Councillors
 Youth group coordinators
 Community Focused Schools Manager
 Outdoor Education Adviser and Duke of Edinburgh Award Officer
 Older People Strategy Coordinator
 Vale Centre of Voluntary Services
 Barry Further Education College
 Crossroads
 Children with Disability Steering Group
 Face2Face
 Cardiff Interagency Transition Group
 Student Volunteering Cardiff University
 Mobility and Inclusion Manager First Great Western
 Vale older persons transport Group

Needs and Gap Analysis			
Host	Wrexham	Areas Covered	Wrexham
Description			
<p>Local research informed us that there is a need for greater co-ordination of resources in Wrexham and a needs analysis was undertaken in January 2010 as a result.</p> <p>The needs analysis was undertaken to establish the current provision in Wrexham to support children, young people and adults with Autistic Spectrum Disorder (ASD) and the main gaps in service provision. A part of this analysis was an audit of the communication links between organisations and parents. The findings from the audit have been collated into the following areas: current methods of communication used by organisations, suggestions from organisations on how they could improve communication links, partnership working with other agencies and the extent of knowledge amongst organisations of the other services in Wrexham that support children, young people and adults with ASD and their families.</p> <p>The main form of communication with parents is by telephone, email, help-lines and website, followed by face to face appointments, family visits, meetings, reviews and parents' evenings. Informal regular contact and surveys and evaluations followed as the next most common methods of communication. The least common forms of communication are outreach,</p>			

drop ins and via training.

goal/ outcome	The needs and gap analysis will enable us to identify the services in Wrexham that support children, young people and adults with ASD and their families and will also enable us to determine the short falls in current levels of service provision and to recommend how gaps might be met.
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ASD Database			
Host	Merthyr Tydfil	Areas Covered	Merthyr Tydfil
Description			
<p>An ASD database has been developed over the past two years. Arrangements have been made with the Autistic Spectrum Diagnostic Panel so that each young person who is diagnosed with ASD in the area is added to the register. This has meant that the register is kept up to date on an ongoing basis.</p> <p>It has been established that there is also a category for ASD on the SWIFT performance management system used by the local authority, this enables ASD to be recorded as a primary or secondary diagnosis.</p>			

An Overview of Services to Adults with Autism Spectrum Disorder, with Proposals for Development under the All Wales Strategic Action Plan.			
Host	Bridgend	Areas Covered	Bridgend
project Description			
<p>In adults services this piece of research has been completed to assess the current level of service provision and identify gaps. The resulting report looks at prevalence of ASD in Bridgend, perspectives of different teams and providers, and existing services and resources. The report goes on to outline a comprehensive list of issues that need to be addressed and makes some recommendations as to how this might be done. The work draws upon, and is linked to the WAG ASD Strategic Action Plan, the WAG Adults Task and Finish Group Report into the experiences of adults with ASD and other current research.</p>			
goal/outcome	The research is being used to inform service planning and developments in relation to training, awareness raising and a review of a specialist day service.		

ASD Joint Training Strategy			
Host	Flintshire/Wrexham	Areas Covered	Flintshire/Wrexham
Description			
Undertake an audit of ASD training to establish whether individual agency			

programmes are meeting practitioner needs and whether or not gaps exist that require future action. Using the findings of this ASD training audit, design a multi-disciplinary Training and Awareness Raising Strategy for practitioners working with people with ASD and to disseminate key messages to specific local audiences regarding ASD.

goal/ outcome	<p>a) A cohesive multi-agency training programme, which meets identified need.</p> <p>b) Local communities and other key stakeholders will have attained a greater awareness of ASD.</p>
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Parent Satisfactory Survey

project Host	Wrexham	Areas Covered	Wrexham
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Project Description

As part of the Wrexham Strategic Framework and three year action plan, we were keen to gain more information from consulting with parents/carers on the services currently available in Wrexham and the future services that are required. A parent/carer questionnaire was devised and used at the ASD Awareness Raising Event on October 1st 2009 to consult with local parents who have children with ASD in order to find out about their satisfaction with current services and their views for future developments. The questionnaire was also used with parents/carers via parent groups in Wrexham and took place during December 2009 -February 2010.

This report provide an overview of the key findings and responses that were received via the questionnaires and will be used by the ASD Task and Finish Group to inform future developments in terms of ASD provision in Wrexham.

goal/ outcome	<p>All of the information gathered from the questionnaires during the survey period was collated into a spreadsheet and split into the key questions. Data was then analysed and key themes and comments identified within the qualitative data and pie charts created to display the quantitative information.</p> <p>Analysis of responses uncovered the main themes which the ASD Task and Finish Group will use to inform any future developments.</p>
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Mapping the Number of People with a Diagnosis of ASD

Host	Bridgend	Areas Covered	Bridgend
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project Description

A portion of the WAG ASD grant funding was used to appoint a person to work on updating the disability register to include all those with a diagnosis of ASD. Data for children up to the age nineteen is now robust and the post holder is working proactively with other teams and organizations to map adults with ASD and the services they use. One of the results of this is a very neat visual map. The person has worked with IT to develop this and they can now extract various data from their records. For example, it is possible to see that the spread of ASD across the area is inline with population statistics;

there are no unexpected clusters. It is also possible to extract practical information, such as the number of miles people have to travel to access support services.

goal/outcome	Reliable, current robust mapping data which can be used to inform service planning and development.
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Development of an ASD Handbook			
Host	Swansea	Areas Covered	Swansea
project Description			
<p>The ASD handbook contains all details of the Swansea ASD action plan, including terms of reference and membership, agendas and minutes of the stakeholder and steering groups and information about stakeholder involvement. This is available in hard copy and online with the aim of openness, transparency and clarity about the ASD action planning process. A useful means of empowering professionals, parents and carers, people with ASD and other interested parties, giving them easy access to information at a national and local level in relation to ASD.</p>			
goal/outcome	To provide a 'one-stop-shop' for everyone involved in and connected with the ASD action planning process in Swansea.		

Consultation – Adults with ASD			
Host	Pembrokeshire	Areas Covered	Pembrokeshire
Description			
<p>This consultation process helped us find out what we should be doing to improve provision for adults with Autism in Pembrokeshire. There was a need to establish where there are particular gaps in current services and the consequences that need to be addressed in the future (Action point 18 of Pembrokeshire's Autism Strategy).</p> <p>The consultation focussed on 5 themes:</p> <ol style="list-style-type: none"> 1. Social inclusion 2. Health 3. Choice and control 4. Awareness raising and training 5. Access to training and employment. <p>We chose these themes because they cover the main concerns that adults with Autism have told us about.</p> <p>In autumn 2009 a questionnaire was presented to the stakeholder group to determine whether the questions chosen for local consultation were appropriate and whether others were needed. The main questionnaire was then piloted with professionals working with adults with ASD and service providers (Phase 1).</p> <p>In Spring 2010 individual interviews were conducted with adults with ASD and two consultation events were held for adults with ASD, their families and care providers. This event focused on the main concerns raised during the</p>			

initial phases (Phase 2).

Following the consultation a detailed report was compiled with a summary of issues identified and recommendations for ASD action planning and future developments in Pembrokeshire.

goal/outcome	To examine services for adults with ASD in order to drive forward future actions.
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A Scoping Study on Services for children and young people with Autism and Asperger Syndrome in Gwynedd.

Host	Gwynedd	Areas Covered	Gwynedd
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Description

This study is an update to the scoping study commissioned in 2007 by the Gwynedd and Anglesey Autism and Asperger Support Group (GAAASG) who wanted to know about current and planned provision for children and young people with autism or Asperger syndrome and their families, in Gwynedd and Anglesey. The update was commissioned by Gwynedd and has not specifically updated information relating to Anglesey. The major themes and specific issues raised by Gwynedd and Anglesey Asperger Support Group have been retained and some limited information about adults with an autism spectrum disorder (ASD) has been added. The picture the study presents is a snapshot rather than a systematic review. However, it reflects much of current practice and contributes towards Gwynedd's evidence base to help implement the recent Autism Strategy on behalf of those families in Gwynedd who have a family member with an autism spectrum disorder (ASD).

goal/outcome	To inform and assist with the development of the ASD Action Plan for Gwynedd.
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ASD Consultation Day

Host	Swansea	Areas Covered	Swansea
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Description

A cross agency working party arranged a consultation day in 2010. This was attended by 42 parents of people with ASD, 32 children, young people and adults with ASD and 21 siblings. 10 different organisations attended to give information and advice. Varied activities were provided, with group workshops and questionnaires designed to help parents, families and people with ASD have their say about the action planning process, the support systems they use, gaps in services and what can be developed to make things better. Information and feedback from the consultation day was fed back to the ASD steering group in order to inform the action planning process.

goal/outcome	To enable children, young people and adults with autism, parents, carers and family members to actively participate in the ASD action planning process in Swansea.
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ASD Service Directory			
Host	Flintshire	Areas Covered	Flintshire
Description			
The production of a Directory of local services to enable those affected by ASD to have access to key information and advice. This is due to be completed in February 2011 and will be accessible via a booklet and website. This will be updated regularly.			
goal/outcome	Information and advice regarding ASD services is readily available to those who need it.		

Stakeholder Engagement			
Host	Monmouthshire	Areas Covered	Monmouthshire
Description			
<p>Council officers have been eager to work with existing autism networks and early on identified three local parent and carer support groups who are able to help inform the Monmouthshire local autism action plan. After hearing people's concerns and expectations, and gathering examples of what was also working well in the area, the Council prepared the first draft of the action plan and circulated it to those individuals who had participated.</p> <p>Alongside this engagement with local parent and carer groups, the staff also arranged a planning day to further gauge people's opinions. This allowed people affected by autism who are unable to access support groups to input into the consultation as well.</p> <p>An Autism Information Day was also held in the County, and heard from key note speakers such as the local ASD lead, leisure representatives, and the staff from the local autism 'Virtual team' - a group of professionals from different Social Services departments which works with people with autism in the area. This event also promoted transparency, giving people an opportunity to better understand the authority's aims, and to meet many of the key staff.</p> <p>People affected by autism have played a central role in making key decisions, including procurement and appointments. For example, a parent of someone with autism was a member of a panel which selected a company from a group of tenders to deliver autism training to professionals including individuals, their parents and carers in the area.</p>			
goal/outcome	To place people affected by autism, including individuals, their parents and carers at the centre of autism development and decision making.		

Development of Gwynedd & Anglesey Asperger/Autism Support Group Website			
Host	Gwynedd & Ynys Môn	Areas Covered	All Wales

Description	
The Gwynedd & Anglesey Asperger/Autism Support Group was established in May 2002 by parents of children diagnosed as having Asperger Syndrome and Autism; such disorders will sometimes be referred to as Autistic Spectrum Disorders (ASD). Set up to provide parents and carers with a forum to discuss issues of concern within a confidential setting and to provide mutual support.	
goal/outcome	To provide support and information to parents, cares and people with ASD.

Multi-Disciplinary ASD Assessment Team			
Host	Flintshire	Areas Covered	Flintshire
Description			
The establishment of a multi-disciplinary ASD Assessment Team. The Team is split into two age-groups : Early Years (up to age 5) and School-Age and consists of a Clinical Psychologist, ASD Practitioners (Learning Disability Nurse trained), Speech & Language Therapists, Consultant Psychiatrist, Educational Psychologists and LD Nurses.			
goal/outcome	To use multi-disciplinary ASD assessments, in order to reach clear diagnoses for children and young people.		

Chapter 5

Training and Raising Awareness

Many Local Authorities have prioritised ASD training and awareness as actions in their local ASD action plan. Stakeholders from many backgrounds see raising awareness of ASD as the first step in developing services and increasing access to already existing services for individuals with ASD.

The training and awareness raising that has been implemented varies from area to area, but examples may be found in this compendium.

Wales' 4th International Autism Conference			
Host	Autism Cymru	Areas Covered	National
Description			
The International Conference, now in its 4th run has consistently proven to be a valuable learning and networking opportunity to all that attend. It will once again bring together internationally renowned researchers, practitioners and individuals with autistic spectrum disorders to share their insights and experiences in order to improve understanding and practice.			
goal/outcome	The 2011 conference theme will be IMPACT, looking at what the Impact has been of the Awareness Raising, Training, Government Strategies, Research and Partnerships.		

Engagement with General Practitioners			
Host	Rhondda Cynon Taff	Areas Covered	Rhondda Cynon Taff
Description			
<p>General Practitioners (GPs) are often in contact with people with autism and their families. However, local feedback in Rhondda Cynon Taff (RCT) indicated that their awareness of the condition can sometimes be limited and whilst they were keen to know more it can be difficult for GPs to attend formal training sessions.</p> <p>These Continuing Professional Development (CPD) events are held on a quarterly basis and are an ideal opportunity to reach a large number of GPs in the local area. A basic awareness raising training session was provided by the local Consultant Paediatrician (with a special interest in ASD) which was well-received by those in attendance and also gave the opportunity for questions to be raised and answered.</p> <p>It was agreed that this was a useful method of providing training and that additional training sessions should be given in this way to further build on the information already provided and plans are currently being put in place to</p>			

arrange this.

goal/outcome	To raise awareness about Autism and Asperger Syndrome amongst GPs across RCT arrangements were made for awareness training to be provided as part of the GP CPD Programme.
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Training Strategy			
Host	Monmouthshire	Areas Covered	Monmouthshire
Description			
<p>A three-tier training package has been delivered to staff and provides different levels of training given depending on requirements.</p> <p>On the basic level, staff are given an introduction to autism, as well as suggestions on how they can improve working practices; The second tier of training helps develop skills in specific autism interventions; and the third level gives training on providing assessments and diagnoses, and looks at associated conditions and difficulties.</p> <p>In addition eighteen staff from the Social Services department is studying an Open University course on Understanding the Autism Spectrum, with the aim of further improving the knowledge and skills.</p>			
goal/outcome	Monmouthshire has identified professional knowledge and understanding of autism as central to improving its delivery of services and support, and has introduced a comprehensive training package for many of its staff.		

Autism Training			
Host	Powys	Areas Covered	Powys
Description			
<p>Funding attached to the ASD Strategic Action Plan has enabled Powys local authority to ensure the co-ordination and delivery of training for professionals, parent/carers and individuals with autism.</p> <p>During 2010, assessment and diagnostic training was organised by Powys for the Mid & West Wales region and was delivered to 40 professionals from a variety of disciplines.</p> <p>A variety of autistic spectrum disorder training has been offered in conjunction with Powys County Council, Powys Teaching Health Board, NAS Cymru and Autism Cymru to provide the opportunity for professionals within health, social care and education to have a further knowledge and understanding of autism. This included the TEACCH (Treatment and Education of Autistic and related Communication-handicapped Children) approach which focuses on the person with autism and the development of a programme around this person's skills, interests, and needs. Training for parents has been offered, including</p>			

NAS Cymru's Help! Courses. NAS' Socialeyes will be made available to individuals recently diagnosed with autism to facilitate the development of their social skills and social understanding.

ASD Raising Awareness Event

Host	Wrexham	Areas Covered	Wrexham
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Description

To increase awareness of ASD at a local level, a successful ASD Awareness Raising Event was held on October 1st 2009 in Wrexham Town Centre. The event took place on Queen's Square in Wrexham from 11am – 3pm to raise awareness of ASD and the services available in Wrexham to support children, young people and adults with ASD and their families.

A large marquee was erected professionals and colleagues were invited to have stands to share and promote their services that support children, young people and adults with ASD and their families.

The response rate was high and the following organisations had stands at the event: Wrexham ASD Multi-agency Task and Finish Group, Autism Cymru, National Autistic Society (NAS) and NAS Wrexham branch, Parent Partnership and Talk for Talk, Team Around the Client/Child (TAC), Educational Psychology Service and Portage, Speech and Language Therapy Service, Dynamic, Integrated Children's Disability Service, Play Development, Family Information Service, Darland School, Glyndwr University (Centre for Disability Studies), Yale College, North Wales Police, North Wales Fire and Rescue Service, Tenancy Support, Careers Wales, Job Centre Plus and Cross Roads (social skills group for adults).

Schools ASD Development Programme

Host	Merthyr Tydfil	Areas Covered	Merthyr Tydfil
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Description

The ASD project coordinator, Carol Baker has undertaken an ASD development and training programme, aimed at early years provisions and schools in the area. Of the 36 schools in Merthyr 30 schools have received twilight training for Autism Awareness; many of those have received a behaviour follow up advice session from the coordinator. There is a rolling programme of Positive Behaviour support with a specialist consultant John Hull, putting in place a system of Behaviour Support Plans, incident forms and risk assessments.

Social Stories Training has been provided, targeting Learning Resource Base staff.

Training in ASD Awareness has been provided for Flying Start and Sure Start staff. Staff in Greenfield school have been trained in the NAS EarlyBird Programme.

Staff at Greenfield School also provide an outreach service to other schools in the area, as well as advising parents and carers.

The School Fora			
Host	Autism Cymru	Areas Covered	National
Description			
<p>The School Fora Autism Cymru have established three School Fora in Wales: a Secondary School Forum (established in 2003), a Special Schools Forum (established in 2004) and a Primary School Forum (established in 2005). Each forum meets twice a year in Mid Wales and all are well attended by representative schools from across the country. To date, a range of pertinent topics have been addressed such as Treatment and Education of Autistic and Related Communication Related Handicapped (TEACCH), identification and assessment, work experience, partnership with parents, functional skills for life, sexuality, writing Individual Education Plans, in full National Curriculum, Circles of Friends, Statements of Special Educational Need and the Social Use of Language Programme.</p>			

The Inclusive School and ASDs: Whole School Training and Research Project			
Host	Autism Cymru	Areas Covered	National
Description			
<p>Autism Cymru is working closely with a number of Local Education Authorities in Wales to ensure that all school staff have a knowledge and understanding of inclusive practice and the needs of children and young people with ASDs.</p> <p>The project comprises of 2 training days, a term for the research and training work and one day for feedback/future development.</p>			
goal/outcome	<p>By the end of the project, school staff will:</p> <ul style="list-style-type: none"> • have a knowledge of relevant documentation and legislation on inclusive practice • have a clear understanding of ASDs and co-morbidity issues • have an awareness of a range of popular interventions and the educational implications for ASDs • be equipped to cascade information to other colleagues at school in order to develop a whole school approach to inclusion and ASDs • have the opportunity to reflect upon their own best practice 		

Deis Cyfle Project			
Host	Autism Cymru	Areas Covered	Gwynedd, Ynys Môn, Pembrokeshire, Carmarthenshire, Swansea, Wrexham Flintshire
project Description			
<p>The Deis-Cyfle! Project is a joint project between Autism Cymru and the Irish Society for Autism which aims to increase employability and provide greater opportunities for school leavers with ASD by providing a greater knowledge and understanding of Autistic Spectrum Disorders. This will be achieved, through the collaboration of the 2 charities, by developing a 3-day training package and self evaluation tool. Training materials will be tailored for secondary teachers, leisure and higher/further education providers, employment agencies and employers of people with ASD.</p>			
goal/outcome	The project aims to enable individuals with ASD to achieve their potential in the world of jobs, leisure and education.		

Training Needs Survey/Training Plan			
Host	Rhondda Cynon Taff	Areas Covered	Rhondda Cynon Taff
Description			
<p>ASD awareness training is already provided to schools and taxi drivers who transport children and young people with ASD and awareness training was provided to General Practitioners as part of their CPD programme.</p> <p>For parents and carers, the main topics highlighted as priority included behaviour & social skills, communication and transition into adulthood. Some training sessions and workshops to meet these needs were provided as part of the ASD conference held locally earlier this year, and further training sessions to encompass all of these priorities have been planned to be provided by the end of the financial year, with a view to developing a rolling programme of training for parents and carers, and practitioners for the following year.</p>			
goal/outcome	To determine the local training needs in Rhondda Cynon Taff (RCT) a survey of practitioners, and parents and carers was undertaken. The main topics highlighted as priority for practitioners included understanding & managing behaviour, social skills, and play & language development.		

Annual ASD Conference			
Host	Rhondda Cynon Taff	Areas Covered	Rhondda Cynon Taff
Description			
<p>In order to engage the wider autism community in the development of the local action plan, Rhondda Cynon Taff local authority has held two annual ASD Conferences. These conferences were organised by the multi-agency local ASD Stakeholder Group. The conferences each attracted over 120 people from across the local authority, including people with autism, their families and carers, and professionals.</p> <p>The conferences included workshops and interactive presentation sessions on a variety of topics to gather the views and ideas of local people to help develop the local action plan in accordance with local needs.</p> <p>Both conferences also sought to ensure that people with autism were enabled to take leading roles.</p> <p>Local and national autism and disability organisations were also invited to Host information stands where people affected by autism, their families and carers, and professionals could access the latest information and find out about what services and support the voluntary sector may be able to offer.</p>			
goal/outcome	Both conferences have sought to inform local people affected by autism about how the Welsh Assembly Government's ASD Strategic Action Plan is being implemented at local, regional and national level, and, crucially, both conferences have been used to shape the future development and priorities of the local action plan.		

Bilingual Coasters			
Host	Wrexham	Areas Covered	Wrexham
Description			
			
goal/outcome	Wrexham have produced bilingual coasters to promote and advertise their ASD website. The coasters have been issued to raise awareness amongst all council employees, staff from other agencies and members of the public.		

ASD Training Strategy			
Host	Wrexham	Areas Covered	Wrexham
Description			
<p>Research was undertaken by the Autism Working Party Task and Finish group between March 2007 and July 2008, in collaboration with parents and professionals with experience and knowledge of ASD. One of the key issues raised from the research was that information is not readily available to parents and that training is very important for all working with children, young people and adults with an ASD, in particular support workers.</p> <p>Parents reported how they had experienced a lack of understanding and knowledge of ASD generally and strongly felt that awareness raising was needed within the wider community and services that individuals come into contact with regularly. These findings echo national studies, which also suggest that the lives of children and adults with ASD may only improve if society has a better understanding of their condition.</p> <p>A survey by the National Autistic Society found that 83% of individuals with Asperger Syndrome felt strongly or very strongly that many of the problems they faced were a direct result of others not understanding them. Raising awareness and understanding of ASD is one of the key elements in ensuring that each individual's needs are fully identified and assessed. Therefore a theme running through this strategy is that a fundamental barrier for people with ASD to accessing the support they need and fulfilling their potential is a lack of awareness of ASD among the general public and inconsistent knowledge of ASD among professionals and staff who come into contact with people with ASD.</p> <p>It is unlikely that short, one-off courses will achieve all of these objectives alone, thus we have structured our training strategy around cumulative training opportunities to reflect the progressive approach from basic awareness, to level 1, level 2 and level 3 training. Furthermore, as training can become outdated as new insights are gained through research and practice, personnel will be encouraged to undertake refresher training.</p>			
goal/outcome	<p>The strategy acknowledges that training can serve numerous functions and although there will be specific outcomes in some of the ASD training courses provided, this strategy also offers certain generic outcomes that apply to all training and awareness raising provided. These include:</p> <ul style="list-style-type: none"> ▪ Training will respond to the needs of people with ASD and make a difference to the lives of people with ASD as a result. ▪ Training will increase knowledge and understanding of ASD amongst the trainees and introduce new approaches of interacting with and teaching people with ASD. ▪ Training will help the development of improved services 		

	<p>for people with ASD and their families, notably in:</p> <ul style="list-style-type: none"> ○ Early intervention; ○ Transitions from school to post-school; ○ Further education, vocational training and employment; ○ Social and recreational pursuits; ○ Independent and supported living.
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ASD Conference			
Host	Pembrokeshire	Areas Covered	Pembrokeshire
Description			
<p>An ASD Conference was held in June 2009, with excellent attendance for both the day sessions by parents and teachers. Less well attended was the parent/governor session in the evening. 157 people attended all the sessions including representatives from health and social care. From 104 evaluation responses that were returned from the day courses to which 130 people attended 77 (74%) of these were very good in all areas of the course, 26 (25%) were in the range of good to very good and 1 (1%) return rated the course as satisfactory. There were a number of very positive suggestions that will be collated and discussed in relation to the Pembrokeshire Strategy for Autism.</p>			
goal/outcome	<p>All local schools, parents, carers and governors were brought together at the conference, which provided training and development in all areas of inclusion, including experiences and perceptions of school life, and successful strategies that can help pupils with ASD to be and to feel included.</p>		

Training in Relation to ASD in Education, Child & Family Services and Adult Services			
Host	Swansea	Areas Covered	Swansea
Description			
<p>Significant Autism specific training has taken place for professionals in Education, Child and Family Services and in Adults Services, including ADOS, 3Di, and Picture Exchange Communication (PECS) training. Here we highlight the approach to training in services for adults.</p> <p>Service and Staff Development has been providing autism training for a number of years to staff working in Learning Disability Services through the Learning Disability Induction, and the Introduction to Autism for Neurotypicals courses. However since 2008 this has expanded to staff outside Learning Disability Services as there is a growing awareness that people with ASD can need support from a variety of services throughout their lives.</p> <p>Since April 2008 we have trained over 300 staff and these have included people working in Mental Health, Child & Family, the Emergency Duty Team,</p>			

Tenancy Support, Administration, Complaints and Libraries as well as staff from partner agencies such as Health and the Independent Sector.

We have also been able to provide more specialist training for staff in Learning Disability Provider Services, such as PECS, so they can effectively support the young people leaving school and entering Adult Services.

goal/outcome	Our aim is to continue to expand this training and offer it to people working in a wide range of services in Swansea as people with ASD use this wide range of services, not just specialist ones. We have found that even a small amount of knowledge can lead to a large increase in understanding and minor changes on the part of the staff member can hugely improve the experience of people with ASD.
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TEACCH Course			
Host	Flintshire.	Areas Covered	Special Schools across North Wales
Description			
Two day, National Autistic Society, TEACCH Course for staff from Specialist Provision across North Wales.			
<u>Progress to date</u>			
The two day course has taken place. All school staff enjoyed the course and stated on their Evaluation Forms that they had benefited greatly from it. They were all eager to put the theory into practice in their schools.			
<u>Those who have benefited from project:</u>			
Special School staff and Specialist Resource staff.			

ASD and Relationships Training for Teaching Professionals, Parents and Carers			
Host	Ceredigion	Areas Covered	Ceredigion
Description			
At previous training with Fiona Speirs professionals had been introduced to her resource "A PHSE Program for learners with ASD". Requests were made for training specifically around delivering the program, access to specialist knowledge and appropriate supporting resources. Schools identified that the mainstream PHSE curriculum did not meet their specific learning needs of young people on the autism spectrum.			
The first day was for teachers, school nurses and other educational staff involved in delivering and supporting programs around sexual development and relationships as part of the school curriculum. The second day was open to parents and carers of pupils of secondary school age. Both days provided opportunities to learn about the PHSE school programme, to discuss any particular issues of concern and to share good ideas.			
23 professionals attended day one, 12 parents and carers attended day 2.			
goal/outcome	"Pupils should receive an education that equips them		

	<p>with the relevant skills and knowledge they will need to become active citizens when they leave school". (The Qualifications and Curriculum Authority)</p> <p>There is continued use of the resource in some of the participating schools, and the ASD lead has recently started a relationships group for young people using some parts of the program.</p>
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ASD Awareness Training for Dyfed Powys Police Officers			
Host	Ceredigion	Areas Covered	Ceredigion
Description			
<p>Following the launch of the Autism Cymru North Wales Police ASD alert card, Dyfed Powys police also joined the scheme. At this point, the police officer in charge of training new officers and the Ceredigion ASD development officer liaised to develop an awareness session which is now a regular part of the police officers' training. The session has been written with the help of adults with ASD and is presented jointly by Social Services staff and people on the autism spectrum. The training includes information about the autism spectrum, a look at some of the more common reasons why police officers may encounter people on the spectrum, and guidance on how to communicate, help and keep the person safe if this happens.</p>			
goal/outcome	Local police officers are aware of the Autism Alert Card and have an awareness of the needs of people on the autism spectrum.		

ELKLAN ASD Training			
Host	Denbighshire	Areas Covered	Ysgol Plas Brondyffryn North Wales
Description			
<p>Accredited training in speech language and communication for school staff.</p> <p>ELKLAN has been set up by two experienced speech and language therapists, Liz Elks and Henrietta McLachlan to provide training and resources for all those seeking to support and understand children of all ages with a wide range of communication difficulties.</p> <p>Speech and Language Support in the Classroom.</p> <p>We have approximately 125 people trained to work with children experiencing communication difficulties and we are arranging further training to develop the ability to offer this specialist input to increased numbers of children. It is a genuinely collaborative venture involving school staff, SALT and the Learning Development Team. It supports the work Ysgol Plas Brondyffryn is undertaking using the Unlocking Potential Grant.</p>			
goal/outcome	To help children overcome their communication difficulties.		

Conwy and Denbighshire Socialeyes Facilitator Training.			
Host	Conwy	Areas Covered	Conwy Denbighshire
Description			
<p>The National Autistic Society Socialeyes programme (www.autism.org.uk/socialeyes) was developed in Wales, with and for people with autism. It has won a Wales Council for Voluntary Action Network Wales Award for Innovation in Communication.</p> <p>Socialeyes differs from other social skills resources because it does not ask people with autism to try to change who they are, or to copy the typical behaviour of others. It is learner-led, and offers a choice between learning social integration skills or alternative social strategies. Key skills covered include starting a conversation, eye contact, and talking about sensitive topics.</p> <p>Conwy and Denbighshire Local Authorities successfully made a joint bid under the ASD Strategic Action Plan regional funding to train 12 people as Socialeyes facilitators. These facilitators will now work to deliver the Socialeyes programme to people with autism across both local authorities.</p> <p>To find out more about Socialeyes, visit www.autism.org.uk/socialeyes</p>			

Assessment and Diagnostic Training for Professionals			
Host	Powys	Areas Covered	Mid and West Wales
Description			
<ul style="list-style-type: none"> • <u>3Di (Developmental, Dimensional and Diagnostic Interview) Training</u> <p>Two day 3Di course for 15 participants, presented by Professor Richard Warrington of Great Ormond Street Hospital for Children NHS Trust, London. 3Di is a computer based interview for the diagnosis of autism and related disorders. Skuse et al, 2004 describes it as "a diagnostic instrument which uses computerised analysis of answers to interview questions."</p> <p>The course will include:</p> <ul style="list-style-type: none"> ➤ an overview of current issues in autism ➤ step-by-step tuition in the use of the interview software ➤ simulation of the clinical use of the 3Di by role-playing and the rating of videoed interviews ➤ discussion of 3Di outputs ➤ presentation and discussion of videoed observational assessments of autistic children 			

- ADOS (Autism Diagnostic Observation Schedule) Training

Two day clinical ADOS course for 10 participants, presented by a doctor of developmental neuropsychiatry, Cambridge & Peterborough Mental Health Partnership.

ADOS can be used to evaluate all age ranges that consists of a variety of activities that allow you to observe social and communication and behaviours to the diagnosis of pervasive developmental disorders

goal/outcome	To improve diagnostic expertise and capacity to carry out assessments.
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Develop Support for Children and Adults with Sensory Perceptual and Processing Needs

Host	Pembrokeshire	Areas Covered	Mid and West Wales
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Description

Identify speech language therapists, occupational therapists or physiotherapists, social care staff and education professionals who will undertake training in sensory integration therapy and fund the training, with a view to improving understanding of the sensory needs of people with ASD and to developing specialist dedicated post in the future.

Thirty three people attended a three day Introduction to Sensory Integration course. All comments from the evaluation forms received were favourable with most describing it as excellent.

goal/outcome	To seed developments in understanding and meeting the sensory needs of people with ASD.
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Establishing/Training In Use of Autism Diagnostic Observation Schedule (ADOS) Training Across Seven counties.

Host	BCUHB	Areas Covered	North Wales and North Powys
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Description

Establishment of ADOS skills through specialised training in diagnosing/coding children and adults with Autism with or without Learning Disabilities.

The project leader has a Consultant Autism-specific role across the region. Dr Dawn Wimpory Consultant Clinical Psychologist (BCUHB) Autism Lecturer in Bangor University.

North Powys is now part of BCUHB and was therefore involved in this training.

Diagnosticians and linked professionals from various disciplines from BCUHB and Local Education Authorities benefited from the course.

Progress to date

People who attended the course have been able to put into place how the

course increased their knowledge so they can develop and use these skills in their own workplace.

goal/outcome	The objective of the project is to train approximately 50 cross agency professionals to diagnose ASD using a gold standard instrument across seven Local Authorities areas through separate specialist Adult and Child courses. Each of which is one week full time plus pre and post assessed course working and assessment.
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**Developing Autism Friendly Secondary Schools
(The Inclusive Schools and ASDs whole- school research and training project).**

Host	Ymgynghorydd ADY/AAA ALN/SEN Adviser	Areas Covered	Gwynedd and Môn
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Description

Two days' training of all Gwynedd and Ynys Môn secondary school SENCOs undertaken. Audit and evaluation documentation shared with schools.

- Targeting all Gwynedd and Ynys Môn secondary schools and also inviting Welsh medium schools from other areas to join the training as it offers the opportunity to share Welsh- medium resources.
- Two days' training for SENCo/ALNCo from each school
- Follow-up and half a day's workshop for whole of Gwynedd and Ynys Môn to evaluate impact and share good practice, supervised by Autism Cymru and the Cynnal (LEA) Adviser and Specialist Teacher Service for Gwynedd and Ynys Môn JC SEN.

Follow-up evaluation and sharing good practice day planned for March 30th 2011.

- Monitoring and evaluation of school-based activities scheduled for May/June 2011 to be undertaken by CYNNAL ALN Adviser/JC SEN Specialist Teacher for Gwynedd and Môn.

goal/outcome	Extend schools' capacity to cater for the needs of pupils with ASD and to earn Autism Friendly Schools status.
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Gwent Structured Teaching (TEACCH) training

Host	Aneurin Bevan Health Board	Areas Covered	Aneurin Bevan Health Board
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project Description

Professionals working in the Pan Gwent area have been involved in providing both 5 day and 2-3 day TEACCH training through liaison with Division TEACCH, University of North Carolina, USA.
To date they have successfully held 5x 5 day training for professionals

across Wales and also parents of Children with ASD. Training has also been extended to professionals working with adults through supported employment training.

As a result 4 people in Gwent have been able to undertake further training to become independent trainers under the supervision of Division TEACCH .It is hoped that there will eventually be a team of trainers in Wales who can then continue to provide 5 day training under the supervision of Director from Division TEACCH. This will mean a significant cost reduction for future 5 day training to professionals across Wales.

As this approach is very much person centred and individualised the team aims to promote it to all parents and carers while dealing with an individual with ASD.

Chapter 6

Assessment, Diagnosis and Post Diagnostic Support Systems

Tertiary ASD Clinic for Children and Young People			
Host	Aneurin Bevan Health Board	Areas Covered	Aneurin Bevan Health Board
project Description			
<p>This multidisciplinary clinic includes input from psychiatry, psychology and specialist speech and language therapy and was established in 1994. The clinic team has been involved in providing assessment for children with complex presentations, associated co morbidities especially in children with ASD and LD, assessment of Autism in severe LD and second opinion requests. Referrals are received from either CAMHS or Paediatricians. The clinics are held on 1st and second Fridays of each month.</p> <p>If there is a need for ongoing work with a child with LD and ASD then it is picked up for intervention work within the Children and Adolescents with LD team.</p> <p>To date the tertiary clinic has eliminated the need for expensive out of county referrals for children with ASD. It sits within Specialist CAMHS services in Gwent</p>			

Aspergers Assessment Service			
Host	Aneurin Bevan Health Board	Areas Covered	Aneurin Bevan Health Board
project Description			
<p>The Aspergers Assessment Service is a special interest service offered within the Division of Mental health and Learning Disabilities in the Pan Gwent area.</p> <p>Clinics are held once a month and on an average able to offer assessment and diagnosis for up to 20 patients in a year.</p> <p>Multidisciplinary information is collected during the course of assessment.</p>			

Pilot - Development of a Post Diagnostic Pack for Powys			
Host	Powys	areas covered	Mid & West Wales region
project Description			
<p>A post diagnostic pack to be developed locally in Powys for the Social Communication & Assessment Teams (SCAT) which can be evaluated to support other areas in the Mid & West Wales region.</p> <p>Post Diagnostic Pack for Powys to include: Introduction</p>			

List of SCAT approved leaflets, all bilingual:

- All About ASD – a booklet for parents and carers – *recommended as general ‘what is ASD information’ leaflet given on diagnosis.*
- Learning to Play, Playing to Learn – an information leaflet for those living and working with young children with an ASD.
- Communication, Communication– an information leaflet for those living and working with young children with an ASD.
- Oh No! Not Big School – Information and ideas for everyone in Transition planning for youngsters with ASD moving to secondary school
- Gwern – book in the ‘Living with Autism’ series for Siblings of those with ASD.
- NAS Cymru
- Make School, Make Sense
- DVD aimed at teenagers with an ASD – 2 per team for loan purposes only.
- Early Support – Information for Parents ASD and related conditions
- List of National charities and other links.
- List of Powys local links and support groups.

Creation of a Post Diagnostic Support Pack – South Wales

Host	Rhondda Cynon Taff	areas covered	South East Wales
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project Description

This regionally funded project, was stemmed from parent and carers views that more information provided following diagnosis would be useful.

The initial development of the pack was informed by local parents and carer’s views about what information they felt they needed to be given following diagnosis. There were some key themes in this, including the provision of age appropriate advice and information that would be useful as the child moved through various developmental stages.

A draft version of the pack has been circulated widely to parents, carers and professionals for comments. These comments have been taken on board and the pack has been redrafted accordingly. There are 2 consultation days planned for the coming weeks, to finalise the pack.

The package will then be printed and made available to all parents and carers in South East Wales at the point of diagnosis.

Social Communication and Assessment Teams (SCAT)

Host	Powys	Areas Covered	Powys
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Description

The Powys Social Communication and Assessment Teams were established in 2005 and are responsible for the assessment and diagnosis of children and young people up to and including the age of 18 years with social and/or communication difficulties. There are multi agency and multi disciplinary teams in north and south Powys which meet on a monthly basis. Requests for a SCAT assessment can be made by a medical professional or educational psychologist. If accepted, the child is allocated a minimum of two professionals in the team to lead the assessment and undertake school and/or home observations. In addition to the observation reports, two standardised autism spectrum disorder assessment tools are used by the teams as follows:

- 3Di – (Developmental, Dimensional, and Diagnostic Interview) comprising a computer based interview of the parents accompanied by the questionnaire outcome.
- ADOS – (Autism Diagnostic Observation Schedule). An assessment undertaken through play observing how the individual responds to different activities.

On conclusion of the assessment process, feedback is provided to the individual being assessed and/or their family in a formal meeting as appropriate. This may include school and other professional representation if approved and if applicable. Referral to other services is then made as appropriate.

ASD Service Evaluation Project			
Host	BCUHB	Areas Covered	Conwy Denbighshire
Description			
The project is jointly funded by Conwy and Denbighshire ASD Stakeholder Groups. The project aims to evaluate service user experience of ASD assessment services across Conwy and Denbighshire, exploring assessments via both Child and Adolescent Mental Health service pathways as well as via Child Learning Disabilities/Child Health pathways. An audit has been completed to obtain a snapshot of ASD assessment services during 2009. The second, currently ongoing, aspect of the project is that service users will be interviewed about their experiences of ASD services, this will result in rich and detailed information about ASD assessment services as seen by service users.			
goal/outcome	It is expected that service gaps highlighted during the audit process can be addressed. Where this is not possible, service gaps will need to be highlighted at a national level.		

Autism Support Officer			
Host	Torfaen	Areas Covered	Torfaen
Description			
The ASD Support post aims to support children and families through exploring their current situation in a solution focused way, through listening, providing relevant information, and signposting to other professionals who may be able to offer help.			

Liaising with parents, health and education staff can help to maximise learning and social interaction within schools and local communities.

The service aims to support children and families with a diagnosed ASD in Two distinct ways:

Post Diagnostic Support:

Diagnosing health professionals can refer families, with their consent, to this service. Early intervention, post diagnosis, can serve to support children and families in a positive way, ensuring that they are partners in the education of their child.

The ASD Support Service can serve as a bridge between the family and school, ensuring that the child with ASD is accommodated in the most appropriate way.

Transition:

Starting at primary or secondary school can be a challenge especially if your child has a diagnosed ASD.

The ASD Support post can help by ensuring that essential, and sometimes overlooked information, about your child is transferred between home, primary and secondary schools.

The ASD Support post can offer a tailored package of support based on individual needs, ability, and interest.

goal/outcome	<ul style="list-style-type: none"> • To support families immediately post diagnosis with practical advice and support • To help parents to learn to understand the why's and how's of their child's behaviour • To signpost parents to outside agencies that offer parents training and support • To provide information on local support groups and activities • Liaise with professionals involved with the child and their family • Work with home and the school to plan transitions that the child is about to undertake
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"Moving Up ... Moving On" Booklet			
Host	Torfaen	Areas Covered	Torfaen
Description			
"Moving up...moving on!" is a booklet that was written to support pupils with			

an ASD undertaking the transition from Primary to Secondary school.

This bi lingual booklet was written by the ASD Support Officer, Cheryl Deneen drawing on her expertise in this area.

The booklet was launched at the Torfaen Autism Fayre 2010, and has been distributed across Torfaen. There are currently discussions underway regarding wider distribution.

goal/outcome	To support young people with ASD during the transition between Primary and Secondary Schools
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Regional Specialist CAMHS Planning Network – ASD Work Stream

Host	BCUHB	Areas Covered	North Wales
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Description

The specific purpose of the group is to look at the ASD assessment processes in BCUHB for children and young people across the North Wales region and to develop assessment standards for ASD and also to identify any resources required to deliver this type of assessment. This work stream will take into account all ASD services that fall under the remit of the Children & Young People Clinical Programme Group. The work of this group will be reported to The Regional Specialist CAMHS Planning Network and to the Local Autism action plan groups that were originally set up following the launch of the Welsh Assembly Government ASD Strategic Action Plan for Wales (April 2008) thus building on existing work streams.

Integrated Care Pathway for Vulnerable Children with Complex Needs.

Host	Powys	Areas Covered	Powys
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Description

A pathway was developed using some funding from the ASD grant and approved by the Children and Young People’s Partnership Operational Group. A pilot commenced and children aged 0 – 5 being assessed for an ASD and having complex needs as per the pathway are referred to a local resource solution panel.

goal/outcome	<p>Aims include:</p> <p>The process focuses on the needs of the children and families in a holistic approach, rather than a services specific eligibility focus.</p> <p>The business process facilitates and integrates cross-disciplinary and cross-agency contributions.</p>
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Guidelines for the Identification and Assessment of Children and Young People with Suspected Autism Spectrum Disorder.

Host	Swansea	Areas Covered	Swansea
Description			
<p>A multidisciplinary group of professionals, tasked by the ASD steering group has produced the guidelines, which aim to:</p> <ul style="list-style-type: none"> • Promote a shared understanding of Autism Spectrum Disorders • Offer a framework for the identification and assessment of children and young people who are presenting with a range of symptoms and behaviours which might suggest an Autism Spectrum Disorder • Enable professionals from different disciplines and different agencies involved in the care of children and young people to work effectively in the interests of children and families <p>The document explains the diagnostic assessment for ASD and sets out a graduated response for children with social, communication and behavioural difficulties. It explains the roles and responsibilities of professionals involved, gives guidance about the different stages of education and gives ideas and strategies for schools and parents.</p> <p>The guidance is available online within the ASD Handbook, a comprehensive store of information about ASD action planning and services development. The hand book is available online and a hard copy is made available locally.</p>			
goal/outcome	The guidelines provide a predictable pathway and framework for assessment and support, before, during and after diagnosis.		

Post Diagnostic Support Pack			
Host	Carmarthenshire	Areas Covered	Carmarthenshire
Description			
<p>The need for an information pack was identified in the responses to a questionnaire that was circulated to parents last year about their experience of the assessment and diagnosis process. A recent ASD Stakeholder workshop was used to identify the information parents felt would be useful in the packs. The aim is to put the pack on the Help And Information for Parents And Carers (HAIPAC) website rather than distribute hard copies.</p>			
goal/outcome	The post diagnostic support pack will be accessible on the HAIPAC site		

Chapter 7

Interventions and Training for Individuals with ASD, Parents and Carers

Caerphilly Autistic Spectrum Service (CASS)			
Host	Caerphilly LA	Areas Covered	Caerphilly
Description			
<p>CASS provides a "wrap around service" combining the traditional role of an outreach teacher with the addition of a communication support worker, school support worker and home support worker.</p> <p>CASS recognises that children and young people who receive a diagnosis of ASD need everyone who is involved in supporting them to understand their needs and provide consistency and stability in all aspects of their lives. To achieve this, CASS provides advice and guidance to mainstream settings, empowering school staff to feel more positive about working with a child with ASD.</p> <p>CASS also provides advice and guidance to families post diagnosis. In Caerphilly, CASS co-ordinates the multi-agency support and provision for children with ASD. CASS has developed close working relationships with Social Services, Educational Psychologists, advisory teachers, community paediatricians, the Child Development Team, Behaviour Support Team, voluntary sector organisations, Occupational Therapists, Speech and Language Therapists, Dieticians, and many others.</p> <p>Another priority for CASS is delivering improved transition arrangements between primary and secondary provision. The team is working jointly with 'Promoting Independence' to improve transition for post 16/19 provision.</p>			
goal/outcome	<ul style="list-style-type: none"> • To provide a single co-ordinated service to support children and young people (2-19) with autism or other similar communication/behavioural disorder, their families and the professionals working with them. • To work with Social Services, Health Services and voluntary organisations to develop close interagency approaches. • To promote the inclusion of children and young people in mainstream education and within their communities. • To develop the knowledge and expertise of professionals in all agencies relating to the needs of children with autism and to promote autism friendly schools. 		

Music Interaction Therapy			
Host	Ynys Môn and Gwynedd Education Departments	Areas Covered	Ynys Môn Gwynedd
Description			
<p>Music Interaction Therapy Project</p> <p>Ynys Môn and Gwynedd councils enabled the respective Education Authorities to fund provision of Music Interaction Therapy through two freelance experienced Music Therapists working individually with education staff and parents to enhance children's communication. Sessions are continuing to take place for children in local schools/preschool units as well as in home provision and other settings.</p> <p>Production of a Training Film on Music Interaction Therapy High Definition filming is underway to produce a training DVD displaying the use of Music Interaction Therapy with children with autism. This DVD is an updated version of an earlier video film produced by Dr Dawn Wimpory over 25 years ago that received international distribution. Our DVD will be the first of its kind to be available in a choice of Welsh or English and is anticipated to have a positive impact on both the featured children and the wider ASD population able to access Music Interaction Therapy through this DVD.</p>			
goal/outcome	<p>Music Interaction Therapy is an autism-specific form of therapy addressing the difficulties that people on the spectrum have in social timing. It provides the building blocks that underlie natural forms of communication: intonation, spontaneity, turn taking, focusing on and responding to others' needs.</p>		

EarlyBird Plus Programme			
Host	Newport	Areas Covered	Newport
<p>EarlyBird Plus is a National Autistic Society, three month programme available to teams of three adults: parents or carers together with a professional such as Special Educational Needs co-ordinator (SENCo) or support assistant.</p> <p>The programme content starts with teaching the 'team' about autism before moving on to developing communication, social interaction and managing behaviour. It builds confidence in parents and professionals encouraging the 'teams' to problem solve together. By the end of the course parents are more equipped to deal with the problems presented as a result of Autism.</p> <p>In Newport, five courses have been run to date, training parents, carers and professionals. Each course is run by two people who have undergone the EarlyBird training.</p>			

help! Post-diagnostic Support Programme			
Host	National Autistic Society	Areas Covered	All Wales
Description			
<p>The National Autistic Society has developed a programme called <i>help!</i> which offers training for parents and carers of school-age children, young people and adults who have a diagnosis on the autism spectrum.</p> <p>After a child gets a diagnosis of autism, lots of parents and carers are unsure what to do next. The <i>help!</i> programme provides information about autism, communication, behaviour and education as well as advice on how to access services and entitlements.</p> <p>Parents and carers can also attend more specialised <i>help! 2</i> seminars, which offer in-depth information on subjects such as supporting siblings, managing anger, meeting your child's sensory needs and adult life.</p> <p>Recently, Caerphilly Autism Support Service became the UK's first licensed external provider of The National Autistic Society's <i>help!</i> programme. Monmouthshire and Bridgend local authorities also now have licensed practitioners. Monmouthshire has just started delivering the programme, and Bridgend intends to do so soon.</p>			

Touch Trust			
Host	Conwy	Areas Covered	Conwy
Description			
<p>Touch Trust (for young people and adults) provides creative, touch-based art of movement and dance programmes for individuals affected by Autism Spectrum Disorders, behaviour that challenges and profound and multiple disabilities.</p>			
goal/outcome	<p>Individuals with autism and learning disability would benefit from sensory sessions and therefore experience reduced anxiety and increased participation.</p> <ul style="list-style-type: none"> • The aims of the scheme is for staff to be trained in implementing Touch Trust and therefore develop individual and/or group sessions to be incorporated into an individuals structured timetable. • To be able to offer adults with autism and a learning disability individual and/ or group sessions to encourage participation, enhance relationships, relaxation and to reduce anxiety, hopefully leading to further development of individual's activity programme but also the ability for individuals to participate and integrate into other group activities • For staff to gain specific knowledge, awareness, understanding and skills in order that they can proactively lead, organise and deliver structured 		

	<p>sessions within Canolfan Rivieres</p> <ul style="list-style-type: none"> • To develop links with Ysgol Gogarth who already offer this to the children in school, therefore leading to the opportunity for future mentorship and developments • To create an activity within adult services that is being accessed by children in Ysgol Gogarth that is deemed successful and therefore replicating its success for adults with autism and learning disability.
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Advocacy Workshops for People on the Autism Spectrum			
Host	Ceredigion	Areas Covered	Ceredigion
Description			
<p>Training for parents, carers and people with ASD about advocacy was identified as a need in the ASD action plan. As a result some of the WAG ASD grant funding was used to identify and commission advocacy workshops presented by a trainer with specialist knowledge of the autism spectrum and of advocacy, and a person on the autism spectrum. There were separate sessions for young people and for adults, both of which were opened to parents, carers, support staff and friends.</p> <p>The workshop agenda was to:</p> <ul style="list-style-type: none"> • Find out what the important things are for us in our lives • Understand what we mean by Advocacy • Find out about good self advocacy in practice • Look at how Advocacy needs to change in Ceredigion • Develop a vision of what advocacy will be like in the future • Develop an action plan to help us reach our vision • Find out who we can contact to help us 			
goal/outcome	More young people and adults on the autism spectrum are aware of what advocacy is and how to get help to make sure their voices are heard.		

Chapter 8

Support Systems

ASD Emergency Card Scheme			
Host	Autism Cymru Powys	Areas Covered	Dyfed Powys Police Force
Description			
<p>ASD Emergency Card Scheme - Powys has become the latest County to join the Autism Alert card scheme.</p> <p>Dyfed Powys Police, in conjunction with Autism Cymru, have launched a card for individuals with autism, including Asperger Syndrome, in the area. Individuals on the autistic spectrum may become involved with the criminal justice system as a consequence of their vulnerability or due to their social and communication difficulties. If somebody with autism comes into contact with any emergency service, they can produce the credit card size ASD Attention Card which will not only inform the professional that they have autism but also offer pointers on how to communicate with them more effectively:</p> <ol style="list-style-type: none"> 1. ASD is a disability 2. I may need access to an intermediary 3. Please ask questions one at a time 4. Please tell me step by step what is to happen. <p>The card also provides telephone numbers for emergency service personnel to call for further advice, support and information about autism.</p> <p>To support this scheme, relations have further developed and Dyfed Powys Police are now represented on the Powys ASD Stakeholder Group. As a consequence, autism awareness training forms part of the Powys BEST (Basic Essential Skills Training) within the force.</p>			

Specialist ASD Social Work Posts			
Host	Ceredigion	Areas Covered	Ceredigion
Description			
<p>In children's services there is now a specific ASD social worker/key worker post. This has meant a specific key worker service can be offered to families of a child on the autism spectrum.</p> <p>Working with all agencies involved and a sharing of knowledge has meant that many services have been more flexible in their provision. Service user participation is valued and different strategies have been employed according to the individual's level of functioning.</p> <p>In adults services research into assessment and care planning for adults with Asperger Syndrome, who have eligible support needs but miss access criteria for existing Learning Disability or Community Mental Health teams was</p>			

funded by year one of the WAG ASD grant funding. This led to the creation of an Asperger specific social work post, focussing on detailed core social care assessment, care planning and monitoring. The post holder works in close cooperation with existing ASD community project workers and with the Supporting People teams and services.

goal/outcome	Assessment and care planning is informed by a specialist knowledge of the autism spectrum.
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Children's Integrated Disability Service

Host	Flintshire	Areas Covered	Flintshire
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Description

Existing good practice has been strengthened with multi-disciplinary working through CIDS (Children's Integrated Disability Service) and Child Care Panel in managing complex children and young people with ASD. CIDS work with the more challenging children with ASD who also have a Learning Disability, to provide a seamless service with regard to assessment, securing suitable placements, managing the funding applications and monitoring and reviewing progress.

goal/outcome	Strong, effective multi-agency working, to meet the needs of children and young people with a specific key worker service a specific key worker service ASD difficulties and Learning Disabilities.
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The Marion Centre, Bishop of Llandaff Church in Wales High School

Host	Cardiff LA	Areas Covered	Cardiff
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Description

The Marion Centre is a dedicated place of learning for young people with autism aged 11–19 years. Pupils at the Marion Centre enjoy the benefits of inclusion within a mainstream school environment as appropriate, whilst still receiving the specialist educational support and expertise that they need.

The school offers pupils with additional learning needs a comprehensive transition plan before they join the school which is noted for its strong ethos of inclusion. Pupils at the Marion Centre receive extra help to address their communication and social difficulties, and teaching staff in The Marion Centre share their specialist autism expertise with the mainstream teaching staff.

The Marion Centre accepted its first pupils in 2009, and plans to admit a new cohort of up to 6 pupils each academic year. It accepts children from Cardiff and pupils from neighbouring authorities can also be considered. Although the unit is currently housed in temporary buildings on the Bishop of Llandaff Church in Wales High School premises, plans are progressing to deliver a new building on the site, built to meet the specific environmental and sensory needs of pupils with autism.

ASD/Social Communication Outreach Team			
Host	Conwy	Areas Covered	Mainstream Schools, PRUs, Alternative Education Conwy
Description			
<p>The Outreach Team consists of four very well trained higher level Teaching Assistants, one of whom is the Team Leader. Their role is to support school staff in enabling positive inclusion of pupils with ASD and significant social communication difficulties in all mainstream settings. They observe, assess and offer advice, resources, guidance and strategies which are followed up with regular visits as long as required. Additional support is offered throughout any Transition phase. In the secondary phase 1:1 work is undertaken with the pupil. Parents are supported in conjunction with schools and home visits are frequently undertaken to ensure a consistent approach.</p>			
goal/outcome	Successful and appropriate inclusion of pupils with ASD and Social Communication difficulties in mainstream schools. To develop schools' knowledge and understanding of ASD.		

ASD Virtual Team			
Host	Monmouthshire	Areas Covered	Monmouthshire
Description			
<p>The ASD Virtual team consists of two nominated workers from each of the adult social work teams.</p> <p>The team meets once per month and provides group support via practice exchange. The team is developing a referral pathway for adults including those coming through the 14 to 25 transition process.</p> <p>Referrals are based on need, not diagnosis. Adults with ASD will have access to an assessment of their needs and, where eligible, people are allocated to the most appropriate team.</p> <p>The virtual team feeds into the ASD Stakeholder Group and vice versa. Members of the virtual team are currently studying an Open University "Understanding Autism" Course.</p>			

Young Persons Social Groups			
Host	C-SAW	Areas Covered	Flintshire Denbighshire
Description			
<p>The Young Persons Social Groups in both Denbighshire and Flintshire are for autistic people aged between 16 – 25 years and aim to provide a chance for members to create long lasting friendships whilst providing an opportunity to experience a wide range of social and educational activities. These groups have proven to be very popular with 6/8 young adults attending sessions.</p>			
goal/outcome	<p>The Social groups help to improve the quality of life for the participants of the group, their families and carers. The group provides its members with an opportunity to participate in a 'normal' social life. Group members have the chance to make long lasting friendships as well as having the benefit of doing something different for a few hours. The quality of life of the families of those with</p>		

	<p>autism may improve as they will benefit from a couple of hours respite.</p> <p>This project improves the ability of people with an ASD to take part in new activities that have not been provided in the community. This can help to integrate people with an ASD into the wider community.</p>
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LD and ASD Housing Project			
Host	Monmouthshire	Areas Covered	Monmouthshire
Description			
<p>In Monmouthshire, in excess of 270 Adults with a Learning Disability and ASD receive care and housing support services from Adult Services and Supporting People.</p> <p>The individually tailored services reflect a wide range of needs, from simply maintaining independent living through to residential care, and in accommodation that reflects a full spectrum of tenure options.</p> <p>The future accommodation requirements of adults within Monmouthshire with Learning Disabilities will be assessed so that a strategy can be developed that will inform the future commissioning and development of accommodation and housing support services that deliver:</p> <ul style="list-style-type: none"> • An appropriate range of choice and options to clients • Value for money in terms of developments • service delivery reflects affordability from the client's perspective 			
goal/outcome	To meet the needs of the individual and offer a range of choice and options.		

Project Providing ASD specific temporary/move-on Accommodation, including ASD Specific Support.			
Host	Supporting People and Hafal	Areas Covered	Ceredigion
Description			
<p>Local mapping carried out prior to and during the first year of the WAG ASD grant funding has shown that people with ASD access most of the existing Supporting People teams and services in Ceredigion.</p> <p>Consultation with parents, carers and people with Asperger Syndrome showed a need for increased support to move out of the family home toward greater independence.</p> <p>As a result a project providing ASD specific temporary/move-on accommodation, including ASD specific support has been set up by Supporting People with Hafal. This new service will provide 3 self contained units of temporary accommodation for people who have ASD, with assistance from Supporting People floating support and Social services. It is intended to provide an alternative to generic temporary homeless accommodation and is an interim measure for people whose accommodation is unstable and where a planned move may prevent homelessness or crisis.</p>			

goal/outcome	The project will aim to develop individual's skills, capacity and ability to live independently. A key aim will also be to facilitate access to appropriate sustainable move on accommodation, information, advice and support.
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WASSP (Wrexham Autism Social Skills Group)			
Host	Wrexham	Areas Covered	Wrexham
Description			
<p>Wrexham Autism Social Skills Group (WASSP) is a therapy programme for 18-25 year olds who have Autism, including those with Asperger Syndrome.</p> <p>The project covers areas of communication & social skills for young adults with ASD. Two hour long therapy sessions employ a range of auditory, visual and kinaesthetic activities which include discussion, games, role play, mind mapping and presentation.</p> <p>Prior to each session all service users complete a short questionnaire to establish their perceived confidence on the subject of the session. This is completed again at end of group to determine if learning outcomes have been achieved and confidence improved. On average the confidence in the group increased by 33% at each session.</p>			
goal/outcome	The project provided an opportunity for young people to engage with a therapeutic group to help improve and develop the communication and social skills of all service users.		

Respite Care Project			
Host	Ynys Môn	Areas Covered	Ynys Môn
Description			
<p>The Social Service Department (SSD) has developed a residential respite care unit for children with disabilities in Llangefni. The Brynhwfa Unit provides up to 4 beds for overnight or weekend respite to provide relief and support for parent carers. In addition to the provision of overnight respite, we have developed an after-school club to provide meaningful day activities for children with disabilities, which include children and young people with ASD, and support for parent carers. This additional provision has been funded through mainstream SSD budgets and Cymorth Funding.</p> <p>The SSD also provides a Summer Activities Programme and Saturday clubs to provide meaningful activities for children/young people and to provide respite for parent carers.</p>			

Development of an Integrated Care Pathway for Children.			
Host	BCUHB	Areas Covered	Gwynedd and Ynys Môn
Description			

Gwynedd and Ynys Môn enabled the development of an ASD care pathway for children that is now in use and has already improved practice within West BCUHB (NHS). A Psychology Assistant was responsible for the care pathway Ensuring that the BCUHB - West area ASD care pathway for children is compatible with the needs/desires of Ynys Môn Local Authorities provision. It has already been shared with Heads of Special Education and discussed with Educational Psychology.

Goal/outcome	There is an evident need for an adult care pathway in the North Wales area to improve service provision.
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Establishment of Transition Key Worker Pilot Project.

Host	Ynys Môn	Areas Covered	Ynys
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Description

The project will set up and deliver transition preparation groups for young people and parent groups to work creatively. Twelve young people have been selected for the Transition Keyworker Project via a referral system and selection panel. During the selection process, we have endeavoured to cover as wide a spectrum of disability as possible in order to reflect on how the Key Worker system benefits each individual.

Each young person has been allocated a Key Worker.

The Key Workers have received PCP (Person Centred Planning) Training by a facilitator from Leonard Cheshire Disability. Leonard Cheshire Disability are also providing ongoing support and mentoring of the Key Workers for the duration of the Project.

Social Group for Adults with Asperger Syndrome

Host	Rhondda Cynon Taff	Areas Covered	Rhondda Cynon Taff
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Description

Work to develop the local action plan identified as a priority the need for a social group for adults with Asperger Syndrome. A social group commenced in Rhondda Cynon Taff (RCT) in September 2010 and attendance is steadily increasing.

The group is for adults of all ages and abilities and usually meets fortnightly with one informal meeting and one activity per month, both of which enable networking and socialising for individuals with Asperger Syndrome and their parents/carers/family, who are also able to attend. Informal meetings provide an opportunity to invite outside speakers to provide information and advice relating to topics identified by the group. Arrangements are also made for evening activities, such as bowling and going out for meals.

goal/outcome	To increase opportunities for those adults with Asperger Syndrome.
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ASD Family Support Partnership

Host	Torfaen CBC	Areas Covered	Torfaen
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	Action for Children		
Description			
<ul style="list-style-type: none"> • The team works alongside the young person, their family and professionals to ensure the holistic needs of the young person with a diagnosed Autistic Spectrum Disorder (ASD) are considered. • The service offers: <ul style="list-style-type: none"> • An opportunity to discuss thoughts, feelings or concerns. • Information on aspects of ASD or other appropriate services. • Practical strategies to introduce structure and routine at home. • General solutions and strategies • Practical strategies to support the young person and their family. • Practical strategies to support behaviour management. 			
goal/outcome	<ul style="list-style-type: none"> • To provide parents of children or young people with a recent diagnosis of Autistic Spectrum Disorder with advice on what Autistic Spectrum Disorder is and what they can do to support their child. • To agree upon practical strategies to support those affected by an autistic spectrum disorder • To enhance the independent and social skills of the child/young person. • To support the transition of children and young people with Autistic Spectrum Disorder between settings to ensure effective communication between the child or young person, their family and relevant professionals. 		

Integrated Services for Children with Disabilities			
Host	Denbighshire	Areas Covered	Denbighshire
Description			
<p>This project will collocate health and social work staff in one unit to deliver services to all disabled children which will include those with ASD. A multi agency service model including education colleagues will be delivered from the unit. Input from the voluntary sector will also be included.</p>			

Autism Helpline			
Host	National Autistic Society	Areas Covered	UK wide
Description			
<p>The National Autistic Society's UK-wide Autism Helpline gives impartial, confidential information, advice and support to people with autism spectrum</p>			

disorders, their families, professionals, researchers and students.

The Helpline Advisors can provide enquirers with general information about autism, information about local services and support, information packs on autism and Asperger syndrome and on a variety of related issues, such as behaviour, diagnosis, and education. Specialist advisors are available in the areas of Welfare Rights, Education Rights and Community Care. The Information Centre team specialises in providing a service for professionals, students and researchers, including a telephone and email enquiry service, email bulletins about autism research and practice, and Autism Data (www.autism.org.uk/autismdata) - an online research tool listing over 24,000 published research papers, books, articles, videos and other materials about autism and related issues.

The Autism Helpline offers a telephone interpretation service to callers from the UK whose first language is not English, or who would prefer to use Welsh.

Monmouthshire and Newport Family Support Service			
Host	National Autistic Society	Areas Covered	Monmouthshire Newport
Description			
<p>The National Autistic Society Cymru is funded by Monmouthshire and Newport Social Services departments to provide an autism-specific family support service. This service has been operating successfully for 13 years and has around 400 registered families.</p> <p>The Family Support Worker is the first point of contact for individuals and families after diagnosis, providing high-quality, up-to-date and well-researched information on autism, as well as on specific topics like communication, behaviour, diet, sleeping and details of other local services. The service works with families through home visits, parent support groups, printed materials, telephone contact, and other channels. It also supports professionals who need autism-specific information.</p> <p>The service has an open and responsive referral system, based on individual needs, and adopts a 'cradle to grave' approach which, over time, has made it a local service that users have trust and confidence in. This is an example of good practice which should be replicated across local authorities in Wales. However, it should be a commissioned service which is part of a planned pathway, rather than an interest-led service dependent on the commitment of individuals.</p>			

Outreach Service for Parents, Carers and People with Autism and ASD related issues			
Host	C-SAW	Areas Covered	North Wales
Description			
The service offers:			

- Outreach visits for families in their homes or requested venue at a time which is convenient to them (including evenings). Visits are not restricted by time constraints.
- A single, confidential point of contact, providing support, information and advice including advocacy support, whilst liaising with Local Authority teams in order to support the families' needs.
- Telephone support and advice service.
- Peace of mind to parents/carers, having the knowledge that the C-SAW Outreach Officer is there to support in what ever way they can, now and in the future.

goal/outcome

- To provide advice and information to empower parents/carers regarding eligibility and entitlement of services and support.
- To inform parent/carers of other services C-SAW provide, including Social Groups for children and adults with an ASD, Holiday Club, Trampoline Sessions, Coffee Mornings, Counselling, Parent Befriending Scheme, Siblings Groups, and Parent Information Talks on relevant subjects relating to autism. As well as having up to date information on activities, events and workshops organised by other Voluntary Sector Groups which may be beneficial.
- To collate information on services available across all counties in order to signpost parents/carers on to those appropriate services.
- To increase awareness to Social Services, Education and Health Teams, Family Information Services and other Voluntary Organisations, of C-SAW and the services we provide.
- To support parents/carers who may have recently received a diagnosis for their child or adult and signpost them on to further sources of assistance.

EarlyBird and EarlyBird Plus Project

Host	Neath and Port Talbot	Areas Covered	Neath and Port Talbot
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Description

In 2009 two staff members were trained in early bird and went on to run our first EarlyBird course. This was successful with positive parental feedback. ASD grant monies were used to train several more people from various agencies in health, education and the voluntary sector in delivery of EarlyBird. Following this successful training and with some funding from the ASD grant monies, the Neath Port Talbot EarlyBird Team are able to offer an EarlyBird Programme for 2010/11. We are able to offer two EarlyBird courses and one EarlyBird Plus course.

For EarlyBird, a list of possible families is kept in The Children's Centre, names provided by the Paediatrician following the diagnostic process. Parents are asked to attend a meeting where the course is explained and invited to apply for a place. Acceptance onto the course is on a first come first served basis.

ASD Grant funding for 2010-2011 has been used to recruit an ASD family support worker and a speech and language assistant to provide longer term support to families post early bird training and diagnosis.

goal/outcome	To provide support, advice and information for families of young children who have received a diagnosis of ASD
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Bridge to Success in ASD			
Host	ABMU and Cwm Taf Health Boards and the staff of Heronsbridge School, Bridgend	Areas Covered	Bridgend
Description			
<p>The Bridgend Bridge to Success in ASD course was devised by 4 members of the Bridgend EarlyBird Plus team. The programme is based on the NAS EarlyBird Plus programme, which is open to families of children with diagnosed ASD below 9 years of age.</p> <p>The Bridge is a one day programme and was devised specifically to meet the needs of the following groups:</p> <ul style="list-style-type: none"> • Parents of children with ASD over 9 years old • Parents who are unable to commit to the full EarlyBird programme • Extended families and networks • Professionals who come into contact with children with ASD in school, respite, therapy, play provision and medical care. <p>An evaluation of the Bridge programme took place over 2 days, with one day for professionals and one day for parents and carers; 40 people attended of whom 37 completed an evaluation of the programme. The significant positive and constructive feedback has helped to inform the development of a further programme of EarlyBird training.</p>			

Siblings Day			
Host	Bridgend	Areas Covered	Bridgend
Description			
Multi-agency professionals delivering EarlyBird and EarlyBird plus had highlighted that the session on the needs of non-autistic siblings has been			

the most emotional part for parents on the programme. Consequently a day for siblings was set up that would be fun, an opportunity to share experiences and learn about ASD. Due to the success of the day two further days and on-going group work are being planned.

goal/outcome	To provide support and information for siblings of children with ASD.
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Communication Network – Schools Council for Pupils with ASD			
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Host	Bridgend	Areas Covered	Bridgend
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Description			
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A schools council was set up to enable children with ASD who attend mainstream schools to have a voice. Training was brought in from ‘Investors In Children’ from Durham, who ran a series of agenda days and trained young people as facilitators and mentors. There was also a report on their findings from those days. The main issue highlighted was bullying, so an action plan has been developed and links made with the anti-bullying group. The group meets in the Youth Services facility.

goal/outcome	Increased support for and awareness of the needs of siblings of children with ASD.		
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Family Support Worker Pilot Project			
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Host	Neath and Port Talbot	Areas Covered	Neath and Port Talbot
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Description			
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This one year pilot project has been set up in Neath and Port Talbot children’s centre using some of the WAG ASD grant funding. The family support worker provides information and support post-diagnosis to families with a child who has autistic spectrum disorder aged 0 – 5. The family support worker also has a role in signposting and coordinating services, and in giving advice if there are concerns about behaviour. Since the family support worker commenced the service in September 2010, 19 new referrals have been received from the diagnostic team; there are 19 families accessing service, among which there are 13 action plans up and running. 10 families have participated in outcome monitoring and 9 families are currently engaged with the family support worker in ongoing work. All 19 families who have participated so far received advice and signposting and of these, 9 families were referred to Welfare rights and/or Family Fund. A coffee afternoon support group was established to facilitate ongoing support. Of the ten families who have taken part in the outcome monitoring so far, 100% feel better able to cope and 100% felt better informed than they did before.

goal/outcome	To provide information and support post-diagnosis to families with a child who has autistic spectrum disorder aged 0 – 5.		
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Development of an Early Years Referral System			
Host	Pembrokeshire	Areas Covered	Pembrokeshire
Description			
<p>To implement a new early years referral system in order to reduce waiting time for support services to become involved with children with suspected ASD. The Early Support panel may comprise:</p> <p>Paediatrician Child Psychologist Paediatric Physiotherapist Speech & Language Therapist Liaison Health Visitor Pre-school Liaison Teacher</p> <p>The panel will meet monthly (prior to the CDT meeting) to discuss referrals, agree case-planned interventions and refer on to appropriate services. The early year's referral system is partnered with an early intervention strategy; professional staff has received training in order to be able to deliver support and interventions with parents in their own home. There is an early interventions steering group set up to monitor progress of the early intervention strategy, which appears to be working effectively.</p>			
goal/outcome	To implement a new early years referral system in order to reduce waiting time for support services to become involved with children with suspected ASD.		

Conwy Team for Children with Social & Communication Disorders			
Host	Conwy	Areas Covered	Conwy
Description			
<p>The Conwy Team for Children with Social and Communication Disorders is a multi-agency team that provides a comprehensive diagnostic assessment service for children who are suspected of having an autism spectrum disorder. The team consists of representatives from Paediatrics, Psychiatry, Speech and Language Therapy, Clinical Psychology and Educational Psychology. The service is provided for all children aged 0 – 5 years and children who have a learning disability aged 0 – 18 years. Within the limited staffing available, the team aims to provide an assessment that falls in line with national standards and emphasises timely, sensitive and comprehensive feedback to families at all stages of the assessment.</p> <p>Considerable work has been put into developing the assessment process of this team. This includes:</p> <ul style="list-style-type: none"> - Identifying the amount of time available to each team member for diagnostic assessment and from this, ensuring that assessment tasks are carried out in a timely and coherent way. - The multi-agency team meet monthly to process referrals and agree on diagnoses. - Clarifying referral criteria to minimise time spent managing inappropriate referrals. 			

- Standardising paperwork across all referrals to maximise efficiency when reviewing cases.
- Developing a medical referral form to ensure that all relevant medical issues have been identified prior to referral.
- Introducing a 'key worker' scheme so that every child that is assessed by the team is allocated with a named member of the team, whose role it is to be a contact point for the family should they require any additional information or support during the assessment process.

Current aims include:

- Produce an assessment pathway document.
- Revise the existing team standards to incorporate national recommendations.
- To consider the findings of the Conwy & Denbighshire ASD assessment audit and to incorporate any recommendations as appropriate.
- Once the standards have been revised, to prepare and conduct an audit of current team performance against these revised standards.

Short Breaks Pilot Project			
Host	Carmarthenshire	Areas Covered	Carmarthenshire
Description			
Carmarthenshire ASD stakeholder group used some of the WAG grant funding to initiate actions to increase the range of short break provision. The short breaks pilot focussed on young people aged 16-25 years and consists of two different types of short breaks. One has a fixed base which combines a programme of activities for the young people as a group in the base with activities in the community. This is being used by young people with autism whose needs and difficulties are quite complex. The other part of the short breaks project is series of small groups of young people undertaking a range of activities such as fishing, and forest craft.			
goal/outcome	The outcomes that we are seeking for both types of short breaks are: improvement in self confidence/esteem; ability to be part of a group; extending a young person's range of experiences; independence; developing a pathway into other services and activities in the community or adult services. The form these outcomes take depends on the young person.		

Parents Online Support Network			
Host	Carmarthenshire	Areas Covered	Carmarthenshire with plans extend access to other areas in Mid and West Wales
Description			

Regional ASD funding was secured for this parent-led development of a web based support system for parents and carers. Parent representatives have developed Help And Information for Parents and Carers (HAIPAC). This user friendly website provides access to information, networking with other parents and carers and links to a variety of sources of advice and support.

goal/outcome	Increased opportunities for peer support, sharing advice and information is available at www.haipac.org.uk
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Development of a Multi Disciplinary Transitions Planning Panel.

Host	Neath and Port Talbot	Areas Covered	Neath and Port Talbot
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Description

The ASD stakeholder group undertook a mapping exercise of 12-18 yr olds, which identified a high number of young people with ASD. The information was collated to project current and future demand and associated costs. The transitions planning panel will be involved in the development of the plan and responsibilities for implementing the pathway plan and ensuring a seamless transition to adulthood. At a strategic and planning level the need for a multi disciplinary transition coordinator was highlighted and a bid submitted to WAG which has been successful. The post holder will have strong links with the ASD stakeholder group and make the connections across all the services.

goal/outcome	To support transitions from children services to adults services.
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Support for Families – Sensory Equipment at Ysbyty Alltwn

Host	Gwynedd	Areas Covered	Gwynedd
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Description

Grant funding from Gwynedd provided equipment for a new sensory room for the local multi-agency community team based at the Ysbyty Alltwn in Porthmadog.

Autistic Spectrum Disorder Employment Support

Host	ASDES	Areas Covered	
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Description

ASDES aims to provide a one-stop specialist assessment, training and placement services to meet all the needs of clients with autism who are capable of some paid work. ASDES is a team of professionals including a

psychologist, counsellor, assessor, trainer and employment consultant who have many years experience in helping people with disabilities into work. Their priority is to put our clients at the centre of all our efforts and the first key role will be to thoroughly assess their needs and wants in relation to employment.

goal/outcome	To place people with autism into paid employment and to keep them in work as long as they wish.
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EarlyBird Programme.

Host	Flintshire & Wrexham	Areas Covered	Flintshire & Wrexham
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Description

EarlyBird Programme: 0 - 5 years and EarlyBird Plus Programme: 4 - 8 years. These programmes are provided by two trained Learning Disability Nurses across Flintshire and Wrexham and benefit very young children with complex ASD and their families.

goal/outcome	To assist families care for young children with ASD, by providing effective strategies, support and advice.
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Chapter 9

Leisure

Trampoline Sessions			
Host	C-SAW	Areas Covered	North Wales
Description			
<p>These sessions are run every Saturday throughout the year for children with an autistic spectrum disorder between 8-16 years. Having a qualified trampoline coordinator to coach and support during all sessions gives the youngsters an opportunity to enjoy a safe and fun activity.</p>			

Free Film Showings for Children with Disabilities			
Host	Contact a Family	Areas Covered	Screenings throughout Wales
Description			
<p>Funding from Children in Need allows Contact a Family to offer free film showings for children with disabilities and their families.</p> <p>Contact a Family organized its first in the Galeri Creative Enterprise Centre and Theatre in Caernarfon in 2004. Contact a Family now holds screenings throughout Wales.</p> <p>Disability-friendly features of the performance include higher lighting and lower volume than in conventional cinema screenings. For many families, however, the biggest benefit is that their child is able to be themselves. Contact a Family has sole use of the cinema for the screening, so families can rest assured that the other people watching the film will understand if their child makes some noise or needs to get up and walk around, for example. Siblings also find the screenings to be stress-free family outings, and a good opportunity to meet other brothers and sisters of children with disabilities.</p> <p>Workshops take place at the same time as the screening, and families are free to leave the screening and join the workshop instead, should they wish to do so. Music, craft, and circus skills have all been offered in workshops in the past.</p> <p>There is no charge to attend the screenings. The films shown are suitable for the whole family.</p>			

School Holiday Club			
Host	C-SAW	Areas Covered	North Wales
Description			
<p>C-SAW runs high quality childcare during schools holidays, open to children aged between 8-16 years with a diagnosis of ASD who live in North Wales.</p>			

The children who attend enjoy a wide range of structured, fun activities throughout the day.

The Internet Café

Host	Conwy	Areas Covered	Conwy Areas
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Description

The Internet café provision is for the use of older children and young people who appear on the ASD spectrum. Initially targeting 11-18 year olds it will allow engagement and participation of those often without provision and excluded by the nature of ASD. The scheme will provide social interaction for children and young people on the ASD spectrum

This will be in a dedicated space and allow other relevant activities and a discussion and support point for parents, carers and professionals. The scheme has been created because of local need in Conwy. This was reinforced by the results of a local questionnaire to children, young people and families with ASD in Conwy. It was clearly felt that there is a significant gap of provision for young people 11 – 18 years old.

Young people highlighted in the questionnaire and in one to one feedback that they would wish to have an opportunity to use a computer, play games, surf the internet and watch DVDs.

The programme would be monitored by regular questionnaires and more importantly one on one conversation with the young people and their families. The scheme will be developed and focused on the needs and wishes of the young people. Young People may bring their own laptops however those families who cannot afford them will not be excluded by provision of 5 machines exclusively for the scheme. This will use WiFi technology that is already present at the venue. This will be an initial 3 year scheme.

goal/outcome

- The scheme will increase the confidence and social skills of ASD children and young people who attend by allowing interaction with others
- The scheme will allow meaningful family activities for those with a child with ASD
- This will provide the framework for a parental support group
- This will allow potential to provide a venue and home for the local Asperger group

TAPE – “Sounds Like Fun”

Host	Conwy	Areas Covered	Conwy Areas
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Description

“Sounds Like Fun” is a long-running music and film project for children and young people with disabilities. It aims to provide a safe environment for these young people to explore their creativity. It aims to enable them to find out

what they can do rather than what they can't do.

This new scheme, with "Sounds Like Fun", will take place for one hour per week. It will enable children with ASD, who would find it difficult to cope with a noisy environment, to benefit from being part of the "Sounds Like Fun" experience. Children & young people who have attended such sessions have indicated that they have benefited from it.

goal/outcome	<p>Relevant Autism themes – Local Priorities identified at Consultation</p> <ul style="list-style-type: none"> • Life Skills • Social activities <p>Main aims</p> <ul style="list-style-type: none"> • To give the young people the opportunity to take part in a creative activity. • To improve their self image and self confidence, this will impact on other areas of their lives. • To enable them to take part in a cooperative activity with other people. • To give them the opportunity of making music and having fun. • To give the parents/carers an opportunity to relax for an hour.
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Summer Holiday Activity Scheme for Children and Young People with ASD			
Host	Swansea	Areas Covered	Swansea
Description			
<p>As a result of feedback received during groups for parents and carers, and using a small amount of the WAG ASD grant funding, a range of family activities was arranged on one day of each week of the school summer holidays. These included a visit to a community farm, rock climbing, archery, arts and crafts and Bikeability. Numbers varied from week to week, but on average, 13 families, including 22 children per week took part. These activity days were very successful and feedback was that families could relax and 'be themselves'. The idea for these groups snowballed and as a result of some joint working with City & County of Swansea children and young people's participation in the youth service, disability sports and Mentro Allan (an initiative helping carers) a surfing group for families was set up. This continues on a weekly basis now and is parent led.</p> <p>An evaluation of the scheme has shown that for a very small amount of money this project has made a considerable impact on the lives of children and families, with 100% of participants giving a score of 10 out of 10 when asked how valuable the activity days had been for their family.</p>			
goal/outcome	To enable families of children with ASD to try different leisure activities in a supportive environment.		

Smiles			
Host	Conwy	Areas Covered	Conwy & Denbighshire
Description			
<p>Smiles are an activity based group for children with ASD and their families currently based within one of Conwy Leisure Centres. It allows families to have fun and forget their disability and problems.</p> <p>It provides physical activities as well as art and craft and is set in an atmosphere that helps to improve social communication skills and relationships as well as create a social network.</p> <p>Families are given access and awareness of facilities and help within the local community and nationally. It creates and opportunity to meet other families also coping with Autism. Target group - Children and young people who have ASD, their parents and siblings</p> <p>Through our scheme the children/young people that attend are forming friendships and communicating with peers and family members. The scheme helps to break barriers with siblings and other family members students and parents as required.</p>			
goal/outcome	<p>Smiles will follow the same structure on each session but will introduce activities to ensure that aspects are met to help improve life skills and communication. It allows families to have fun and forget their disability and problems. The scheme helps to break barriers with siblings and other family members.</p>		

Chapter 10

Miscellaneous

Social Use of Language Programme			
Host	Ceredigion	areas covered	Ceredigion with potential National use.
project Description			
<p>Translate Social use of Language Program (SULP) materials</p> <p>The Social Use of Language program can be used throughout school to help children and young people understand and develop social communication. Feedback from teachers participating in the Autism Cymru Inclusive Schools Project indicated a need for Welsh language SULP materials, leading to a bid for regional ASD funding. Following negotiations with Wendy Rinaldi, author and owner of the SULP, copies of all the primary school level materials have been ordered, plus the assessment booklets which enable Speech and Language Therapists to measure progress.</p> <p>January 2011. Junior sets one and two are now translated and being proof read by a Speech and Language Therapist. Consideration as to how to share the materials across the region is underway.</p>			
goal/outcome	To increase the availability of Welsh language resources for pupils with an ASD.		

Emergency Card Scheme Project			
Host	Autism Cymru	Areas Covered	SE Wales Region
Description			
<p>This regionally funded project will aim to develop the Autism Cymru Emergency Card scheme further across the South East Wales Region, by raising awareness of ASD amongst Police, Ambulance and Fire service personnel.</p> <p>There have been several consultation meetings with the Emergency Services and taking on board their feedback the original suggested programme has been redeveloped to take into consideration different job roles, working hours and aims and objectives of each of the services. This will ensure training will be tailored to each of the services and the presentation will reflect day to day jobs of Police, Ambulance and Fire Service professionals.</p> <p>Several meetings with managers of Police, Fire, and Ambulance Services have taken place. Information on day to day job roles and other feedback has been incorporated into the presentations.</p> <p>The training programme will be finalised shortly and ready for implementation in the coming weeks.</p>			

Positive Changes Workshops			
Host	Monmouthshire	Areas Covered	South East Wales Region
Description			
<p>A series of 4 workshops for parents, family members and carers of individuals with ASD have been implemented in each local authority across South Wales. The workshops provided practical advice around managing common difficulties such as anxiety, eating, sleeping and continence problems.</p> <p>The workshops were run at times that enabled parents to attend and were two hours in duration. The workshops were facilitated by professionals with expertise in the subject area. Each workshop provided general information on the subject matter, but also allowed the attendees to 'troubleshoot' individual problems with the facilitator.</p> <p>Evaluation forms were issued to the attendees at the end of each workshop. The feedback received via these was extremely positive, with all attendees stating that they found the workshops useful.</p>			

Triple A' project (increased Access to leisure Activities for individuals with ASD)			
Host	Teresa James ASD Coordinator Monmouthshire CC	Areas Covered	South East Wales Region
Description			
<p>This project will aim to make leisure activities more accessible to individuals with ASD by increasing awareness and understanding of the condition amongst staff. The project will initially involve a regional conference day for individuals with significant influence in leisure services such as disability sports advisors and will aim to emphasise the difficulties that people with ASD have in accessing leisure provision and the need for organisations to actively address these. This will be followed by the provision of local awareness raising for all staff. Information and advice leaflets regarding these issues will also be distributed.</p> <p>Progress as of January 2011</p> <p>A Leisure Conference was held on the 8th September 2010 where information and advice leaflets were provided to leisure managers. Evaluation questionnaires highlighted some positive outcomes these include:</p> <ul style="list-style-type: none"> • Leisure managers joining ASD Stakeholder Groups. • ASD Leads accessing more information about what leisure facilities are available within their areas; helping with identifying services. • Initial planning and development opportunities have been established. 			

- ASD and Play has been identified as an important need.

Part two of the project, developing local ASD and Leisure awareness training, has been organized within 8 of the 9 Local Authorities. Dates and venues have been set and the trainer is confirmed.

Provision of Parent Group Leader Trainer			
Host	Aneurin Bevan HB Cwm Taff NHS Trust	Areas Covered	South East Wales Region
Description			
<p>This regional project aimed to increase the capacity of services to deliver Earlybird and Earlybird plus programmes across the South Wales Region. The Welsh Assembly Government funded 5 staff working in the Aneurin Bevan Health Board Region and 5 staff working in the CAMHS Service, Cwm Taff NHS Trust to undertake training in EarlyBird or Early Bird plus.</p> <p>As a result of this funding, a number of new staff are already running Earlybird programmes in South East Wales, with further programme planned to start soon.</p>			
goal/outcome	To train a total of 10 staff working in health to be able to provide Earlybird or EarlyBird Plus parenting programmes across South East Wales.		

Ysgol Plas Brondyffryn Outreach Service (part grant funded)			
Host	Denbighshire		North Wales
Description			
<p>Ysgol Plas Brondyffryn outreach service. This has been equally successful and much valued by our colleagues in mainstream schools. The service is aimed at primary and secondary schools in Denbighshire. It offers advice on how to support, manage and teach pupils who have a diagnosis of Autistic Spectrum Disorder (ASD). The aim of the service is to provide advice and support to enable staff to meet the needs and maximise the achievement of pupils with ASD in their current setting, to increase awareness of ASD in mainstream educational settings and to offer relevant training for staff working with pupils with ASD. The service offers pupil observations, discussions with staff involved, consultation regarding practical strategies of managing and teaching the pupil, written reports summarising discussions and recommendations, informal telephone consultations, and Local Authority ASD training.</p>			

Working together with Autism – Ysgol y Gogarth			
Host	Conwy		Conwy
Description			
<p>The aim of the scheme is to develop strategies and approaches to manage children with autism with the most challenging difficulties. This group of children are currently placed in Ysgol Y Gogarth, Llandudno. The approach is child centred and based on a comprehensive assessment of each child's needs. We will utilise evidence based learning, teach each child new skills and support parents and teachers in managing challenging behaviours.</p> <p>The scheme consists of teaching staff and parent's skills which will enable them to facilitate each Child's development. The delivery mechanism will vary, depending on the child's needs. Some skills are most appropriately taught within a group setting, others on a one to one basis. Staff and parents will learn how to manage the children's behaviours within a range of contexts.</p> <p>The needs of children with the most complex difficulties are often the most difficult to accommodate. Their needs are highly likely to be enduring, lifelong and encompass numerous settings and services. Empowering their carers has been repeatedly demonstrated to be an effective and efficient intervention for these children. A child centred, supervised, skill teaching approach, delivered by carers has been demonstrated to be currently the most effective intervention for enabling children with Autism to remain active participants in their communities.</p>			

Chapter 11

Further Research in Wales

Mental Health Needs of Adults with Asperger Syndrome			
Host	BCUHB	Areas Covered	North Wales
Description			
<p>This clinical research project firstly aims carry out a survey to estimate the prevalence of adults with Asperger Syndrome currently accessing the adult mental health services in North Wales. It will also identify the needs of these individuals in relation to services in order to getting a better understanding of their pathway through services and individual needs. Secondly the project will examine the experiences of adults with Asperger Syndrome, their parents/carers and mental health workers in relation to adult mental health services. By interviewing these individuals, it is hoped that this will identify areas of difficulty within mental health services and also highlight those services that have been beneficial.</p> <p><u>Progress to date</u></p> <p>The research team have surveyed two CMHT's, three rehab units and the Out of County for North Wales in a comprehensive survey. Interviews with a number of mental health workers, adults with AS and their parents have also been conducted. The final stages of data collection will be completed during January. During February and March the team will be then be analysing and interpreting all the collected data, in order to understand the experiences of the three groups. The survey data will also be examined to provide an estimate of the number of adults currently using Adult Mental Health Services in North Wales. A final report will be produced to summarise the findings for the end of March.</p>			
goal/outcome	The project will also identify the needs of these individuals in relation to services in order to getting a better understanding of their pathway through services and individual needs.		

A Follow up Study of Individuals with Autism; from Early Childhood to Adulthood			
Host	Dr Dawn Wimpory`	Areas Covered	Gwynedd and Môn
Description			
<p>Too little is known about the long-term implications of different initial levels of autism, intelligence and language etc. In this project comparisons are to be made between these parameters in the early childhood and early adulthood of individuals who were diagnosed with autism since 1988, employing written records and video-recorded data.</p>			
goal/outcome	The project will also analyse interactions between these factors and indicators of everyday functioning and quality of life. The need for the study was highlighted by a recent mapping exercise for autism that found some individuals were no longer in receipt of services despite having being severely affected in childhood.		

Experiences of Services of Young People with Asperger Syndrome or High functioning Autism in Gwynedd.

Host	Gwynedd and Anglesey Autism/Aspergers Support Group and Gwynedd County Council	Areas Covered	Mostly Gwynedd & Ynys Môn extending to other areas in North Wales.
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Description

This research is conducted by the University of Wales, Bangor and is supported as part of the Gwynedd and Anglesey Autism/Aspergers Support Group and Gwynedd local government collaboration.

The project will help the local authority to establish priorities for targeting limited resources and may eventually improve prospects for people with ASD.

Young people with ASD can offer valuable and often particular skills to the local workforce, but will often need these to be facilitated. These young people are often supported financially by local authorities when better understanding of their needs might enable them to require fewer resources or contribute to the local community and economy.

This is a study of the life circumstances of young adults between the age of 16 and 25 years of age who have a diagnosis of Aspergers Syndrome or High-functioning Autism. This includes, work (employment and education), leisure, accommodation, relationships and family, general health and experiences of public transport. We are interested in hearing from people about their daily lives, how they cope with activities, and the support they receive or might require for the future.

We are interested in the individual's experiences of any services and support they have received in these areas. We are also looking at the transitions and big changes that have occurred within these areas. We hope to do this by having an open-ended interview so we can get a sense of what it has been like for a person with an ASD diagnosis.

goal/outcome	There are two main goals: (a) to describe the lives and needs of young adults with an ASD. (b) to inform Gwynedd and Anglesey Autism / Asperger Support Group and Gwynedd Council of these needs and the type of services that may be required for the future.
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Gait Analysis in Autism as a Potential Diagnostic Tool.			
Host	Dr Dawn Wimpory	Areas Covered	Gwynedd and Môn
Description			
<p>KESS Masters by Research: investigating gait analysis as a potential diagnostic tool.</p> <p>'Seed corn' funding from Gwynedd has enabled additional EU funding for ASD research project to investigate gait as a potential diagnostic aid for ASD (supervised by Dr Dawn Wimpory). Gait has recently been recognised as a potential individual biomarker and experienced physiotherapists have long reported observations of an "autistic gait". With empirical backing (using light point vectors and computerised video analysis), this method has the potential to offer a cost-effective, objective and non-intrusive addition to ASD diagnostic procedures where the boundaries of ASD can be particularly elusive. This project benefits from the strengths of local staff whose gait analysis of skills are internationally recognised. It has the potential to compare ASD gait with that of head-injured children where MRI scans clarify the affected brain area; such comparisons may help elucidate the neurological basis of ASD.</p> <p>A 1st class honours psychology graduate is currently engaged in applying for extensive ethics permission through both the NHS and Bangor University, including CRB enhanced disclosures, the research component will begin on receipt of ethical approval.</p> <p>The above project is led by Dr Dawn Wimpory and sponsored by Gwynedd.</p>			

Clock Gene Analysis in Autism.			
Host	Dr Dawn Wimpory	Areas Covered	Ynys Môn
Description			
<p>Our genetics work stems directly from clinical observations of autism where communicative timing and sleep patterns are often problematic. Our international publications predict and confirm clock gene variation anomalies in autism. Clock genes are implicated in sleep-wake cycles, contextual/emotional memory and communicative timing; all these are very relevant to autism. Clock gene expression profiles correlate with severity of diagnostic scores to distinguish severely affected cases from mild ones and typically developing controls. We are therefore working towards a clock gene test for severe autism. This is ultimately for postnatal (not antenatal) testing to identify targeting of medical and psychological interventions, e.g. for high-risk toddlers.</p>			

Mapping Activity – Gwent Area			
Host	Aneurin Bevan Health Board	Areas Covered	Aneurin Bevan Health Board
project Description			
<p>Mapping and evaluating the current diagnostic processes used for the assessment of autism spectrum disorders (ASD) in children and young</p>			

people in Gwent Healthcare NHS Trust (now known as Aneurin Bevan Health Board).

The idea for this study came from a need to improve knowledge of practice across Gwent and to obtain evidence to inform the future planning and development of services for children and young people with autism spectrum disorder.

The findings of this research are currently being written up for dissemination.

There are plans for further research in this area.