

# A City That Works For All Autism and ADHD Strategy for York



In this plan, we try to use simple, everyday words.

This is so we can hear from as many people as possible in York who might want to tell us about the Autism and ADHD strategy.

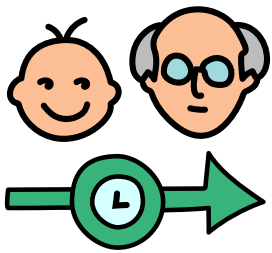
If there are words that people may not know, we have tried to explain what they mean.

This accessible summary has been produced by the council in conjunction with University of York

---

## What is this plan about?

This is an easier to read version of our **draft York All Age** Autism and ADHD Strategy.



**Draft** means the plan is not finished yet.

**York** is the area run by the council.

**All Age** means everyone, from very young children, to old people. The plan will be for all autistic people and people with ADHD.

The version is shorter than the full plan, which means some things have been left out. It should still give you a good idea of what is in the plan.

If you want to see the full plan, you can find it here [LINK].

## Who is this plan for?

This plan is for people of all ages who live in York who:



- Have a diagnosis of Autism or ADHD,
- Believe they are autistic or have ADHD,
- or Who would like to receive a diagnostic assessment for these conditions.
- Families and people who support these individuals

---

# An autism and ADHD friendly plan.

The plan says how we will make York a better place for autistic people, people with ADHD, and everyone around them. We want to make sure that you:



- Feel understood, valued, and safe in York.
- Can get a diagnosis.
- Have support during and after being diagnosed.
- Have goals and feel like you can make them happen.
- Can access education that supports you and helps you achieve the life you want to have.
- Can be sure that employers, businesses and other organisations (like health and social care) will make reasonable adjustments for you.

## The way we say things.



In this plan we say ‘autistic people’ and ‘people with ADHD’. We have done this because many people we have spoken to describe themselves this way. We also acknowledge that some people prefer ‘person with autism’ instead.

---

## How this plan was put together.



We spoke to lots of different autistic people and people with ADHD including young people, adults, and their families.

We also spoke to **stakeholders**. **Stakeholders** are groups or organisations that have links to autism and ADHD, such as social care workers.

We did this in different ways, including:



- Holding events in person and online
- Doing a survey
- Listening to the views of groups such as York Disability Rights Forum, York CVS, Youth Justice Service
- Looking at the last plan, and looking at data from around the city.

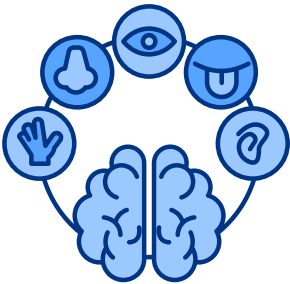
---

## What we will do

This next section tells you the things we will do to make sure that autistic people, and individuals with ADHD of all ages are supported and included in York

---

## More inclusive and sensory friendly spaces



Assess spaces across the city and promote the National Autistic Society's Accessible Environments Resource. Spaces will include:

- Council spaces such as children's centres, libraries and leisure facilities
- Local businesses
- York Hospital Urgent and emergency care
- GP Surgeries
- CAMHS

## Make diagnosis and assessment work



- Work towards clearer referral routes and timeframes, provide key contacts and support information on websites
- Information across services and organisations will be consistent
- Create a website and printed information on the Dolt profiler to explain what will/will not happen when you complete it
- Support packs to all young people and families pre and post diagnostic assessment
- More information for parents



## Better understanding and awareness

- Create public education materials to promote a better understanding of neurodiversity, autism, and ADHD. This will be guided by people with living experience
- Help social workers understand autism and ADHD
- Work with the Retreat to include information on reasonable adjustments as standard in all diagnostic assessment reports



## Improve support in every setting

- Review information on city wide websites to make sure it is accurate and relevant including:
  - Local Offer and RAISE York
  - The Retreat
  - CAMHS
- Offer regular, free, online workshops aimed at families from the Retreat post diagnosis available.
- Have more social opportunities for adults and children.
- Produce interventions to reduce mental health difficulties
- Make sure feedback on these actions is gained from the community.

---

## Support more people into work

- Develop a managers tool kit for staff at the hospital
- Fund businesses to become autism inclusive employers



---

## What we will do next



We will continue to speak to people around the city to make sure that what we include in the plan, works for as many people as possible.

If you think that something is missing, or something in this plan is not right, you can tell us by:



Using this [survey link](#)

Emailing us at: [Jodie.Farquharson@york.gov.uk](mailto:Jodie.Farquharson@york.gov.uk)

Attending a public engagement event

In person: At the Gateway Centre in Acomb on Tuesday 15th July 11-1pm and Monday 21st July 5-7pm

Online: [Join this link](#)

Thursday 31st July 1-2pm