**Management, Support and Intervention**

Autism used to be seen with a medical model, as a disorder to be treated. In recent years, autism is viewed within a social model. In a social model, autism is not something “wrong” with the person that needs to be fixed or “managed” but issues can arise when the environment/community does not cater or adapt to the needs of autistic people. This section focuses on ways that services and environments can adapt to enable autistic people to live happy, fulfilling lives, whilst respecting their right to be autistic.

**“Why everything you know about autism is wrong”** is a TED talk by Dr Jac den Houting which explains a social model approach in an engaging and informative way.

<https://www.youtube.com/watch?v=A1AUdaH-EPM>

**Time needed:** 13 minutes

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Mind Ed (NHS Education England with Royal College of Psychiatrists) has a module on **Learning Disabilities and Autism: Supporting People.**

This describes ways that learning disability staff can support the communication, sensory needs, relationships and inclusion.

<https://www.minded.org.uk/Catalogue/Index?HierarchyId=0_41284_41285&programmeId=41284>

**Time needed:** 20 minutes

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**Key considerations for positive practice for autism spectrum disorders**

This document from NES provides information & learning resources for health and social care services on understanding and making reasonable adjustments for autism: <http://www.knowledge.scot.nhs.uk/media/12413447/nesd0565%20autismguide_web.pdf>

**Time needed:** 30-45 minutes

The following resources on specific topics are all at **Informed-Skilled** level:

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| **Topic** | **Description** | **Link** | **Time needed** |
| Communication | “Make it stop” & “How many questions can you answer”  Two videos from National Autistic Society about information overload | <https://www.youtube.com/watch?v=xHHwZJX67-M&feature=emb_logo> | 1.5 minutes each |
| Too much information and us: Young autistic people talk about processing information | <https://www.youtube.com/watch?v=WlxXbONMqNc> | 4 minutes |
| From National Autistic Society:  Practical advice on communication approaches and tools including changes to verbal communication; advice on visual aids and social stories. | <https://www.autism.org.uk/advice-and-guidance/topics/communication> | 15-20 minutes |
|  | Autism Toolbox describes communication and support strategies | <http://www.autismtoolbox.co.uk/communication> |  |
|  | The National Autism Implementation Team have a comprehensive range of free visual communication resources to download.  Although these have an educational slant they can be relevant and adapted for working with autistic adults with LD. | <https://www.thirdspace.scot/nait/education-resources/>  “Visual Support Project (VSP)” tab |  |
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| Social skills | A TED talk by Dr Jac den Houting explaining the social model and double empathy issue. Understanding and accepting diversity in social communication. | <https://www.youtube.com/watch?v=A1AUdaH-EPM> | 13 minutes |
| National Autistic Society Advice on socialising and relationships for people with autism and carers | <https://www.autism.org.uk/advice-and-guidance/topics/family-life-and-relationships> | 10-15 minutes |
| National Autistic Society:  “Too much information and us.”  Young autistic people talk about their experience of social anxiety. | <https://www.youtube.com/watch?v=11O0VAmU89g> | 4 minutes |

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| **Topic** | **Description** | **Link** | **Time needed** |
| Structure, routine & repetitive behaviours | Videos from National Autistic Society on impact of unexpected changes “Diverted” | <https://www.youtube.com/watch?v=GflKHWfnH-Y&feature=emb_logo> | 1.5 minutes each |
| National Autistic Society:  “Too much information and us” Young autistic people talk about their experience of experiencing changes & advice for neurotypical people on how to make change easier for autistic people | <https://www.youtube.com/watch?v=BbQl2aJTEG0> | 4 minutes |
| YouTube video from “Autism Live”: Advice about introducing some flexibility ( this video is child focussed but could be relevant for some people with a learning disability) | <https://www.youtube.com/watch?v=OLRadhN1AjY> | 9 minutes |
| Video from “Spectrum” describing the function & benefits of repetitive behaviours. These can be a coping mechanism for autistic people and people may need time in day to do these.  Advises support with limits on behaviours that are harmful to self or others, or happening to exclusion of other important activities. | <https://www.youtube.com/watch?v=2LhI23QPoi8> | 3 minutes |
|  | Autism Toolbox explains how environments and routines can be adapted for autistic people. | <http://www.autismtoolbox.co.uk/environment> |  |

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| **Topic** | **Description** | **Link** | **Time needed** |
| Sensory | Autism Toolbox describes Sensory Differences and adaptations that can be made.  Although some of this talks about autistic children and educational settings, some of the information is also relevant to autistic adults with a learning disability. | <http://www.autismtoolbox.co.uk/sensory-differences> | 20-30 minutes |
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| **Topic** | **Description** | **Link** | **Time needed** |
| Food and nutrition | National Autistic Society: Guide to eating and autism for all audiences | https://www.autism.org.uk/advice-and-guidance/topics/behaviour/eating/all-audiences | 10-20 minutes |
| National Autistic Society: Autism & Eating Issues  Interview with Dr Elizabeth Shea | https://www.autism.org.uk/advice-and-guidance/professional-practice/shea-interview | 8 minutes |
| Purple Ella: a description of one autistic person’s food preferences and experiences around food and eating | <https://www.youtube.com/watch?v=jR9TAfhbQWs> - Autism My Food Issues|Purple Ella | 9 minutes |
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| Medication | Mind Ed e-learning module on  Learning Disabilities, Autism & Medication | <https://www.minded.org.uk/Catalogue/Index?HierarchyId=0_41284_41285&programmeId=41284> | 20 minutes |