

A research study to explore what autistic adults want from support after diagnosis.

Where did the research take place?



The
University
Of
Sheffield.

This research was done at the University of Sheffield.

Who led the research?



Suzy Crowson



Dr Daniel Poole



Dr Megan Freeth

Together they do research with and for autistic people.

Who paid for the research?



The money for the project came from the Higher Education Innovation Fund. This fund supports university projects that benefit different people directly.

What was the study?



The researchers wanted to understand what types of support autistic people want to see after diagnosis.



The researchers asked questions in online workshops. The questions were about the help people get now. They also asked whether this help could be better.



The researchers also asked participants to fill in questionnaires. Participants were asked what type of support was important to them.



47 people who received their autism diagnosis as an adult filled in these questionnaires.



10 of these people also took part in the workshops. Participants were asked about the support they would have liked to receive after being given their autism diagnosis.

What did we find out?



Autistic adults told us what they want to be included in decisions about their support. Listed below are the 10 things that participants agreed were the most important to include in their support.



1. Access to professionals with specialist up-to-date training.



2. Help to emotionally process my autism diagnosis.



3. Help to develop a positive autistic self-identity.



4. Specialist autism mental health teams.



5. A support plan that includes my other conditions.



6. The option to get support immediately after diagnosis.



7. Support that includes my communication and contact preferences.



8. Support to process receiving a late diagnosis of autism.



9. Access to support no matter where I live.



10. An individualised support plan that is tailored to my needs.



A better understanding of the needs and preferences of autistic adults will help to improve the support available.

What happens next?



The researchers are writing the findings up in a scientific paper called a journal article. Journals present recent research and journal articles are usually read by other researchers and professionals in health and social care.



The researchers are planning to do more research on the things that matter most to autistic people. They are applying for funding for a research project that will focus on personalised support.

What if I have a question?



If you have any questions you
can email Suzy at
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Talk to us about it over the
phone by calling +44 114 222
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**A big thank you to all our
participants. We could not have
done this without you.**