



THE ROYAL BOROUGH OF  
**KINGSTON**  
UPON THAMES

# Adult Social Care and Health

## Phase 1: Engaging Individuals with Autism and ADHD



Autism and ADHD engagement: Phase 1 means the first part of our resident engagement focusing on people with autism and ADHD.



# Why did we speak to people?



- Kingston Council is working together with local organisations and residents to write a new **Autism and ADHD strategy**. It will be for people of all ages.
- A strategy is a document like a plan that shows what we want to do and how we are going to do it.



- We wanted to find out what is important to Autistic people and people who have Attention Deficit Hyperactivity Disorder (ADHD).
- Speaking to residents about what they want or need is called **Engagement**.



- In the strategy we have picked areas that we want to focus on to support Autistic people and people with ADHD. These are called priorities.
- We asked people what they thought about the draft priorities for the strategy and life in Kingston.



- We worked together with professionals and Experts by Experience (EbEs) to plan how, where and when we would ask residents their opinions.
- An **expert by experience** is an autistic person, someone who has ADHD or both. It also includes someone who might give support, such as a family member.



- We are using this feedback to make sure the strategy is what people want.

# Results of speaking with residents:



- Firstly...Thank you!



- The survey ran from 1st May 2024 to 13th June 2024.



- We spoke to around **140 people**.
- **92 online surveys**.
- **6 focus groups**.



- Most people who gave feedback were Autistic, had ADHD or both
- **17 organisations** also gave their feedback.

Below are our 8 draft priorities that were shared during the engagement for feedback.

### Autistic people and/or people with ADHD:



Will be involved in planning and developing services



Will be supported into employment



Will easily find information and support



Will feel safe and included in their community



Will be given the right support at the right time, including diagnosis.

### Kingston Council and partners:



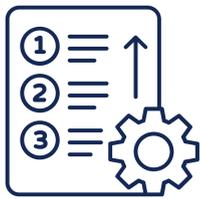
Will focus on people's strengths to overcome barriers



Will support young people as they move to adulthood



Will increase the awareness of Autism & ADHD



- Many people said all the priorities were important.



- People said some priorities are linked, showing that different parts of their lives are connected.
- We need to make sure our work is connected too and we are working together across services.

For example health and care organisations, education, housing as well as community organisations.



- Those who took part in the survey felt that the priorities need to be clear and realistic.

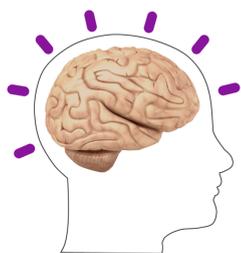


- It was clear that everyone's experience of Autism and ADHD was different.



- Top Priority: **We will be given the right support at the right time, including diagnosis.**
- Challenges included long waiting times for a diagnosis, lack of support and finding it hard to get ADHD medication

# Results of speaking with residents: what you said was important to you



- Mental health issues were a key theme that we needed to look at and put into our strategy.



- Support is also needed for people who haven't yet got a diagnosis of Autism or ADHD



- There are not enough Autism or ADHD specialist services, training or support in Kingston.



- Residents also talked about the need for practical support. This may mean hands-on help to manage their daily lives eg. with form filling, housing, bills or benefits.

# What you said about life in Kingston

There were examples of things **working well** in Kingston:



- Support from the Community and Voluntary sector



- Great work within Health and some schools/colleges

Eg. examples of good practice by GP's not for getting quick referrals.

But, there were areas where we **can do better**:



- Better support for families



- Training and awareness



- Making sure we share information on best ways to work across schools



- Help with filling in forms and getting in touch.



- Making waiting times for assessment and support shorter

# What happens next



- We heard suggestions for making things better, with examples.
- These will help us make action plans.



- People who work in education, healthcare, employment, mental health services will be part of these plans.
- Working together is important to make change.

# Our Plan



- The second engagement will start in the autumn.
- People can feedback on the full draft strategy
- We are planning this now
- You can go to the [Let's Talk website](#) to keep up to date



- We will talk to people in other organisations to ask what they are doing to support autistic people and people with ADHD.

This will help us to work together and join up our work.

# Here's where we are with the draft plan

