

Appendix 1: ASD Patient resources

What is Autism video

This short video is useful in highlighting both the impact of living with autism but also has ideas for simple tools that can be used to help people with ASD manage. Scottish Autism - What is Autism?

<https://youtu.be/K7JbMEyPxHs>

SIGN Booklet Autism – A booklet for adults, partners, friends, family members and carers. Health Improvement Scotland SIGN https://www.sign.ac.uk/assets/pat145_adults.pdf This booklet talks the reader through other people's experiences of autism and what to expect from the diagnosis process as well as explaining helpful therapies.

Training and information videos on differential diagnosis and comorbidity is available from:

<https://vimeo.com/showcase/4280372>

Resources to help girls with ASD prepare for having periods:

<https://raisingchildren.net.au/autism/development/physical-development/periods-and-autism>

'The Autism-Friendly guide to Periods' by Robyn Steward **Publisher:** Jessica Kingsley Publishers (18 April 2019) **ISBN-10:** 1785923242 **ISBN-13:** 978-1785923241

SWAN or Scottish Women's Autism network maybe useful <https://swanscotland.org/>

Hospital passport <https://www.autism.org.uk/hospital-passport>

Autism Network Scotland www.autismnetworkscotland.org.uk .

National Autistic Society www.autism.org.uk

National Autistic Society video on supporting people with ASD in the workplace:

<https://www.autism.org.uk/get-involved/campaign/employment.aspx>

ASD and employment <https://www.arghighland.co.uk/pdf/ARGH%20Employment%20leaflet.pdf>

Appendix 2: ASD primary care resources

Autism Spectrum Quotient-10 <https://www.nice.org.uk/guidance/cg142/resources/autism-spectrum-quotient-aq10-test-pdf-186582493>

Autism in females - 8 things women with autism want you to know:
<https://www.youtube.com/watch?v=NwEH9Ui4HV8&feature=youtu.be>

RCGP Autism Spectrum Disorder in females: Signs to alert clinicians to a diagnosis
<https://www.rcgp.org.uk/clinical-and-research/resources/toolkits/-/media/EC861F7CAD0D45A0BF36A11C14390BFA.ashx>

RCGP Autism Toolkit
https://www.rcgp.org.uk/clinical-and-research/resources/toolkits/~/_media/7277779219C7487E8DE47F128A6BA7F5.ashx

RCGP Tips for consultations
https://www.rcgp.org.uk/clinical-and-research/resources/toolkits/~/_media/C0D63605918143D19742706D4BF0566F.ashx

RCGP guide for reception staff
<https://www.rcgp.org.uk/clinical-and-research/resources/toolkits/-/media/60663BF35A1F43ADBAC65E108B8518EC.ashx>

The RCGP Autism patient charter https://www.rcgp.org.uk/clinical-and-research/resources/toolkits/~/_media/E816C9B79F7142079065A5819465088F.ashx

Staff training video:- https://www.youtube.com/watch?v=p6l-6bu0f_c&feature=youtu.be

NES has a very useful web resource on ASD for general practice and primary care practitioners. It covers definitions, facts and features, identification and diagnosis, impact of ASD, health and behaviour as well as adjustments that can be made to help support people with ASD in general practice. As well as this there is set of pdfs on:

- Supporting your patient with ASD
- Supporting the family
- Has my next patient got ASD?
- ASD and additional conditions

There are also some case studies for further discussion and training. It is available here:
<https://asd.nes.scot.nhs.uk/>

The Knowledge Network has resources available here:
<http://www.knowledge.scot.nhs.uk/home/learning-and-cpd/learning-spaces/autism-spectrum-disorder.aspx>

Appendix 3: Traits in Female Autism

