

Appendices

Appendix 1: Resources for clinicians, carers and patients

[The Oliver McGowan Mandatory Training on Learning Disability and Autism | NHS England](#)

[Exceptional Individuals | Neurodiverse Recruitment & Employee Support](#) provides neurodiversity consulting, recruitment and employment support to employers and individuals with dyslexia, dyspraxia, ADHD and autism.

The [Dyspraxia Foundation](#) was raising awareness about dyspraxia in the teaching and medical professions. This organisation had resources for professionals to use in assessment and current research projects. It has recently announced it has closed its website. There is a forum for adults with dyspraxia with tips for managing everyday life here [Dyspraxic Adults - Index page](#)

The [British Dyslexia Association \(bdadyslexia.org.uk\)](#) works to achieve a dyslexia-friendly society for all.

The National Autistic Society www.autism.org.uk is a source of information and support.

SWAN or Scottish Women's Autism network is a useful resource for autistic women www.autismnetworkscotland.org.uk/swan SWAN is part of Autism Network Scotland www.autismnetworkscotland.org.uk.

[Mind](#) has an information page on OCD

The Royal College of Psychiatrists has patient information leaflets on [OCD](#), [Perinatal OCD](#), and [OCD in children and young people](#).

Time blindness [What Is Time Blindness? \(clevelandclinic.org\)](#)

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

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

There are some case studies for further discussion and training available here:

<https://asd.nes.scot.nhs.uk/>

[Neurodiversity in Business](#) is a forum for organisations to share good practice on neurodiversity in industry areas such as recruitment, retention and empowerment.

Screening questionnaires

<https://exceptionalindividuals.com/candidates/neurodiversity-resources/neurodiversity-quizzes/>

The autistic spectrum quotient is a useful screening tool to use when autism is suspected (NICE Clinical Guideline 142) and can be accessed in various languages here:

<https://www.autismresearchcentre.com/tests/autism-spectrum-quotient-10-items-aq-10-adult/>

ADHD resources:

<https://www.canddid.nhs.uk/adhd>

[An employer's guide to ADHD in the workplace](#), Scottish ADHD Coalition – The Scottish ADHD Coalition have produced information to help employers support people with ADHD in the workplace.

ADHD charities

- [ADHD Aware](#) – A charity run by volunteers, some with experience of ADHD themselves, who offer information and support meetings.
- [ADHD Foundation](#) – A charity advocating for people with ADHD and other physical and psychological health conditions.
- [Scottish ADHD Coalition](#) - A charity providing support to adults and children with ADHD in Scotland, and their parents, carers and families.

Peer support groups

- [Support groups](#), ADHD UK – ADHD UK run peer-support groups, informative lectures and Q&A sessions.

Appendix 2: Improving access to healthcare for autistic people

<https://www.england.nhs.uk/long-read/autistic-peoples-healthcare-information-strategy-for-england/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7373620/>

<https://www.nature.com/articles/s41390-021-01465-y>

<https://bmjopen.bmj.com/content/12/2/e056904>

<https://www.bsms.ac.uk/about/news/2022/02-23-one-in-three-autistic-adults-unable-to-access-healthcare-for-potentially-life-threatening-conditions.aspx>

<https://www.spcr.nihr.ac.uk/news/blog/improving-access-to-healthcare-and-research-for-the-autistic-community-1>

My Health Passport

This online booklet is available by downloading from the National Autistic Society
<https://www.autism.org.uk/>

It is available from the following link: [My health passport \(autism.org.uk\)](#)

It was designed to be completed online and printed out or could be printed and completed with a pen. It would be most useful if it was read by professionals and carers before they are introduced to individuals with autism.