

Making services autism-friendly

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Therapists views of supporting autistic people ('clients') in therapy sessions

1) 5 slides of findings

2) Discussion

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Online survey of 144 therapists

- 43 primarily worked in Wales and 74 primarily worked in England – in the following locations:
- Community-based centres 85 (65%)
- Local Authority Social Services 10 (8%)
- Outreach service, e.g. home visiting or street-based services 8 (6%)
- Hospital inpatients ward 6 (5%)
- Residential rehab centre 5 (4%)
- Hospital Outpatients clinic 1 (1%)
- Other 16 (12%)

Age group worked with:

- Working age (18-65) 112 (60%)
- Older adults (65+) 54 (29%)
- Young people (under 18) 20 (11%)

Therapists were asked if they had received any specific knowledge and/or skills sessions on autism in during training:

- No, none 62 (53%)
- Yes, theoretical information about autism 31 (26%)
- Yes, both theoretical and practical sessions 15 (13%)
- Yes, practical training on working with autistic people 8 (7%)

Therapists were asked - In your work, would you know if a new client had autism?

- Yes 62 (54%)
- I don't know 37 (32%)
- No 16 (14%)
- Therapists were then asked - In your work, are you currently working with any autistic clients?
- Yes 53 (46%)
- No 47 (41%)
- I don't know 14 (12%)
- On average, those currently working with autistic clients, had 4 autistic clients (range from 1-30, sd=5)

Therapists were then asked - If you have worked/are working with autistic people, how would you generally rate the treatment outcomes in comparison with other clients you have worked with?

• Very much worse outcomes	8 (9%)
• Less favourable outcomes	44 (49%)
• The same outcomes	19 (21%)
• Better outcomes	3 (3%)
• Very much better outcomes	3 (3%)
• Don't know	13 (14%)

Discussion

- What adjustments can therapists make to be autism-friendly?
- Go to handout
- Ambassadors for Autism Info: www.tinyurl.com/AforAInfo

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