



# Wokingham area all age autism strategy Our plan for 2024 - 2029



# Everyone who owns this plan



**WOKINGHAM**  
**BOROUGH COUNCIL**



**Buckinghamshire, Oxfordshire  
and Berkshire West**  
Integrated Care Board



**Royal Berkshire**  
NHS Foundation Trust



**Berkshire Healthcare**  
NHS Foundation Trust



**ASD Family Help**  
Autism & neurodiversity - embracing differences

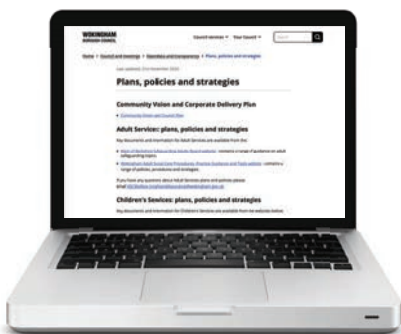
# About this easy read



This is an easy read of a bigger plan called the **All-age Autism Strategy 2024 - 2029**.



This easy read plan tells you about the main things in the bigger plan.



If you want more information, you can find the bigger plan on our website:

**[www.wokingham.gov.uk/council-and-meetings/open-data-and-transparency/plans-policies-and-strategies](http://www.wokingham.gov.uk/council-and-meetings/open-data-and-transparency/plans-policies-and-strategies)**

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# About our plan



We want to make sure autistic people and their families and carers in Wokingham borough:



- Feel heard and understood.



- Have the right support they need.



- Are happy and healthy.



- Are able to live their best lives.



To do this, we have written a new plan.



Our plan says what we will do to make life better for all autistic people in the Wokingham borough.



We have worked together with lots of autistic people and organisations to write our plan.



They have helped us to decide what things we need to work on.

# About autism



**Neurodivergent** means your brain works in a different way to other people. We say it like this: **new row die ver jent.**

Autistic people are neurodivergent.



Some autistic people have a **diagnosis.**

A **diagnosis** is when a doctor or other health staff decide if a person has autism or not.



Some autistic people work out they are autistic for themselves.



Some people might be looking at whether they might be autistic.



Our plan will support all of these people.



## Our vision

A **vision** tells you what we want to see happen in the future.



Our vision is that we want all autistic people in Wokingham borough to feel safe, **valued** and included.



Being **valued** means you are seen as important and are treated with respect.



Here's what we want to see happen:

- People are heard and understood.
- People get the chance to do things that matter to them.







- People can be the best they can be.



- People feel confident to be themselves.



- Children and young people to have the best start in life.



- People to live happy and healthy lives.

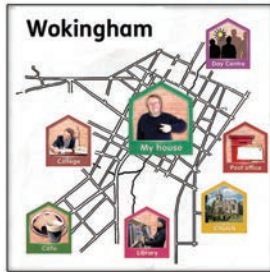


- People to get the support they need when they need it.



To help us do this there are 6 big things we want to work on.

# Big thing 1: Understanding autism and supporting autistic people



To make sure Wokingham borough is a great place for autistic people to live, we will:



- Help more people in Wokingham borough to understand what autism and being neurodivergent is.



- Make sure autistic people get information and support when they need it.  
The information must be given in a way that is easy for people to understand.



- Making sure staff have training and organisations are a good place to work.



- Work together with local groups, services and businesses.



We will help them to understand and support autistic and neurodivergent people.



This will help more autistic and neurodivergent people to get jobs.

## Big thing 2: Finding out you are autistic and healthcare



We want to support all autistic people to live healthy lives for longer.

To do this, we will:



- Set up new ways of working for children and adults.



We will get better at how we work with people and support from services.



If a person thinks they have autism, it can take a long time to get the support they need.

We want people to be able to get support straightaway.



- Work together with other services.



We will try to make sure autistic people get support early.



We will try to give help earlier to the people who need it most.



- Make our healthcare services work better for autistic and neurodivergent people.



## Big thing 3: Making sure autistic children and young people get the best start in life



To make sure all autistic children get the best start in life, we will:



- Support autistic and neurodivergent children and young people at nursery, school or college.



- Give more support to children and young people who need extra help to learn.



- Support young autistic people as they grow older with things like work or training.



- Make sure **social care** works well for autistic children and their families.



**Social care** is care and support people might need at home, in their local community or in a care home.



For children and young people, social care might also be things like living in a children's home or living with a **foster carer**.



A **foster carer** is an adult who looks after children when they cannot live with their own family.

## Big thing 4: Live well and age well

To make sure all autistic adults live well, we will:



- Work together with local groups and organisations to support autistic people.

Things like meeting other people and getting a job. We will work with autistic people to make sure they get the right support they need.



- Make sure our **adult social care** services work well for autistic and neurodivergent people.



When people aged 18 and older need support from social care, we call it **adult social care**.



- Make housing support better.

We need to work better together so everyone gets to live in the place they call home.

## Big thing 5: Making sure autistic people have better mental health and wellbeing



**Mental health** is how you feel in your mind and how you cope with everyday life.



**Wellbeing** is feeling happy and healthy in your body and mind.



To make sure autistic people have good mental health and wellbeing.

We will:



- Make sure our mental health services understand autism.

This means they will be able to understand how autism can affect mental health.



- Make our services better for people who need early help. This will help to stop people from getting into **crisis**.



**Crisis** is when you need help with your mental health straightaway.



- Make sure health services, schools and colleges, social care and community groups work well together.



This means we can look at all the support a person might need.





This will help to support people who have a chance of getting into crisis.

## Big thing 6: Keeping autistic people safe from crime and supporting them in prison and courts

To try to keep autistic people and their families safe, we will:



- Try to keep autistic people safe from harm and **abuse**.



**Abuse** is when someone does something to hurt you or make you feel bad.



- Support autistic people to learn about healthy relationships. This includes meeting people online and staying safe.



- Work together with the police and courts to understand autism.

This means they will be able to support autistic people who break the law.

## Making sure our plan is working



We will keep checking our plan to see how we are doing.

We have set up a group called the **Autism Joint Planning Group.**

This group has:



- Staff from the council.
- Community and voluntary groups.
- Health services.
- Advocacy Groups.  
These are groups that help people to speak up.



We will set up an Autism Partnership. This will help everyone to hear what autistic people and their families think about things that are happening in the borough.



Together, these groups will help us to make sure the things in this plan happen.



We will check our plan every year. We will agree together what things we need to work on next.



We would like to thank everyone who helped us write this plan.

## For more information

To get involved or to find out more,  
you can contact us:



**By email:**

**[autismstrategy@wokingham.gov.uk](mailto:autismstrategy@wokingham.gov.uk)**



**By phone:**

**0118 974 6000**

## Useful contacts

These services can give you advice,  
support and information



**ASSIST Team**



**Phone:**

**0118 908 8002**



**Email:**

**[ASSIST@wokingham.gov.uk](mailto:ASSIST@wokingham.gov.uk)**

## ASD Family Help



**Phone:**  
**07733 601 755**



**Email:**  
**Contact@asdfamilyhelp.org**



## Autism Berkshire



**Phone:**  
**01189 594 594**



**Email:**  
**contact@autismberkshire.org.uk**





## **Promise Inclusion**

This is also part of the Carers Partnership



### **Phone:**

**0300 777 8539**



### **Email:**

**admin@promiseinclusion.org**



### **By post or in person:**

**Wokingham Charity and Community Hub**

**Waterford House**

**Erftstadt Court**

**Denmark Street**

**Wokingham**

**RG40 2YF**



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