



Why is John left without support after being given a diagnosis of autism?

Diagnosis is often thought to be the key to accessing the services you need, but after being diagnosed with autism John found that there was no post-diagnostic clinical support available in his area. He has been left feeling like he is going round in circles, as the services he contacts for support keep passing him on without giving him the help he is seeking. This has affected his ability to lead a fulfilling life, and led to the breakdown of his marriage and the loss of his job.

We use people's stories to highlight problems, and encourage the NHS to change and improve its services.
Tell us your story today.

Four years ago John was diagnosed with autism but he has continued to struggle with the condition as there is no treatment available in his area. This has had an impact on his mental health, as well as on his relationships, job and studies.

For a short time he had an interim social worker, but then he was signposted to Adult Social Care who told him that they are not responsible for his outstanding clinical needs, and then his local NHS Foundation Trust told him that they are not getting funding to support his clinical needs.

John feels that no one seems to be taking responsibility for providing support, 'I am constantly being told what people can't do for me, and that services are being cut, and that there is no money for services'.

He feels undermined and misunderstood when he tries to explain or complain about the difficulties he is having, 'I am appalled at how little Autism Awareness there is in the statutory services - they need to have awareness, knowledge and training about autism and to make reasonable adjustments when communicating with people they know are on the spectrum'.

John says it would help him and other people with autism if there was:

- Greater coordination between health and social care services;
- Improved training for professionals about autism;
- Increased understanding about how to make reasonable adjustments;
- Post diagnostic support available locally where he needs it;

All John wants is to lead a normal life and achieve his potential, but since his diagnosis four years ago he feels he has been stuck in the gaps in the system with no consistent support or care.



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