Autism awareness learning resources

Here are learning resources from across the social care and health sector.

They aim to increase awareness and understanding of autism, to enable frontline care workers to better recognise and respond to the needs of autistic people.

Adult social care managers can use resources in this list during induction, supervision and ongoing learning and development, to develop the skills of their workers. They can also use them to develop their own leadership and management skills and knowledge.

Practical resources

Autism poster and guide – RCNi	
This poster explains how to support autistic people and is for anyone who works with autistic people. You could print out copies as a reminder for your workers. Download the poster here. The 'Developing specialist skills in autism practice' guide explores how services can meet the needs of autistic people, including understanding autism in adulthood, how this can help professionals to identify and plan support for adults with autism, and how services can develop their leaders to have the right skills to do this. Download the guide here. Both of these documents are free to download.	

Improving access to social care for adults with autism – Social Care Institute for Excellence	

This online guide helps adult social care and health workers to increase their awareness, knowledge and understanding of autism. Access the guide here.

You can watch this short video about working with autistic people – watch it here.

You can also watch this video from the perspective of autistic people – watch it here.

This films are free to watch, but if you want to download them you need to register for a free account.

Autism –
Health Talk (University of Oxford)

This website shares films and real life experiences from individuals (and their relatives) with a range of conditions including autism. It's based on qualitative research into patient experiences, led by the University of Oxford.

It has sections about experiences of autism, communication and relationships. There's also sections for parents, grandparents and siblings of autistic people.

You can watch the videos here.

Core Capabilities Framework for Supporting Autistic People
Skills for Health

This framework sets out the skills and knowledge that health and social care workers need to deliver high-quality care and support for autistic people.

Care workers can use to see if they have the right skills and knowledge, and managers can use to arrange and provide training.

Download the framework here.

The framework is free to download.

Clinical guidelines on the diagnosis and management of autism – **The National Institute for Health and Care Excellence**	**NICE**

These guidelines are for healthcare professionals and social care practitioners. They include case scenarios, PowerPoint slide packs, baseline assessment tools and clinical audit tools.

- Autism spectrum disorder in under 19s: support and management (CG170)
- Autism spectrum disorder in under 19s: recognition, referral and diagnosis (CG128)
- Autism spectrum disorder in adults: diagnosis and management (CG142)

Download the guidelines here.

The guidelines are free to download.

Good practice in the management of autism (including Asperger syndrome) in adults – **Royal College of Psychiatrists**	RC PSYCH ROYAL COLLEGE OF PSYCHIATRISTS

The college aims to increase knowledge about the psychiatry of learning disability and autism.

This guidance is for psychiatrists and outlines the standards of care for adults who do not have a general intellectual disability, people identified by terms such as 'high-functioning autism' and Asperger syndrome.

Download the guide here.

The guide is free to download.

They have lots of other information and guides for people who access care and support, carers and professionals.

Training and E:learning

Autism and related problems e:learning – **MindEd**	
This session is aimed at a universal audience and covers recognising the signs and symptoms associated with autism, aspergers and related problems. Access the e:learning here. It's available to anyone, free of charge. You can also find other sessions on their website here.	

Autism e:learning modules – **British Psychological Society**	
These modules deliver knowledge and understanding about autism, from introductory to specialised levels. ▪ Building awareness of autism – answers the key question 'what is autism' and how it affects people. You'll need to register an account to access this module – but it's free of charge to do. Access the e:learning here. ▪ Supporting adults with autism – looks at how you can best support someone with autism. You'll need to register an account to access this module – but it's free of charge to do. Access the e:learning here. ▪ Psychological work with people with autism – includes psychological assessment, formulation, treatment, training and consultation. It's suitable for practitioner psychologists and psychological therapists, and there's a cost for this module. Access the e:learning here.	

Online and face to face training – National Autistic Society

The National Autistic Society run a training and consultancy service that involves input and delivery from autistic adults.

They have online training modules that include personal experiences from autistic people. The modules include autism and communication, autism, stress and anxiety and managing money. Each training module costs £30 + VAT, or you can purchase a license for 5 modules at a discounted rate.

They also deliver face to face training, conferences and training products.
Visit their website here.

Autism in general practice course – Royal College of General Practitioners

This course is for GPs and will help you to improve your care and practice for autistic patients.

The course is free to members, and £55 to non-members, and you need to register to access it.

Login or register to access the course here.