

Autism (NDT) Pathway Review Update

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Context

In March 2022 Healthwatch Kingston published their report into **Neurodiversity and Health and Care Services** which outlined a number of key recommendations.

This presentation is to update Healthwatch on the work that is being taken across Kingston to review and improve the Neurodiversity pathway to develop more holistic, joined up services. Our aim is to have clear pathways for pre and post diagnostic services with the engagement and support of the wider system and to push for an autism friendly borough with health services supporting this at the centre.

In collaboration stakeholders have agreed to complete a mapping and review of all neurodevelopmental services within the borough. A dedicated project manager has been recruited to support the transformation, working across agencies to review the existing pathways for all ages. Through redesigning the pathway and service specifications outlining standards we will develop a consistent health model and develop an offer to support the wider Autism, NDT and intellectual disability strategies and plans for both boroughs.

Aims and Key Deliverables of the Autism (NDT) Pathway Review

Aims

Our aim is to have clear pathways for pre and post diagnostic services (all commissioned services to be working in a seamless and consistent way) with the engagement and support of the wider system and to push for an 'autism friendly borough' with health services supporting this at the centre.

Key Deliverables

Clear understanding of resources for pre diagnostic, assessment/diagnostic services and post diagnostic support available within the two boroughs across all agencies

Redesigned pathway and service specifications outlining standards, consistency and interfaces that are able to be understood and monitored for performance, outcomes and impact.

A consistent health model and offer that supports the wider Autism, NDT and intellectual disability strategies and plans for both boroughs.

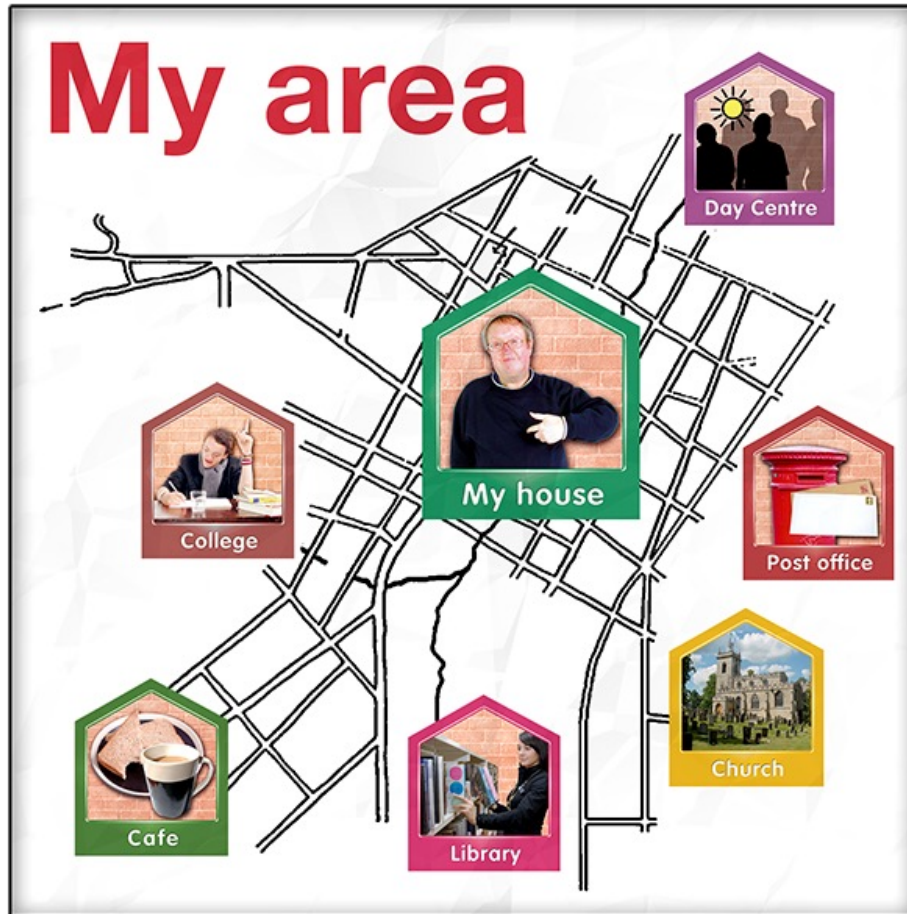
What's working well

- Highly skilled dedicated staff who are working hard
- Effective MDT Team working
- Clinicians are open to discussion and happy to be challenged
- Support from wider team – pull people in when needed
- Assessment processes are working well
- Good links with mental health team
- Following diagnosis we get to the hub of the issues with the families
- Service is embedded within all other services – good links with schools
- Service users experience of the service is reported to be good
- System and pathways work well
- Quality of the offer is high

What's not working well

- Fragmentation of services across SWL - boroughs deliver the pathway differently
- Increase in the number of referrals causing pressure on the system
- Not enough clinical time to cover demand – lack of time/ capacity
- Shortage of skilled and appropriate qualified people to complete ADOS
- Waiting times for 1- 2 years - professionals are frustrated that children are not seen in time.
- Opportunity for partners to be better connected – liaise or meet up – info sharing session.
- Gap in the service between 5 – 6-year-olds and more work with transition
- Clarification needed for referrals between Springfields and EHS
- Following a diagnosis of autism there is little else offered
- Need for good face to face parenting sessions
- It's difficult to support some people with autism in mainstream services

The Local Autism (NDT) Pathway Review – Progress to Date



What we have done / are doing

- Completed a service mapping and carried out a benchmarking exercise
- Set up the Autism (NDT) Steering Group - working with partners to develop “What Good Looks Like “
- Agreed a standard data set and regular data reporting
- Reviewed pathway criteria – Task and Finish Groups to address gaps
- Developing GP training on autism awareness and referral process
- Workshop to develop the Autism Strategy involving 40 partners
- Pilots
 - The ‘A’ Plan
 - Qb Testing
 - Social Prescriber for Autism
 - Care Coordinator Pilot
- Waiting List initiatives
- Annual Health Checks / reviews for CYP and adults with Autism



South West London

The Autism (NDT) Pathway Review – Partners

your healthcare



express



ADHD Embrace



mencap
The voice of learning disability



THE ROYAL BOROUGH OF
KINGSTON
UPON THAMES



achieving
for children

FAST	Adult ADHD Support Group	
DH	Adult ADHD Support Group	
MINDS	Peer-led, Support, Friendship, Understanding	

ruils
independent living



LONDON BOROUGH OF
RICHMOND UPON THAMES



Hounslow and Richmond
Community Healthcare

NHS Trust



METROPOLITAN
POLICE



South West London and
St George's Mental Health

NHS Trust

Component	What Good looks like for CYP/adults on the Autism (NDT)Pathway ?
	Surveillance and Referral
Planning and tailoring services	Health and social care needs for CYP/ adults with autism are met through providing high quality services that are equitable, consistent and delivered in a timely way
Understanding the data	Effective data analysis is used to understand the health needs of people with autism and to improve patient experience as well a quality, equity and efficiency of service
	Screening and Triage
Referral process	Efficient referral process is in place with clear criteria agreed by all partners. Families and young people are actively involved in the referral process and response times are in place to ensure that CYP/adults with autism are seen in a timely way.
Improves use of technology	An electronic referral system is in place and innovative use of remote technology is used to enable the assessment process to be more efficient.
	Pre- assessment support (including support whilst waiting for an assessment)
Advice and guidance available before diagnosis	CYP/ adults with autism are identified early and have access to a specialist pre diagnostic service which will provide targeted support though 1:1, group work, drop ins, parental education and access to social prescribing.

Update on Data Mapping

Gathering Consistent Data Sets

- Identified a common data set across all partners to understand what's happening across the system and review demand / capacity of the services.

Common Themes

- Started collecting data which will support how we develop services moving forward – early in gathering this data however already there are common themes
- DNA rate for ADHD is much higher than autism with rates up to 14 %
- Number service users on waiting list remains high
- Waiting time for completing assessment is a pressure with waiting times up to 47 weeks in some services

Autism (NDT) Pathway – Support at GP Practices

- Developing Autism (NDT) Pathway Friendly Practices – Training for all practice staff. We are aware that the Oliver McGowan Mandatory Training will start later in the year, however having this additional local resource was felt to be a benefit to support the local process.
- GP training to improve quality and consistency of referral – YHC have developed a training video on Autism Awareness which has been delivered to GPs across Kingston and Richmond.
- Opportunity to share information about autism, diagnostic process, and reasonable adjustments irrelevant of a diagnosis
- Using the functionality of the Electronic Referral System for Advice and Guidance
- Supporting people on the Autism (NDT) Pathway pre and post diagnosis through Social Prescribing – linking in with the strategy for personalisation across all ages and the What Matters To Me Conversation.

Autism Strategy Workshop

Representation

40 partners from

Kingston LA , Richmond LA, SWLSGT, YHC, AfC , ICB, HRCH, Fastminds, Mencap, ADHD Embrace, Youth Justice Service, Metropolitan Police and Strathmore School.

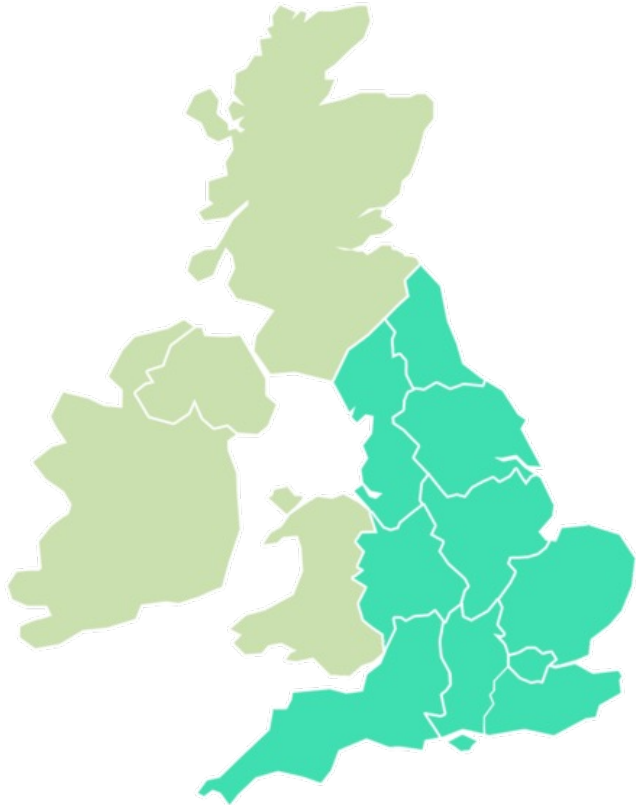
Break out Groups

- Autism in Children
- Autism in Adults
- ADHD

Key Themes

- Training and raising awareness
- Pre and post diagnostic support
- Involving experts by experience

The National Autism Strategy



- Improving understanding and acceptance of autism within society
- Improving autistic children and young people's access to education, and supporting positive transitions into adulthood
- Supporting more autistic people into employment
- Tackling health and care inequalities for autistic people
- Building the right support in the community and supporting people in inpatient care
- Improving support within the criminal and youth justice systems

Initial thoughts – Kingston and Richmond LA

- Appoint an Autism Lead
- Build on the Pathway work
- Re-start the Autism Board
- Review the National Strategy Aims and guidance
- Source and mandate general training
- Create a local action plan
- Listen to your feedback today!



Autism (NDT) Pathways Review Pilots

The 'A' Plan

Offers year-long practical and emotional support to parents and carers of children and young people who have received a diagnosis of autism. Support includes:

- 1:1 Check-ins, Parent Psychoeducational Groups, Workshops, Signposting, ASC Anxiety Group for children aged 9-12 and Teen group - This is me in the pipeline

Qb Testing for ADHD - The only objective testing system that simultaneously measures all three core components - **attention, impulsivity**; and motor **activity**. It is not a stand alone diagnostic test

- Improves both the speed and quality of assessment and diagnostic certainty.
- Improved patient experience.
- Improved clinician confidence.

Autism (NDT) Pathways Review Pilots

Social Prescriber for Autism

- 18-month pilot for the Social Prescribing Wellbeing Co- Ordinator role running from March 23 – September 24
- The Autism Social Prescriber will have up to 3 dedicated sessions with the resident to build confidence and explore the community assets to meet the individual's needs.
- Link into supporting people through an annual review and will support both mental and physical health through the resident's care plan.
- Working across Your Healthcare, Staywell and the Kingston PCN's the dedicated Social Prescriber role will forge links across partners to increase awareness, develop a collaborative approach to the individuals care plan and reduce repetition.

Care Coordinator Pilot

- 12-month pilot running from April 23 – March 24
- A dedicated ASC Service Care Coordinator will support individuals with complex needs.
- Complete needs assessment linking services, providing support to other agencies involved around understanding autism to increase confidence in other services working with autistic individuals.

Question and Answer Session

