## Covid-19

<u>Care homes residents allowed more out-of-home visits</u> Residents will be able to leave care homes for low-risk visits without needing to self-isolate on their return.

<u>Coronavirus (COVID-19): looking after people who lack mental capacity (Updated</u> <u>27 April)</u> Guidance for health and social care staff who are caring for, or treating, a person who lacks the relevant mental capacity.

<u>Coronavirus (COVID-19) testing in adult care homes (Updated 22 April)</u> How to access test kits and step-by-step guides on how to use PCR and rapid lateral flow test kits for regular and outbreak testing of residents, staff and visiting professionals.

<u>Supported living services during coronavirus (COVID-19) (Updated 22 April)</u> Guidance for providers of supported living settings.

### <u>Research</u>

Loneliness and sleep difficulties may increase risk of anxiety and depression in adults with a learning disability New research has found that loneliness, sleep difficulties, the regular use of mood stabilisers, and aggressive challenging behaviour may play a role in anxiety and depression among older adults with learning disabilities.

## Studies

<u>Suicide Risk among People with Autism Spectrum Disorder</u> A recent national retrospective study from Denmark found individuals with a diagnosed autism spectrum disorder (ASD) have an increased risk for suicide attempt and suicide death. The results of this research highlight the need for tailored suicide prevention strategies for individuals with ASD whose risk and protective factors may differ from those in the general population.

<u>Gaze-tracking app predicts autism diagnosis in toddlers</u> A mobile phone app that tracks a toddler's gaze as she watches short videos can distinguish between children who later receive an autism diagnosis and those who do not according to a new study.

<u>Delivering safe, face-to-face adult day care (Updated 30 April)</u> This guide aims to support day care managers, social workers, commissioners and providers, to restart or continue activities. It is focused on community-based day services, day centres (with and without personal care), including specialised day centre environments, and those with outdoor spaces.

# <u>May 2021</u>

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# Supporting Health and Wellbeing



#### 2021 International Society for Autism Research Annual Meeting

Pain keeps autistic women and girls home from work, school More autistic women and girls report daily pain than do men and boys with the condition.

<u>Siblings boost autistic people's daily-living skills</u> Autistic people with at least one sibling make greater gains in adaptive functioning than their only-child counterparts do.

<u>Anxiety, self-harm elevated in people with DDX3X syndrome</u> Research involving a small sample size, suggested that girls and women with mutations in the autism -linked gene DDX3X may be particularly vulnerable to anxiety and self-harm.

<u>Autism-related conditions linked to altered visual perception</u> Research involving a small sample size found that a test of binocular rivalry may distinguish between autism subtypes and help researchers screen the efficacy of certain drugs.

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