

Systematic Reviews

[Deprescribing psychotropic medicines for behaviours that challenge in people with intellectual disabilities: a systematic review](#)

Clear evidence of overprescribing of psychotropic medicines to manage behaviours that challenges in people with intellectual disabilities has led to national programmes within the U.K. such as NHS England's STOMP to address this. The focus of the intervention in our review was deprescribing of psychotropic medicines in children and adults with intellectual disabilities. Mental health symptomatology and quality of life were main outcomes.

Studies

[Distinct and shared therapeutic neural mechanisms of mindfulness-based and social support stress reduction groups in adults with autism spectrum disorder](#)

Mindfulness-based stress reduction (MBSR) alleviates depression and anxiety in adults with autism spectrum disorder (ASD); however, underlying therapeutic neural mechanisms and mindfulness-specific effects have yet to be elucidated.

Policies

[Adult social care system reform: next steps to put People at the Heart of Care](#)

A plan for adult social care system reform 2023 to 2024 and 2024 to 2025 financial years.

Reports

[Higher-risk patients eligible for COVID-19 treatments: independent advisory group report \(March 2023\)](#)

Update to the independent advisory group report that identifies which patient groups are at highest risk of serious illness from COVID-19 and would benefit from new COVID-19 treatments.

Resources

['Why are we stuck in hospital?'](#)

Understanding the perspectives of people with learning disabilities and/or autistic people, family and staff when transforming care for people in 'long-stay' hospitals.

Blogs

[The five-year NHS autism research strategy update, one year on](#)

A growing body of evidence tells us that autistic people are, sadly, more likely to experience poor health outcomes relative to the rest of the population. For example, they are more likely to experience poor mental and physical health and often have difficulties accessing good care.

In NHS England we want to change this. That is why we are committed to delivering on our NHS Long Term Plan commitments to improve healthcare so autistic people live long, happy, healthy lives.

[Autism Acceptance Week 2023: The Importance of Social Change](#)

The Autism Alliance is advocating for real change for autistic people and their families. Going beyond strategies, commitments and good intentions, we want to see year on year improvements in the most important outcomes for autistic people, from life expectancy and health inequality to education and employment.

[National supported internship day – transforming the lives of young people with a learning disability and young people who are autistic](#)

Young people with a learning disability and young people who are autistic need opportunities for employment. It improves health, life skills and wellbeing. Yet [according to the ONS](#), only 4.8% of people in England (and 4.1% of people in Scotland) with a learning disability and people who are autistic who are known to local authorities go on to secure paid employment, compared to 80% of their peers.

News

[New review to boost employment prospects of autistic people](#)

A new review designed to boost the employment prospects of autistic people has today been launched by the Government.

[Charity launches new campaign to support autistic girls](#)

One in four girls will wait over two years to get an autism diagnosis and for 14% of girls it will take over four years, according to new research from Ambitious about Autism. The charity has partnered with Vanish for World Autism Acceptance Week 2023 to nurture a conversation that celebrates autistic girls, breaks down myths and broadens public understanding.

[National Autistic Society calls for mental health law reform following “harrowing” Channel 4 documentary](#)

The National Autistic Society (NAS) is calling on the government to reform mental health law after a Channel 4 documentary revealed serious failings in care and abuse in mental health hospitals across the UK. In the [documentary](#), *Locked Away: Our Autism Scandal*, Dispatches investigated why autistic people are still being locked away in hospitals when it is well-known that hospitals are not the right place for the vast majority of autistic people.

[Learning disability services in Leicestershire and Rutland “transformed” following new approach](#)

Leicester, Leicestershire and Rutland Integrated Care System (ICS) has “transformed” its learning disability service, and is now in the top third for performance in the country.

[World Autism Acceptance Week: support worker shares insight into working with autistic people](#)

A Support Practitioner at the learning disability charity Hft has shared his experiences during his time in the role, and how it has helped him to learn more about autistic people and how they might interact with the world around them. Jordan Lee has shared his story as part of World Autism Acceptance Week, a time to raise awareness of autism in hopes of creating a more inclusive society.

[Autistic Employment Review should be expanded to include people with learning disabilities, say Mencap](#)

Mencap has welcomed the government's new Autistic Employment Review, but highlights the importance of including people with learning disabilities, with just 27% in paid work.



12 April 2023

[Autism and bullying](#)

Bullying is an important issue for all pupils but children and young people with autism are particularly at risk.

[No Freedom Campaign](#)

With a year to go until the March 2024 deadline to reduce the number of people with a learning disability and autistic people in inpatient units, Mencap and the CBF are launching a new campaign to raise awareness of this issue.

[‘Employers should see autism as asset’: review seeks to break barriers at work](#)

Inquiry led by ex-minister Robert Buckland to examine UK support for neurodivergent people with aim of doubling employment rate.

[Bild responds to the Government's plans for the next steps of Putting People at the Heart of Care white paper](#)

Bild welcomes the Government's commitment to 'launch a new Care Workforce Pathway for adult social care, which will provide career structure and support development'.