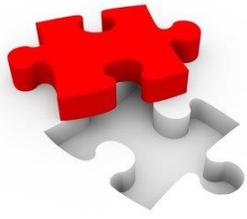




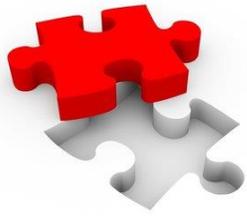
TRAFFORD  
COUNCIL

AUTISM  
TRAFFORD  
JANUARY 2021



# INTRODUCTION - AUTISM

- Autism is a lifelong, developmental disability that affects how a person communicates with and relates to other people, and how they experience the world around them
- Autism is a spectrum condition. All autistic people share certain difficulties, but being autistic will affect them in different ways
- Autism is not an illness or disease and cannot be 'cured'.
- All people on the autistic spectrum learn and develop and, with the right sort of support, all can be helped to live a more fulfilling life of their own choosing.
- For further information see:
  - National Autistic Society website: [www.autism.org.uk](http://www.autism.org.uk)
  - NHS Choices website: [www.nhs.uk/conditions/autism/](http://www.nhs.uk/conditions/autism/)
  - Autism Research Trust: [www.autismresearchtrust.org](http://www.autismresearchtrust.org)



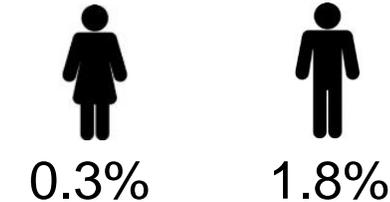
# NUMBER OF INDIVIDUALS WITH AUTISM IN TRAFFORD

- It is estimated that around 1 in 100 (1.1%) of the UK population may be on the autistic spectrum.
- Applied to the estimated resident population of Trafford (*ONS, mid-2019 estimates*) this would give **2,374** adults with autism
- On average 75 children and young people are diagnosed with autism each year in Trafford

Source: Trafford CCG, 2019.

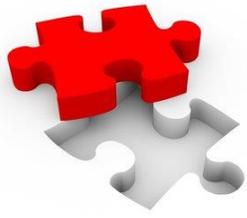
## Gender

Estimated prevalence of autism is much higher in males compared to females



However, there are many factors that might explain this difference, including that women and girls are under diagnosed.

*For further information on gender differences for autism see: [www.autism.org.uk/about/what-is/gender.aspx](http://www.autism.org.uk/about/what-is/gender.aspx)*



# NUMBER OF INDIVIDUALS WITH AUTISM IN TRAFFORD

## Children with autism known to schools

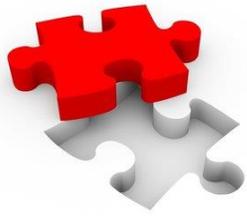
- As at Jan 2018, **448** children had autism spectrum disorder as a primary special educational need.
- This gives a rate of 10.4 per 1,000 pupils, lower than England (13.7 per 1,000) and 2<sup>nd</sup> lowest among a group of 15 other statistically similar authorities
- Between 2015 and 2018, the number has increased from 316 to 448 (i.e. by 132 or 42%) and is projected to increase to 446 for the year 2021.

Source: Trafford CCG, 2019.

## Adults with autism known to Adult Social Care

As at November 2018 (for which latest data is available), the number of adult social care clients with autism as a reported health condition was:

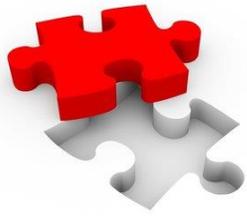
- 110 among those aged 18-64 (out of a total 885 clients)
- 5 among those aged 65+ (out of a total 1,830 clients)
- That is, 115 clients in total which represents only 5.8% of the 1,980 adults in Trafford estimated to have autism



# HEALTH AND WELLBEING OF INDIVIDUALS WITH AUTISM – MENTAL HEALTH

Mental health problems can be more common for people on the autistic spectrum than in the general population.

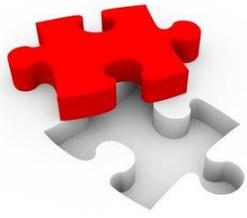
- **Anxiety:** Around 40% of people on the autistic spectrum have symptoms of at least one anxiety disorder at any time, compared to 15% in the general population
- **Depression:** It has been estimated that a quarter of adults with autism also experience depression
- **Eating disorders:** 70% of autistic children have feeding and/or eating problems with half classified as severe
- Research in Stockport (2018) involving people who are recorded by their GP as having autism found that:
  - they were just over four times more likely than average to have self harming indicated on their medical records
  - severe mental health problems such as schizophrenia and bipolar disorder were nearly four times more likely



# HEALTH AND WELLBEING OF INDIVIDUALS WITH AUTISM – MENTAL HEALTH

Autistic people are often diagnosed with other, co-occurring, conditions. A correct diagnosis is key to getting the right support.

- **Learning disability:** Around half of autistic people have some degree of learning disability
- **ADHD (Attention Deficit and Hyperactivity Disorder):** Estimates are that 30%-60% of people with autism also have ADHD, ten times the rate for the general population
- **Epilepsy:** 15% to 30% of people with autism also have epilepsy
- **Sleep disorders:** Are ten times more likely for people with autism; over half of autistic children have chronic sleep problems
- **Gastrointestinal disorders**, such as Inflammatory bowel disease, chronic constipation or diarrhoea, and gastroesophageal reflux disease: are two to eight times more likely in autistic children
- Research indicates that autistic children have higher rates of **central nervous system and / or cranial anomalies, diabetes mellitus type I and muscular dystrophy**
- Multiple studies have found that most autistic adults are at a **significantly increased risk of most medical conditions**, including 'big killers' like cardiovascular disease, stroke, circulatory and respiratory conditions.



# INFORMATION ADVICE AND LOCAL SUPPORT SERVICES IN TRAFFORD

- **Autism Hub:** The Autism Hub on the Trafford Directory is a one stop resource for information advice and local support services for people with autism, parent carers of children or young people with autism and those who work with them.
- **Autism Trafford:** Information and links to support, services and forthcoming events in Trafford can be found on the Autism Trafford Website at <http://www.autismtrafford.co.uk/>