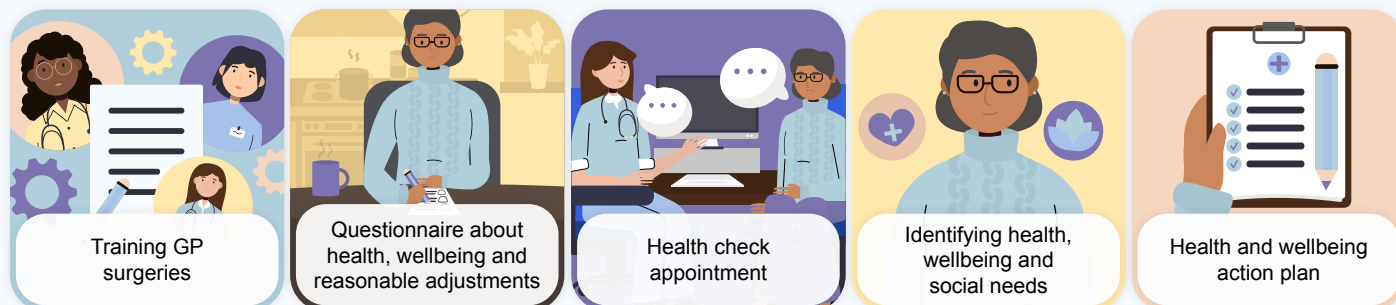


How health checks can improve autistic people's lives

It's often harder for autistic people to access healthcare leading to poor health. We worked with autistic people, carers and health professionals to design a health check for autistic adults.

The health check process



52

NHS GP surgeries in England tested the health check

Autistic people were positive about the health check and liked the idea of more health checks in the future

226

autistic adults took part:

- half received a health check
- half received usual care

The health check was more effective than usual care. It identified and addressed:

two thirds more new health conditions

such as musculoskeletal disorders and mental health conditions

twice as many health promotion needs

such as lifestyle advice to improve health and wellbeing

twice as many social needs

such as signposting to employment support or financial advice

“The health check has been really helpful. There are some issues I've been having my entire life that are now being looked into”

“It was reassuring that everything's in order, my health's fine”

“Just being able to ask and talk about things without feeling judged was really good”

The health check for autistic adults



Helped GP surgeries to make adjustments for autistic adults to attend appointments



Created time for autistic adults to discuss their health and support concerns



Supported opportunities for future healthcare appointments



Could be offered widely if NHS funding and support are available in the future

For more information, visit research.ncl.ac.uk/autismhealthchecks or email healthchecks@newcastle.ac.uk