

There are over half a million adults on the autism spectrum living in the UK. Despite this, there has been little research into how autism changes through adulthood, or understanding the emotional, physical and mental health needs of adults on the autism spectrum. Newcastle University has launched an ambitious new programme of research supported by the autism research charity Autistica. We aim to radically advance our understanding of autism spectrum conditions in adulthood. So far we have been working with adults and relatives on the research plans and the information we will be using.



Who will be able to take part and what will people be asked to do?

This project will involve the recruitment of 500 adults on the autism spectrum and at least 500 relatives/carers. We will be including adults on the autism spectrum of all ages and abilities. Relatives or carers will respond for people with an autism spectrum condition who cannot take part themselves. Relatives will also be able to join and give information about themselves and their own lives.

We will ask adults on the autism spectrum to complete information about topics such as their autism diagnosis, information about their physical and mental health and lifecourse information (for example; social support, employment, lifestyle choices). We will ask relatives/carers to complete questionnaires too.

We will be contacting adults and relatives/carers through many routes including health and education services and voluntary sector organisations. All information will be kept securely by us and will be confidential.

Adults and relatives will be contacted regularly to update information so we hear how aspects of peoples lives have changed. For those who want to there will be an opportunity to take part in other research projects.

**If you would like to hear more about this research please contact us at
adultautismspectrum@ncl.ac.uk or visit www.autismspectrum-uk.com
Telephone 0191 282 1380**