# The perspectives of late-diagnosed autistic adults on local post-diagnostic support in Nottingham & Nottinghamshire

## About the project

Autism is a lifelong condition that can be missed until mid-to-late adulthood. Increasingly, more autism diagnoses are made in mid-to-late adulthood but very little or no support is offered after diagnosis.

In Nottingham and Nottinghamshire, the number of adults with a confirmed autism diagnosis is estimated to rise from 7,135 in 2022 to 10,410 by 2025 (Nottingham and Nottinghamshire Integrated Care System, 2022). While a local pre-diagnostic support service has been commissioned, post-diagnostic support is still limited due to diagnostic assessments being the priority of local services. However, it is not clear how limited post-diagnostic support is and how it is perceived by late-diagnosed autistic adults in Nottingham and Nottinghamshire.

This project, co-created by researchers from Nottingham Trent University (NTU), the University of Nottingham and partners at Autistic Nottingham, aims to address this question. Autistic Nottingham develops and offers post-diagnostic support to late-diagnosed autistic adults, and is a not-for-profit organisation run for and by autistic adults without learning disabilities. The outcomes of this project will provide valuable insights into the unmet needs of late-diagnosed autistic adults in Nottingham and Nottinghamshire.

## Project aims

This project aims to understand the perspectives of late-diagnosed autistic adults on local post-diagnostic support in Nottingham and Nottinghamshire. This project aims to produce outcomes that will inform changes to local policy, research and clinical practice to improve the quality of life for late-diagnosed/older autistic adults.

## What will the successful candidate be doing?

The successful candidate will receive dedicated support and researcher training from the Co(l)laboratory team to prepare them to undertake their Citizen Scientist Research Placement. The candidate will work closely with the project supervisory to collect qualitative data through interviews, analyse it, and share the outcomes with participants and Autistic Nottingham.

## Who are we looking for?

For full details of our eligibility criteria, please visit our 2024 Citizen Scientist Research Placements web page. We encourage those who meet most of the essential criteria to any extent to apply.

**Essential Competencies**

* Excellent interpersonal and collaboration skills - you would be working with academic researchers and the autistic community.
* Strong communication skills, including active listening, which are vital for engaging with and understanding the concerns of the target community.
* Strong task management and organisation skills.
* An understanding of the diverse experiences within the autistic community.
* Have a respect for the autonomy and rights of autistic people.

**Desirable Competencies**

* Some experience in a relevant professional setting.
* Personal or professional experience of the issues addressed by this project.
* Ability to collaborate and communicate effectively with stakeholders, such as local authorities or healthcare providers.
* Experience in sharing information through social media and/or at public events.
* A commitment to advocating for the rights and well-being of late-diagnosed autistic adults, including navigating institutional structures and policy advocacy.

## Project Supervisory Team

**Lead Supervisor**: Dr Lai-Sand Iao, Nottingham Trent University

**Co-supervisor:** Dr Blandine French, University of Nottingham

**Community Supervisor:** Claire Whyte, Autistic Nottingham