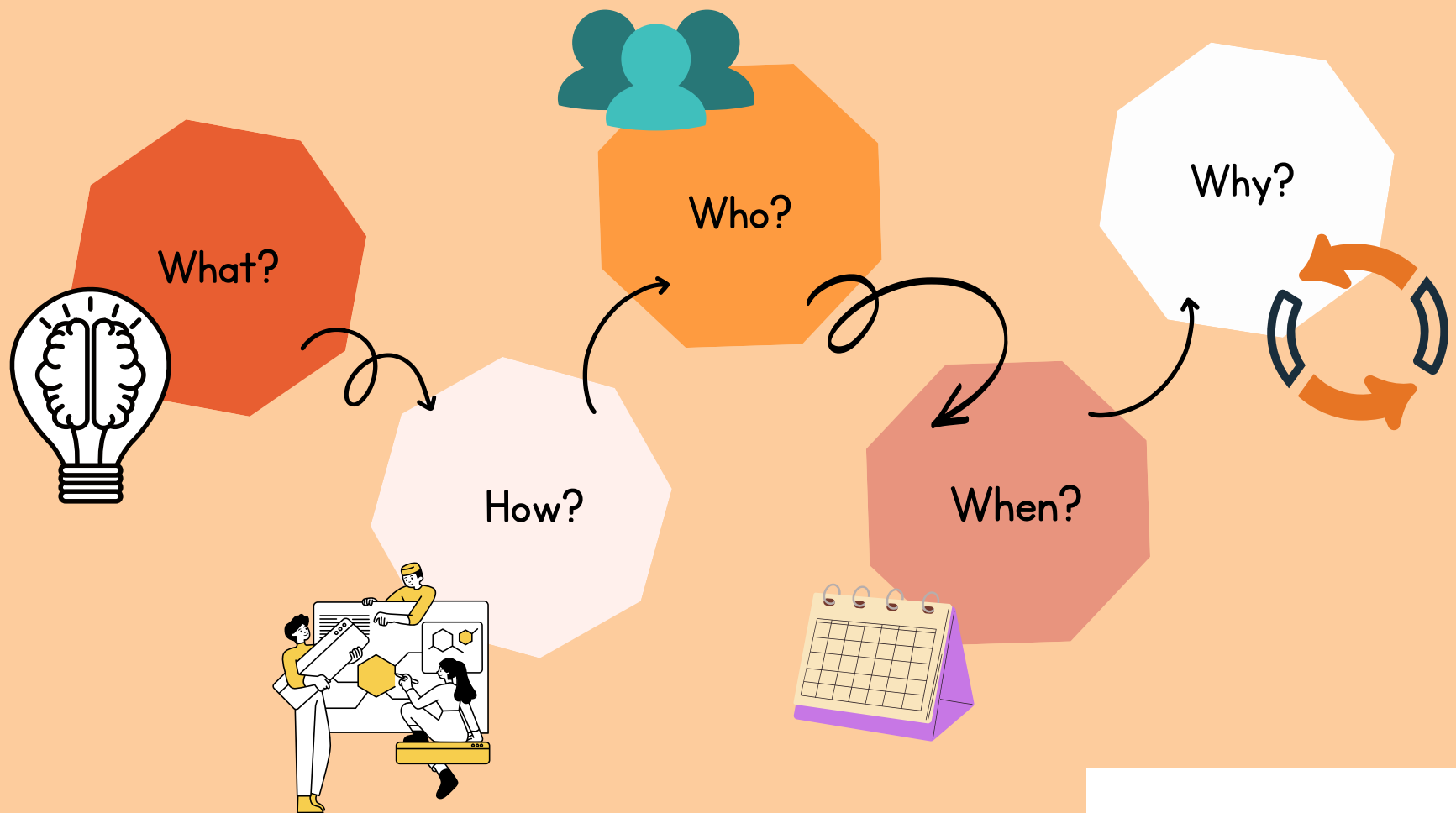


The West Yorkshire ADHD & Autism Deep Dive Mission Statement



What?

The project is an exploration of the experiences of people with Autism and ADHD across West Yorkshire. We want to look at lots of aspects of people's lives. Some of the things we want to find out about are:

- People's experience of finding out they have Autism and / or ADHD and their diagnosis journey (if diagnosed).
- Healthcare
- Employment
- Education
- Families
- Social Care
- Understanding of Autism & ADHD
- Criminal Justice



These are what we are sure we will cover, but it might be that other things come up as we communicate with different people, and we will include these in our findings too.

We want to know what people want, what they need and what they are getting. We want to find out what barriers and obstacles people face in receiving the right support and understanding.

Who?

We want as many people to be involved in this project as possible. We want to hear from people across West Yorkshire (that's Leeds, Bradford, Calderdale, Kirklees and Wakefield). This includes children, young people and adults. The voices of people who are Actually Autistic and Actually ADHD are especially important, but we also want to hear from their families, carers, support networks and professionals who may work with Autism & ADHD people.

We all have different experiences and insights and these experiences will shape the report and provide a detailed insight into what is happening in West Yorkshire. We will be able to see what is working well and what areas and public services need to improve. We'll also be asking people how they think services and systems could be improved.



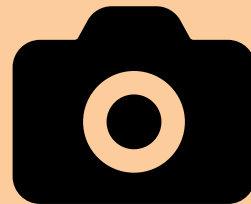
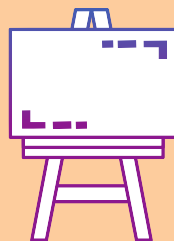
How?

Co-production



Co-production is when lots of different people work together in different ways, to get the best out of each other. We will communicate with people using different methods. These might include Workshops, Events, Social Media, Public Meetings, Small meetings, Online meetings, I-ls, podcasts, art, poetry, questionnaires, newsletters, chat forums, visiting schools & colleges, health centres & day centres, speaking to advocacy groups, supported living consultations, support groups, advocacy groups, social clubs, letters, phone calls and texts!

Everyone is invited to be involved in the life of the project. Anyone who contributes can take part in as much or as little as they are comfortable with, and can be involved in as small a way as telling us one thought and leaving it at that, to being a core influencer at the heart of the project for the full two years.



When?

The first 6 months of this 2 year project, ending in March 2024, will be spent gathering people's experiences, opinions and stories. We will look at the statistics of the experiences of Autistic people and people with ADHD and identify where, how and why they might be disadvantaged.

The remaining 18 months will be dedicated to looking through this information and identifying patterns, strengths & weaknesses in the different boroughs and the solutions and improvements that could improve life for people with Autism & ADHD.



Why?



Autistic people and those with ADHD are often expected to function like neurotypical people do, in a society and culture which is designed around a neurotypical experience. While our society and public services continue to go on as they are, Autistic / ADHD people will remain disadvantaged. Because navigating neurotypical-based places, values and cultures when you're not neurotypical yourself, can be difficult and exhausting. If we can highlight what the obstacles and solutions are, then we can help society, services and organizations to make the changes for equality.

The Government recently released the 'National Autism Strategy'.

This strategy came about because they realised that there a lot of Autistic people out there and their rights are not being met properly, and this needs to change. We have based some of our approach on the National Autism Strategy, but different areas have different needs, we will be tailoring it to the experience of Autistic & ADHD people in West Yorkshire.

