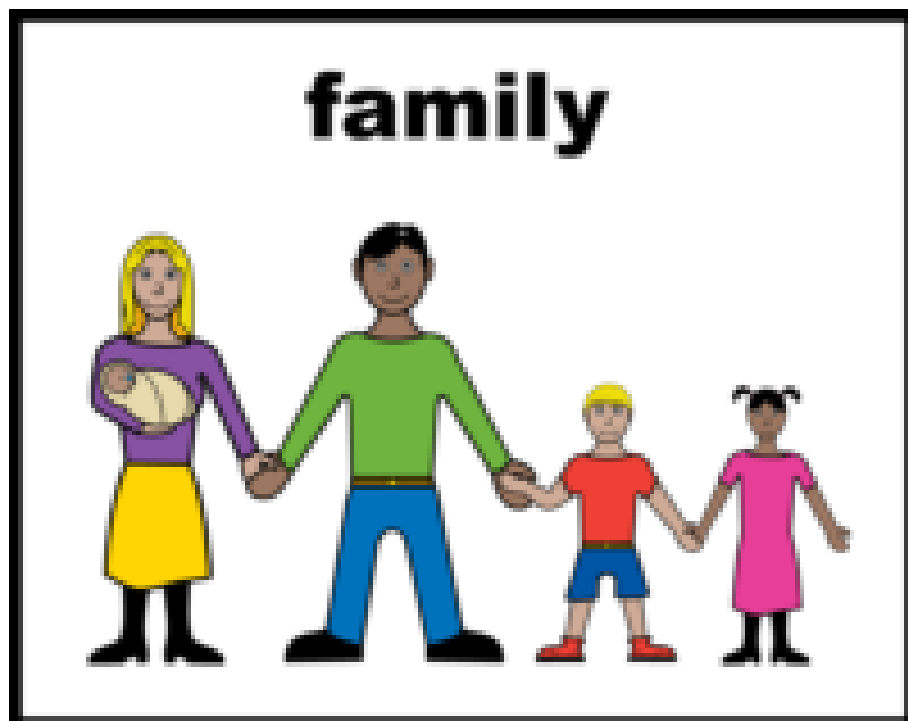
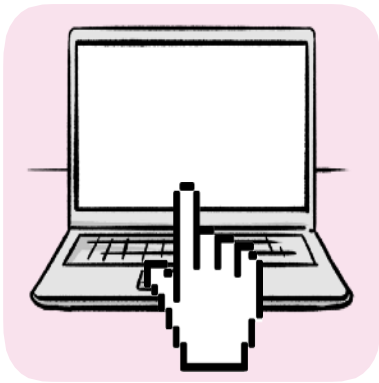


# Young people and their families' experiences of Autism and ADHD diagnosis in Northamptonshire

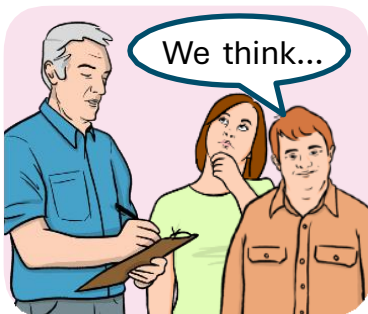




Some words are [pink and underlined](#).

These are links that will go to another website which has more information.

## About Healthwatch



We listen to what people think about health and care services.



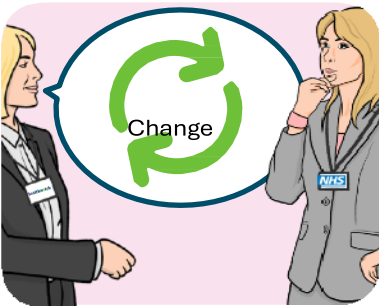
We listen to everyone, especially to people who find it difficult to be heard.



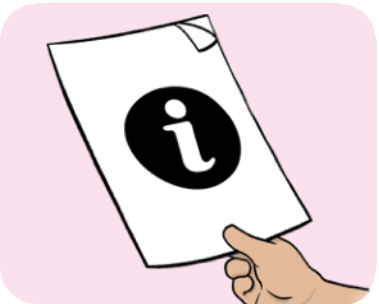
We think about what people say and work out how health and care services should change and get better.



We tell managers of health and care services: What people think about their services.



What changes they should make so their services get better.



We give people advice and information about health and care services.

# The Project



Young Healthwatch are a group of young people between 11 to 24 year olds.

[Young Healthwatch Northamptonshire | Healthwatch Northamptonshire](#)

## Integrated Care Northamptonshire

Integrated Care Northamptonshire (ICN) got money from the NHS England to find out about young people and their families' experience of Autism and Attention deficit Hyperactivity Disorder (ADHD) diagnosis.



Autism is when people find it hard to talk and interact with other people.

[What is autism? – NHS \(www.nhs.uk\)](#)



**ADHD** is a condition that affects people's behaviour. They can seem on edge, have trouble focusing and may act on impulse.

[Attention deficit hyperactivity disorder \(ADHD\) – NHS \(www.nhs.uk\)](https://www.nhs.uk)



[Home | Integrated Care Northamptonshire](#)



They wanted us to ask people who were waiting for an assessment



or had been recently diagnosed with Autism or ADHD



They asked Young Healthwatch to help them do this.



They wanted to find out what was good



and what was bad



To make the service better



Young Healthwatch  
Northamptonshire worked  
with



Young people



Parents and.....



Carers



A survey was written



The survey was shared



On social media





and local schools



322 people gave their views



115 young people and 209 parents and carers



A report was written about what people told Young Healthwatch

There were 5 recommendations Young Healthwatch made:



1.To offer more help and support after a **diagnosis**

**Diagnosis** is how a doctor works out what is the matter with you and how to help



2.Work with schools to better support young people



3. Give better support with sleep and advice



4. Give regular updates for young people and their families about where they are on the waiting lists and appointments



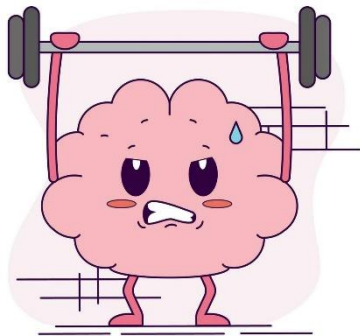
5. Give more support while waiting for a diagnosis of Autism and ADHD

## What Integrated Care Northamptonshire said

**Integrated Care  
Northamptonshire**

The logo for Integrated Care Northamptonshire features a horizontal bar composed of seven colored segments: blue, cyan, green, yellow, orange, red, and purple.

In the last 5 years there has been an increase in demand for children and young people requesting an assessment for **neurodiversity**



**Neurodiversity** is another word for autism and ADHD and how our brains process information

**WAITING**

This has increased waiting times



We are keen to work with young people to improve our services with the resources we have



This report is important to help us develop help and support



Families have said they do get support



But they do not always get the help they need



This report shows that there is still a lot of work to do to understand the support children and young people would find the most helpful



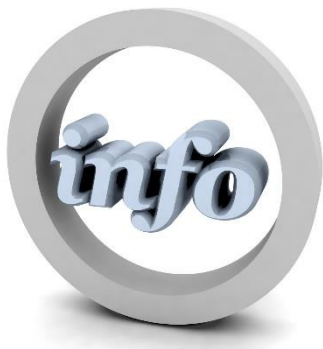
We must continue to develop our workforce across children and young people services



We must continue to work with everyone to improve the support we offer



There is work happening with NHS Northamptonshire Healthcare NHS Foundation Trust through the iDiscover project.



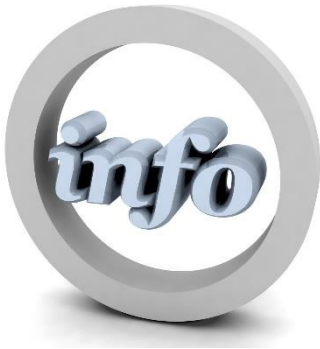
More information can be found at [New iDiscover service launches to support children and young people's wellbeing | Our latest updates | NHFT](#)



It offers training directly to children and young people and their families who need more support



Starting September 2024, we will be going live with our PINS project.



More information can be found <https://pinpoint-cambs.org.uk/partnerships-for-inclusion-of-neurodiversity-in-schools-pins>



This will help us improve how we can help young children if they have had a diagnosis or not





The local NHS and partners are dedicated to “No decision is made without us”



We are thankful to Young Healthwatch



the children and young people



and their families



for taking part in the  
survey



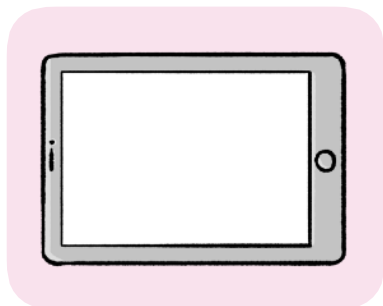
A 'Big Thank You' to everyone who took part and made this report possible:

- Young people and their parents and carers who completed the survey

Every organisation that supported us including:

- En-Fold Northamptonshire
  - Youth Works
- West Northamptonshire Voices in Partnership
- North Northamptonshire Parent Carer Voices

For more information



You can look at our website here:

[Young Healthwatch Northamptonshire | Healthwatch Northamptonshire](#)



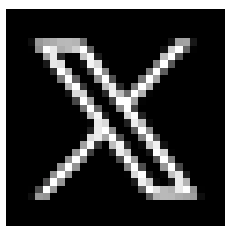
[YoungHW Northamptonshire \(@yhwnorthamptonshire\) • Instagram photos and videos](#)



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