

1 Introduction

Patients who are autistic and those who have a learning disability experience significant health inequality.

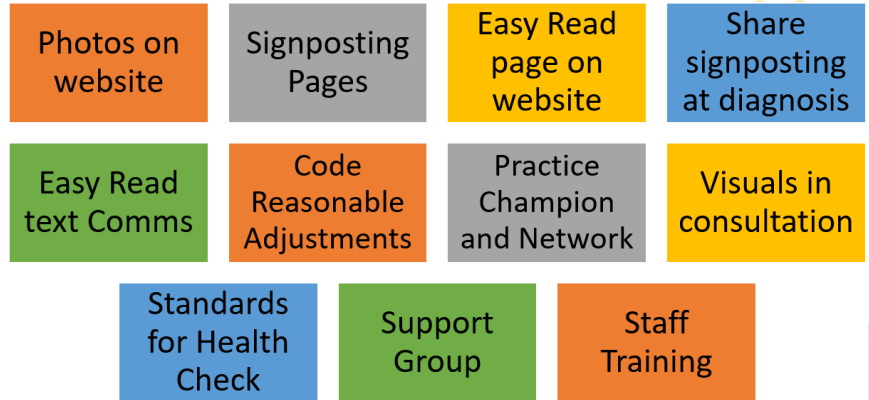
People with a learning disability die 20 years earlier than the general population and 42% of these deaths are avoidable.

I completed a GP Taskforce/Hub Plus Fellowship in 2023. This involved collating over 150 pieces of feedback from patients who are autistic and/or have a learning disability, their parents and carers. This led to an Action Plan of how to improve the experience at the GP.

The aim of the Trailblazer Fellowship was to put the Action Plan into practice at a GP surgery.

2 Method

The Action Plan is below:



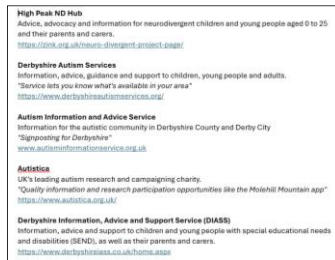
I worked with a focus group of patients and parents, GP colleagues, and professionals from local VCSE organisations to put this plan into practice.

3 Results t

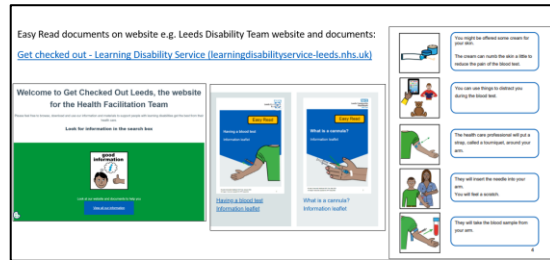
Photos on website:



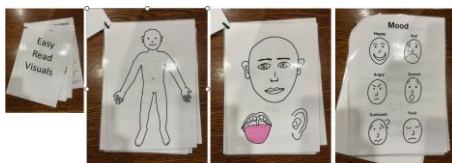
Signposting pages:



Easy Read:



Visuals in Consultations:



Autism and LD Practice Champions:



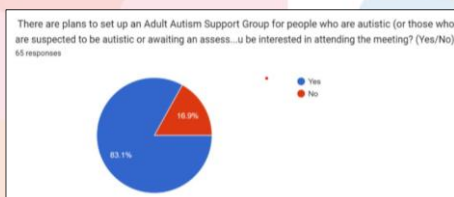
Patient Support Group:

- Zink started as High Peak food bank 'to provide a holistic approach to supporting people and families towards better futures'
- New Mills Volunteer Centre
- Patient focus group
- Questionnaire to patients (adults who are autistic)



4 Impact and benefits

Adult Autism Support Group- extracts from questionnaire feedback



"To meet new people who I may find it easier to connect with due to both having autism. Share struggles and feel less alone."

"To get advice on how to motivate myself to do things and think positively."

"Need a safe space to be myself"

"To share experience and support others."

5 Conclusion

The action plan contains various actions that can be taken in Primary Care to improve the experience for patients who are autistic and/or have a learning disability.

I plan to continue ongoing work to achieve practice standards.

I am sharing the Action Plan more widely (within the local PCN, across Derbyshire and regionally)

There is scope to develop a practice accreditation.

The overall aim is to improve patient experience and enable health equity.