

# Autism — Later Life & Carer Guide (UK)

*Educational information only; not medical advice. Check local policies, talk to a qualified clinician, and follow NICE/NHS guidance.*

## LATER LIFE & CARERS

- Health checks: request annual health checks; share a disability/adjustments passport with all providers.
- Sensory and cognitive changes: vision/hearing changes may worsen overload—ask for reasonable adjustments (quiet waiting, written info, longer appointments).
- Routines & independence: use visual schedules and checklists for appointments, medication, and meals.
- Wellbeing: screen for anxiety, depression, chronic pain and sleep problems; offer adapted CBT and graded activity plans. Encourage community groups and carer respite.
- Planning: keep an updated emergency info sheet, preferences, and legal arrangements.

## FOR CARERS

- Use short, concrete instructions; allow processing time; offer choices with visuals.
- Track 3–5 metrics over time (independence in key tasks, sleep, wellbeing). Seek carer assessments and respite options via local authorities and charities.

## References & Sources

NICE CG170 (under 19s): [nice.org.uk/guidance/cg170](https://www.nice.org.uk/guidance/cg170); NICE CG142 (adults): [nice.org.uk/guidance/cg142](https://www.nice.org.uk/guidance/cg142); NICE NG87 (ADHD): [nice.org.uk/guidance/ng87](https://www.nice.org.uk/guidance/ng87); NHS: [nhs.uk/conditions/autism](https://www.nhs.uk/conditions/autism), [nhs.uk/conditions/dyslexia](https://www.nhs.uk/conditions/dyslexia); National Autistic Society: [autism.org.uk/advice-and-guidance](https://www.autism.org.uk/advice-and-guidance); Gov.UK Access to Work: [gov.uk/access-to-work](https://www.gov.uk/access-to-work); Gov.UK Reasonable adjustments: [gov.uk/reasonable-adjustments-for-disabled-workers](https://www.gov.uk/reasonable-adjustments-for-disabled-workers); NHS England AAC: [england.nhs.uk/wp-content/uploads/2013/12/aac-easy-read.pdf](https://www.england.nhs.uk/wp-content/uploads/2013/12/aac-easy-read.pdf); BDA Dyslexia: [bdadyslexia.org.uk](https://www.bdadyslexia.org.uk)