

Autism Later Life and Carer Guide (UK)

Support planning for autistic adults and their carers navigating ageing, housing, and health transitions.

Later life planning is easier when you capture daily routines, communication preferences, and legal arrangements in one place.

Use this guide to review housing stability, financial planning, and respite options with the person you support.

Health and wellbeing

Keep a record of baseline sensory profiles, favourite regulation activities, and known health conditions. Update after each major review.

Monitor changes in mobility, energy, and mental health. Share observations with GPs, community nurses, or social workers early.

Home and community

Audit the current home for sensory stressors and safety risks. Plan affordable improvements such as lighting tweaks, noise control, or clear labelling.

List community assets: autism friendly groups, peer advocates, transport schemes, and emergency respite contacts.

Legal and financial foundations

Review benefits eligibility yearly. Track Pension Credit, Carer Allowance, blue badge renewals, and council tax reductions.

Confirm legal arrangements. Note power of attorney status, wills, advance statements, and who can advocate during hospital stays.

Action checklist

- Book annual carer wellbeing check ups with your GP.
- Document preferred routines for mornings, meals, and rest.
- Store digital copies of ID, benefit letters, and support plans.

Trusted resources

- Carers UK guidance (<https://www.carersuk.org/help-and-advice>)
- Age UK later life planning (<https://www.ageuk.org.uk/information-advice>)
- Autistic UK community resources (<https://autisticuk.org/resources>)

Planning worksheet for carers. Adapt alongside social care teams and healthcare professionals.