

Autism Support Guide for Adults (UK)

Evidence informed strategies for autistic adults navigating services, work, and daily life across the United Kingdom.

Use this briefing to organise conversations with clinicians, support coordinators, and trusted peers.

Update each section whenever your situation changes so you can clearly show what is working and what still needs attention.

Map your rights and funding

The Equality Act 2010 protects you against discrimination. Record the adjustments that make environments accessible for you and share them with employers or educators before reviews.

List benefits or grants you receive such as Personal Independence Payment, Employment and Support Allowance, or Access to Work. Note review dates and evidence requirements so renewals stay on track.

Structure work and study support

For workplaces, request practical adjustments like protected focus blocks, remote or hybrid schedules, written instructions, and predictable agendas for meetings.

Further education and university settings can deliver Disabled Students Allowance backed adjustments. Keep a copy of the needs assessment and refer to it when staff change.

Sustain regulation and energy

Create a sensory support kit that works in multiple locations. Include options such as noise reduction, sunglasses, stim objects, or temperature control layers.

Track early signs of autistic burnout. Plan decompression days after high demand periods and agree in advance how to communicate when you need recovery time.

Action checklist

- Refresh your personal support profile once each quarter.
- Store official letters and assessment reports in a secure cloud or encrypted drive.
- Share your preferred communication methods with line managers, mentors, or carers before major meetings.

Trusted resources

- National Autistic Society adult guidance (<https://www.autism.org.uk/advice-and-guidance/topics/adulthood>)
- Access to Work application portal (<https://www.gov.uk/access-to-work>)
- Autistic Women and Non-Binary Network resources (<https://awnnetwork.org/resources>)

Informational guide for planning conversations. Always adapt with your clinician or support coordinator.