

Engagement Plan - York and North Yorkshire Adult ADHD and Autism Services (Autumn 2023)

Introduction

This document explains our approach to engagement and how we will involve members of the neurodiverse community across York and North Yorkshire to help transform and develop a sustainable adult autism and ADHD assessment service in York and North Yorkshire.

Background

Due to the growing demand for adult autism and ADHD assessments resulting in long waiting times and the need to prioritise most at-risk adults the North Yorkshire and York Health and Care Partnerships introduced a pilot in March 2023. The pilot includes the introduction of criteria for referral to assessment for adult autism and ADHD. This includes adopting a new approach to screening for neurodiversity using an online screening and support tool called Do-IT Profiler.

The pilot has recently been extended for a further 9 months until the end of June 2024. During this time patient and public engagement will continue, to ensure a solid evidence base from across the area which reflects the views of people with lived experience.

Objectives

The engagement will enable us to:

- Have an open and honest conversation with the public, increase the awareness and explain the reasoning for the introduction of the neurodiverse tool for assessment, to address fears and concerns.
- Continue to listen and gather feedback and experiences in developing and supporting our commissioning decisions around adult autism and ADHD pathways in York and North Yorkshire.
- Work collaboratively with people with lived experience/neurodiverse community, and their families and carers, to understand how we can best meet their healthcare needs and to build a model that gives people the support they need as we look to develop an enduring model for adult autism and ADHD services within available resources.

Methods

We will use a number of methods to ensure we are able to reach as wide a section of our population as possible to include:

Engagement launch events (one in person + one virtual) - December 2023 – "Let's get talking about adult autism and ADHD services in York and North Yorkshire"

An open public meeting will be held, to include a marketplace event showcasing local support groups and display materials available. Clinical and healthcare professionals will be on hand to speak to prior to the formal session.

The formal session will include a presentation describing the challenges and how we are hoping to hear from people with lived experience, carers and family members from across York and North Yorkshire, so we can understand a wide range of experiences and work together to develop a service model to meet the needs of the local community.

Questions can be put to a panel or comments cards will be available, so everyone has the opportunity to share their feedback and experience.

The final session will include small focus group discussions looking at:

- The adult autism and ADHD pathway
- How can we best support those whilst waiting for an assessment?

We will have one in person event and a virtual event to maximise opportunities to be involved.

Next stage - Focus Groups (January – February 2024)

The conversation will continue with a series of focus groups held in York and North Yorkshire. These will be in person and a virtual session available if there is the demand.

The topics to be discussed at each of the focus groups are:

- Managing access to assessment
- Priority criteria for assessment
- Assessment and diagnosis

One-to-one sessions

To ensure we reach a wide audience we will offer the opportunity for people to have their say on a one-to-one basis. This will be delivered in a way that is suitable for the individual – including telephone, online or face to face. We welcome everyone to be part of this ongoing conversation as we look to improve the service.

Timescales

The timescales for engagement are between December and February, with a view to producing a report in March 2024. We will publish the findings once shared with York and North Yorkshire senior leadership teams.

October 2023