

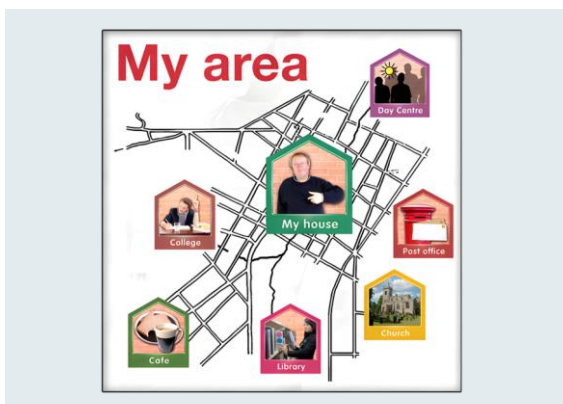


Living well in your community

What this is about



This guide is for autistic people and people with a learning disability.

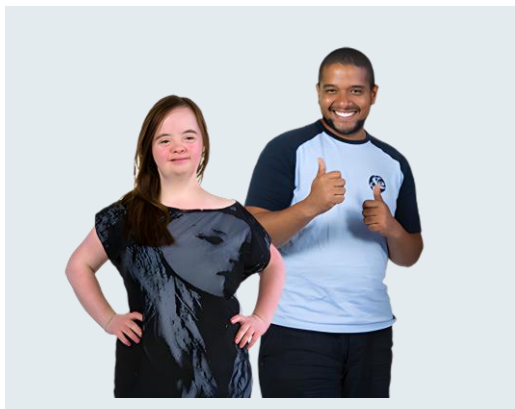


It explains what help and support you should be able to get. This help should let you live a good life in your local area.



NHS England spoke to about 300 people to write this guide. These were people with lived experience, their families, and professionals.

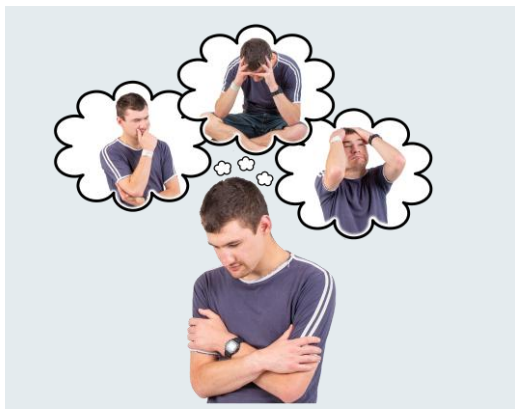
What is in this guide



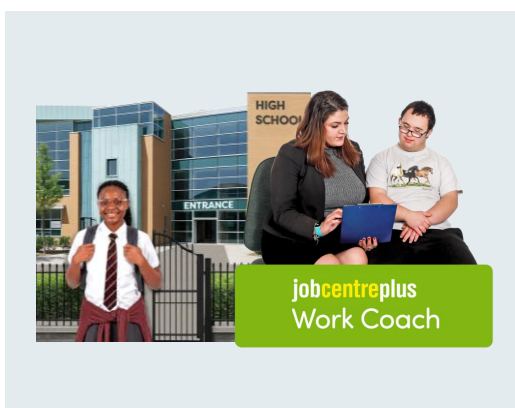
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What good support looks like



Any support you get should:



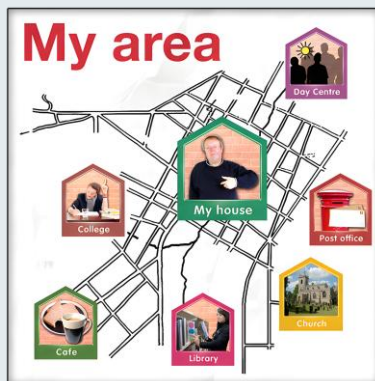
- be about you and what you need



- be planned with you and your family



- be easy for everyone to use, no matter who you are



- be local and close to where you live



- be based on what you need and not just your diagnosis



- respect your rights

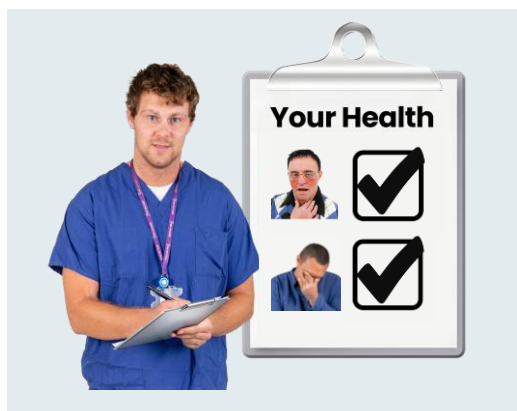


- join up different services so they work together well

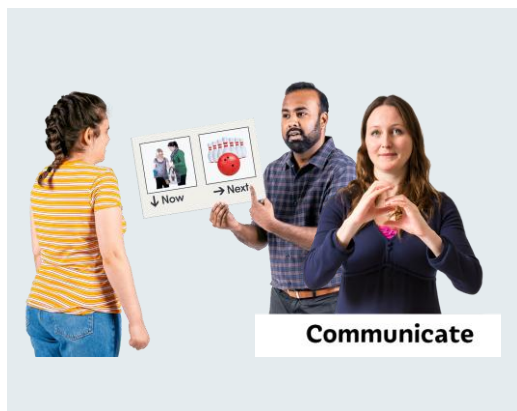
Health



You should be able to get:



- healthcare that looks after your body and your mind



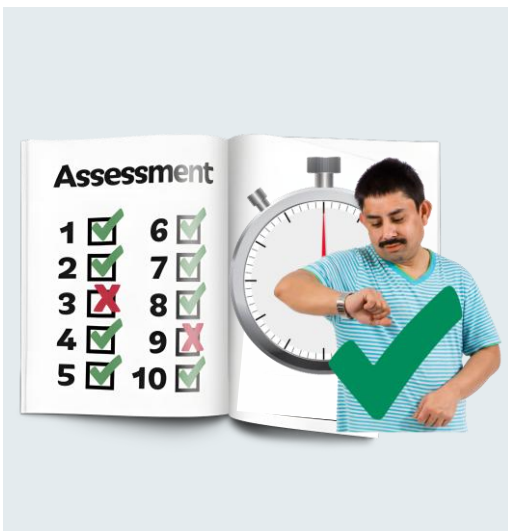
- support that fits how you like to communicate



- support with your sensory needs



- a yearly health check if you have a learning disability and you are 14 or older



- quicker tests to find out if you have a health problem

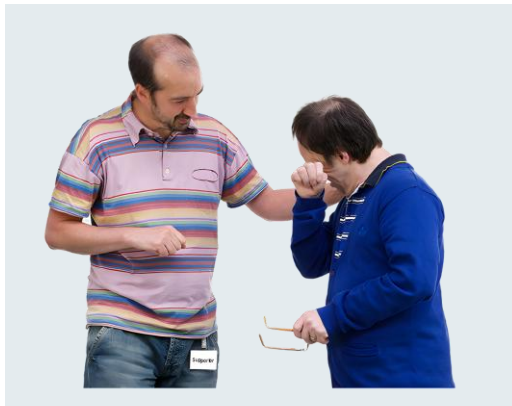


- support while you wait to find out about a health problem or get treatment

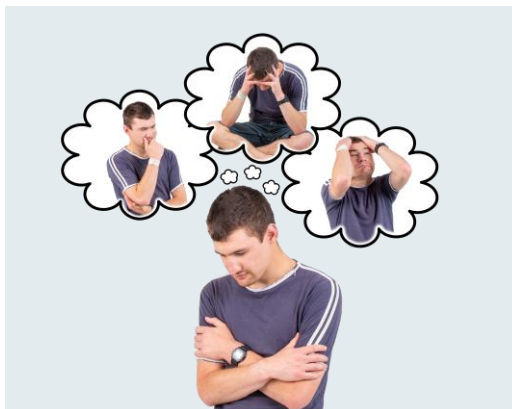
Mental health and crisis support



You should be able to get:



- support to help you stay well and not have a **mental health crisis**



A **mental health crisis** is when your mental health is really bad and it is hard to keep yourself safe



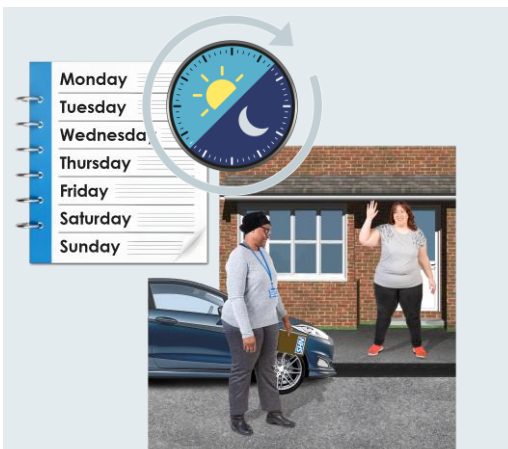
- help quickly if you are in mental health crisis



- a keyworker if you might need to go to a mental health hospital



- a place you can stay for a short time if this would stop you needing to go to a mental health hospital



- support 24 hours a day, 7 days a week if you need it



- support to move between children's and adult services

Education and work



You should be able to get:



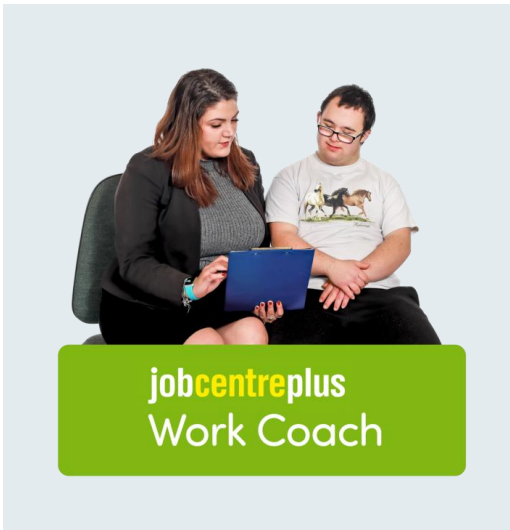
- help to join in with education and training



- mental health support at school



- help with special educational needs



- support to learn work skills



- help to find and keep a job

Home and daily life



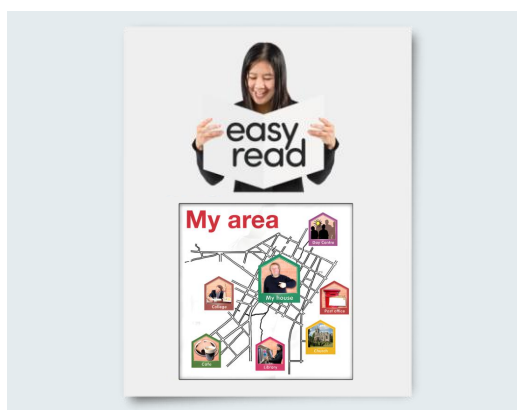
You should be able to get:



- an advocate to help you understand and use services



- support for your carer and your family



- clear information about what is available near you



- short breaks for you and your family



- support to make and keep friendships



- help with housing if you need it



- support for your family if you live at home with them

Having a say



You should be able to:



- help design and plan services in your area and share your views so services improve



- join a learning disability **partnership board** or **youth forum**



A **partnership board** is a local group made up of professionals and people with lived experience who work together to improve services.

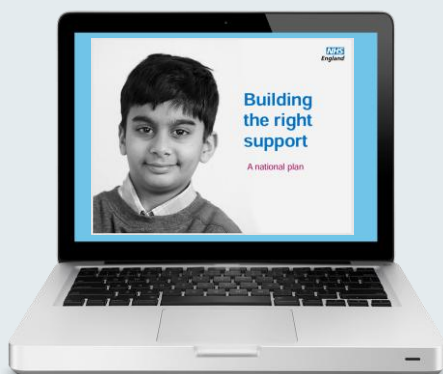


A **youth forum** is a local group where young people with lived experience can use their voices to improve services.

More information



This guide builds on earlier work called Building the Right Support from 2015.



Here is the link to the Building the right support easy read: [build-right-support-ant.pdf](#)



NHS England will publish more detailed guidance on different types of support soon.



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