

All Age Autism and

ADHD Strategy

2025 – 2030



Produced in partnership with autistic and ADHD Experts by Experience and their families



Summary



This strategy is our plan to make Kingston a better place for autistic people and people with ADHD.

Why is a plan needed?

By having a plan that covers all ages, within health, social care and the wider reach of the council we can work towards becoming a more inclusive and supportive community for autistic people, people who have ADHD, and other neurodivergent conditions.

We know it makes sense to provide the right support at the right time and this leads to people living healthier, happier, more productive lives and also reduces costs to Health and Social Care.

How did we decide what to include?

The strategy was developed by talking to autistic people, people with ADHD and professionals.

We heard that the main areas that can improve the lives of autistic people and people with ADHD are:

Getting a diagnosis and getting support

- To focus on reducing waiting times for diagnosis and getting support
- Make it easier to find support while waiting for a diagnosis

"I want to be healthy in my mind therefore body/health"

Healthcare and Wellbeing

- Make it easier to make GP appointments
- Increased Mental Health support
- For healthcare professionals to have more understanding of Neurodivergent conditions
- Suitable housing

"All I want is to have a good quality of life..."

"I don't want to be invisible anymore"

Education

- Offer more information for parents
- Train teachers to support autistic students and students with ADHD

"I struggle to find the words to explain"

Adult Support and Employment

- Workplaces need to understand autism, ADHD, and other neurodivergent conditions and support these employees well
- Provide support for people to get into, and work well in their jobs
- Provide support for people to live more independently



How will we know if it's working?

The Autism and ADHD Partnership Board will check to see if the plan is working. They'll look at things like how people feel about their quality of life and how long it takes to get the services people need.

In short...

This plan is about making Kingston a supportive place where autistic people and people with ADHD have the same chances as everyone else. It aims to make sure people can get help when they need it, in school, health, social care and work and to increase the awareness of autism and ADHD.

If you need more information
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If you would like this information in
large print, Braille, on CD or in another
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