



Survey on Draft National Roadmap to Improve the Health and Mental Health of Autistic Australians



This paper is about the Draft National Roadmap to Improve the Health and Mental Health of Autistic Australians.

We will say the **Autism Health Roadmap** for short.



The **Autism Health Roadmap** is not finished yet. That is why we call it a draft.

We want to get your ideas on what you think of the Autism Health Roadmap so far.

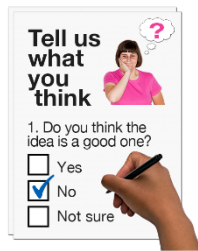


You can read the draft Autism Health Roadmap here

<https://www.health.gov.au/resources/publications/autism-roadmap-consultation-draft>

	<p>We want the Autism Health Roadmap to help improve the health and mental health of Autistic people.</p>
<h2>Why we need an Autism Health Roadmap</h2>	
	<p>We have talked to Autistic people, the autism community and health and mental health experts.</p>
	<p>They told us about the problems Autistic people have getting health care.</p> <p>The health care system does not help them enough.</p>
	<p>That is why we are working on the Autism Health Roadmap. To improve the health and mental health of Autistic people.</p>

Survey on the draft Autism Health Roadmap



We want to ask you some questions about the draft Autism Health Roadmap.

We call these questions a **survey**.



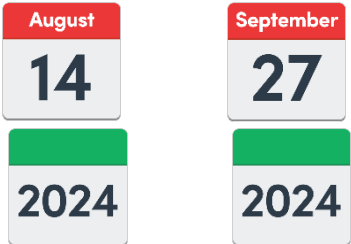



Your answers will help us work out how to improve the health and mental health of Autistic people.



You can tell us if you think we have missed something important in the draft Autism Health Roadmap.



You can do the survey yourself or ask someone to help you.

	<p>You can do the survey between now and Friday 27 September 2024.</p>
	<p>This survey is being done by the Department of Health and Aged Care.</p> <p>We say the Department for short.</p>
	<p>The Department will make sure we keep your responses to the survey confidential.</p> <p>Confidential means we will keep your responses secret if you want us to.</p>
	<p>You do not have to answer all the questions.</p> <p>You can still send us the survey even if you only answer some of the questions.</p>

What is in the survey?



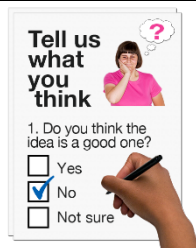
There are 2 main parts in the survey:

Part 1 asks about what **actions** should be in the Autism Health Roadmap.

Actions are things we plan to do.

Part 2 asks questions about you such as your age and what area you live in.

You do not have to answer these questions if you do not want to.



Your answers to this survey will be used to make the Autism Health Roadmap better.

If you need help to do the survey






If you need help to do the survey or you would like a printed copy of the survey you can email

AutismHealthRoadmapConsultation@health.gov.au



If any of the questions in the survey upset you or if someone you know needs support you can call [Lifeline](tel:131114) on 13 11 14 or [Beyond Blue](tel:1300224636) on 1300 224 636.

	<p>The Department would like to share some of what you say in this survey.</p> <p>To let us know what responses we can share, please select 1 option.</p> <p>The Department can share:</p> <p><input type="radio"/> My responses and my name</p> <p><input type="radio"/> Only my responses, but not my name</p> <p><input type="radio"/> None of my responses</p>
	<p>To do the survey you need to:</p> <ul style="list-style-type: none"> • Have read the information about the survey. • Understand that it is your choice if you want to do the survey.
	<p>Do you agree to complete this survey?</p> <p>Please select your response below.</p> <p><input type="radio"/> Yes</p> <p><input type="radio"/> No</p>

Survey questions

Your interest in the Autism Health Roadmap



Please select which of the below statements best describe you.

You can select more than one.

<input type="radio"/>	I am an Autistic person or I think I might be Autistic
<input type="radio"/>	I am an unpaid carer, family member or friend of an Autistic person or people
<input type="radio"/>	I am a disability support worker, educator or support coordinator
<input type="radio"/>	I work in a not for profit organisation, advocacy organisation or peak body
<input type="radio"/>	I work for an autism or disability organisation
<input type="radio"/>	Prefer not to say

Part 1 of the survey

Questions about key topics in the draft Autism Health Roadmap



There are 5 key topics in the draft Autism Health Roadmap which we want to ask you about.

These topics are about:



1. Better support for Autistic people, their families and carers in health and mental health services.



2. Better access to quality health and mental health care for Autistic people.

	<p>3. Better links with services in health, mental health and other areas.</p>
	<p>4. Improving the Autism education and training of health and disability professionals.</p>
	<p>5. Research and data on health and mental health of Autistic people and their families and carers.</p> <ul style="list-style-type: none"> a. Research means to find out new things about something. b. Data means information on people, services, or other things. Data can help us see whether things are getting better.

Question about Topic 1

Better support for Autistic people, their families and carers in health and mental health services.



We want to improve how health and mental health services care for Autistic people.

We also want to make information about services easier to find and understand.



We want to support Autistic people to make their own decisions about their care.

Some of the ways we think we can do that are by:



- Having information for Autistic people about when to see a doctor or other health professional
- Having information on how to find a service



- Having information about how pain is felt differently by many Autistic people
- Having information that considers the needs of Autistic people
- Having information on affordable care options

What do you think the Department could do to improve health and mental health services for Autistic people?

Please give your ideas below.

Question about Topic 2

Better access to quality health and mental health care services for Autistic people.



We want to improve how safe Autistic people are in health and mental health services.



We want to make sure health professionals support all Autistic people to make decisions about their care.



We want to protect Autistic people against medicines not being used safely or in the right way.



Some of the ways we think we can do that are to:

- Work with Autistic people to find out the best way to give them good health care



- Help Autistic people find health services that provide good care
- Look at health and mental health services for Autistic people to see what is working well and what is not.

What could we do to improve the quality and availability of health and mental health services for Autistic people?

Please give your ideas below.

Question about Topic 3

Having better links with services in health, mental health and other areas.



We want to make sure Autistic people are supported in every stage of their lives.

We want to improve how health and mental health services work together.



We think we can do this by:

- Using a booklet which helps Autistic people tell health services what they need.
- Having health and mental health services that are just for Autistic people.
- Having someone help Autistic people find the right service for them.

We have heard from Autistic people that the Department is too separate from services in health, mental health and other areas. We would like to fix this. Do you have any ideas how we could do this?

Please give your ideas below.

Question about Topic 4

Improving the education and training of health and disability professionals



We want to help health professionals give better care to Autistic people.

We want health professionals to learn how to improve their skills in caring for Autistic people.



We think we could do this by:

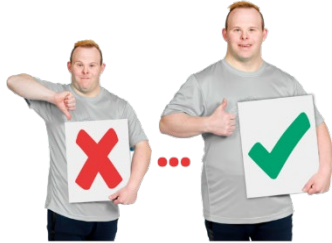
- Having good resources and services for health and mental health professionals with Autistic patients.
- Having training for health professionals to better support Autistic people.

How could we make sure health and disability professionals are trained better in caring for Autistic people?

Please give your ideas below.

Question about Topic 5

Research on health outcomes of Autistic people and their families and carers.



We want to do research about the health of Autistic people.

We want Autistic people, family members and carers to tell us what research they think is needed.

We want this research to tell us how to improve health outcomes for Autistic people.



We think we could do this by:

- Collecting information about whether a person is Autistic. This would give us better **data** to help with research.
- Doing research on ways to improve Autistic people's health and mental health.

How could we get better research and data on the health of Autistic people and their families and carers?

Please give your ideas below.

--

How important is it that the Autism Health Roadmap make sure the rights and choices of Autistic people are respected?

Please select 1 of the below options.

- ☐ Not important
- ☐ Important
- ☐ Unsure

Part 2 of the survey

Questions about you



Which area do you live in?

Select 1 option




- ☐ Australian Capital Territory
- ☐ New South Wales
- ☐ Queensland
- ☐ South Australia
- ☐ Tasmania
- ☐ Victoria
- ☐ Western Australia
- ☐ I do not live in Australia



What type of area do you live in?

Select 1 option.

- ☐ In a capital city or a large city
- ☐ In a regional, rural or remote area
- ☐ Prefer not to say

 	<p>What is your gender?</p> <p>Select 1 option.</p> <p><input type="radio"/> Man or male</p> <p><input type="radio"/> Woman or female</p> <p><input type="radio"/> Non-binary</p> <p><input type="radio"/> I use a different term to describe myself. It is:</p> <div data-bbox="691 891 1436 1097"></div> <p><input type="radio"/> Prefer not to say</p>
	<p>Please tell us your age in the box below.</p> <div data-bbox="643 1512 936 1718"></div>



Do you identify as Aboriginal and/or Torres Strait Islander?

Select 1 option.



- ☐ Yes- Aboriginal
- ☐ Yes- Torres Strait Islander
- ☐ Yes- Both Aboriginal and Torres Strait Islander
- ☐ No
- ☐ Prefer not to say



Do you have any disabilities or health conditions?

If you do, please tell us what they are here.

- ☐ Prefer not to say
- ☐ Do not have a disability

	<p>Do you often use a language other than English at home?</p> <p>Select 1 option.</p> <p><input type="radio"/> Yes</p> <p><input type="radio"/> No</p> <p><input type="radio"/> Prefer not to say</p>
	<p>Thank you for taking the time to do the survey.</p> <p>Your answers will help us make the Autism Health Roadmap better.</p>