

## Studies

### [The experiences of caring for someone with dementia and a learning disability: A qualitative systematic review](#)

The life expectancy of people with a learning disability is increasing and with this comes a greater risk of developing dementia. Dementia poses new challenges for both family and formal learning disability carers as they try to support dementia's progressive nature and quality of life for their care recipient. This qualitative systematic review explores the evidence base of family and formal carers' experiences and needs of caring for someone with both a learning disability and dementia.

### [Beyond Silence: A Scoping Review of Provided Support for Grieving Children With Intellectual Disabilities or Autism Spectrum Disorder](#)

Children with intellectual disabilities (ID) or autism spectrum disorder (ASD) are considered unable to grieve or understand the concept of death and might not receive grief support after the death of a beloved person; hence, they are at risk of developing complicated grief. This scoping review identified existing grief support for children with ID or ASD.

### [First things first: An exploration of the effects of psychoeducation for older autistic adults](#)

After receiving an autism diagnosis, psychoeducation (i.e. information regarding autism) is a first intervention. We adjusted a psychoeducation program that was originally developed by the Dutch Association for Autism for older adults to enhance its feasibility and efficacy in later life. We expected that participants would report an increase in knowledge and acceptance of the diagnosis and that people close to them would also observe this. Indeed, we found this and participants and those close to them agreed on this. Furthermore, we found some evidence that older autistic adults were better at coping with their autism.

### [A meta-ethnography of autistic people's experiences of social camouflaging and its relationship with mental health](#)

Some autistic people describe trying to hide autistic behaviour and seem more neurotypical. Researchers called this 'social camouflaging' and have linked it with mental health difficulties. We used a step-by-step approach to identify research where autistic people talk about social camouflaging to explore the relationship between camouflaging and poor mental health.

### [A Narrative Review of Autism Spectrum Disorder in the Indian Context](#)

Autism is called "spectrum" disorder because there is a wide variation in the type and the severity of symptoms that people experience. India has a vast population, diverse cultures, and multiple languages, making it crucial to understand the unique challenges faced by individuals with autism spectrum disorder in the Indian context.

### [Synergizing the Behavior Change Wheel and a Cocreative Approach to Design a Physical Activity Intervention for Adolescents and Young Adults With Intellectual Disabilities: Development Study](#)

There is a need for physical activity promotion interventions in adolescents and young adults with intellectual disabilities. Current interventions have shown limited effectiveness, which may be attributed to the absence of theory and a population-specific development. Combining a planning model (including theory) and cocreation with the target audience during intervention development could potentially address this gap.



### [Promoting Self-Efficacy of Individuals With Autism in Practicing Social Skills in the Workplace Using Virtual Reality and Physiological Sensors: Mixed Methods Study](#)

Individuals with autism often experience heightened anxiety in workplace environments because of challenges in communication and sensory overload. As these experiences can result in negative self-image, promoting their self-efficacy in the workplace is crucial. Virtual reality (VR) systems have emerged as promising tools for enhancing the self-efficacy of individuals with autism in navigating social scenarios, aiding in the identification of anxiety-inducing situations, and preparing for real-world interactions. However, there is limited research exploring the potential of VR to enhance self-efficacy by facilitating an understanding of emotional and physiological states during social skills practice.

### [Language Skills Influence Transition Planning in Adolescents with Fragile X Syndrome](#)

Individuals with fragile X syndrome (FXS) and their parents have a range of experiences navigating the crucial transition period between adolescence and adulthood. Semi-structured interviews of 47 mothers of adolescents with FXS (mean child age = 15.89 years) were analyzed to identify mothers' changing expectations during the adolescent period and parent goals related to work and postsecondary education. Mothers' work and education goals were explored in relation to child factors such as language skills and autism characteristics. Lower language skills were associated with lower likelihood of reporting vocational goals. Results suggest that adolescents with FXS with lower language ability are less likely to have vocational plans for adulthood during this critical period and may need greater transition planning assistance.

### [Early Prediction of Autistic Spectrum Disorder Using Developmental Surveillance Data](#)

Question: Can early childhood autism screening be accurately performed using an automatic prediction model based on longitudinal data from routine developmental surveillance?

### [The association between social camouflage and mental health among autistic people in Japan and the UK: a cross-cultural study](#)

Background: To examine the relationship between social camouflage and mental health in Japanese autistic adults and make an international comparison with a sample from the UK.

### [Autistic and non-autistic individuals show the same amygdala activity during emotional face processing](#)

Autistic and non-autistic individuals often differ in how they perceive and show emotions, especially in their ability and inclination to infer other people's feelings from subtle cues like facial expressions. Prominent theories of autism have suggested that these differences stem from alterations in amygdala functioning and that amygdala hypoactivation causes problems with emotion recognition. Thus far, however, empirical investigations of this hypothesis have yielded mixed results and largely relied on relatively small samples.

## Guidance

### [Care workforce pathway for adult social care](#)

The care workforce pathway is a new career structure for the adult social care workforce. This is the first phase of the pathway, focusing on direct care roles at 4 levels. The pathway has been informed by responses to the call for evidence, which ran for 8 weeks in April and May 2023.



### [Five key elements for discharge – supporting people with a learning disability and autistic people to leave hospital](#)

In collaboration with the Local Government Association and Association of Directors of Adult Social Services as Partners in Care and Health, we have published this letter which identifies five key actions that will have the biggest impact on supporting people with a learning disability and autistic people to leave mental health hospital. Nearly 10,000 discharges to the community have been achieved since 2015. The letter asks colleagues working in integrated care systems across health and social care to make a concerted effort to continue to help people with a learning disability and autistic people leave hospital when they no longer need hospital care.

### **Call for Evidence Outcomes**

#### [Care workforce pathway for adult social care: call for evidence outcome \(easy read\)](#)

We asked people what skills and experience they think are important for adult social care staff. You can read what people told us about our plans.

### **Workshops**

#### [The Jan Seamer Memorial Positive Behaviour Support workshop](#)

Jan was a much loved and well-respected friend, colleague, and advocate of the CBF. As a family carer and supporter of her son who has severe learning disabilities and behaviour described as challenging, Jan has been involved in the work of the CBF since the very early days of the charity. As part of Jan's legacy, we are running a free online Positive Behaviour Support workshop for families caring for children, young people and adults with severe learning disabilities whose behaviour challenges.

### **News**

#### [Government sets out plans to develop the domestic care workforce](#)

The government outlined plans to improve the career prospects of the domestic care workforce through training, qualifications and a clearer, care career path.

#### [Bild responds to DHSC launch of new Care Workforce Pathway](#)

Today (10 January 2024), the Department of Health and Social Care launched the new Care Workforce Pathway, seeking to provide a nationally recognised career structure for the adult social care workforce. Bild welcomes the focus on practice leadership as an opportunity for non-management career progression.

#### [‘Meet the Reps’: What we heard from members – January 2024 Update](#)

In September the Rep Body held 3 sessions to meet members. It was great to meet people from across the membership and have a chance to hear about the issues that are important. We wanted to share an update about what we heard in those meetings and what actions we are taking from that.

#### [New tablet-based tools to spot autism draw excitement — and questions](#)

Handheld devices promise to bring autism detection home, but many researchers urge caution.



### ['We had to investigate our autistic son's death'](#)

The parents of an autistic teenager who died from an accidental overdose say they had to investigate his death themselves to find out what killed him.

### [Written Statement: Residential special schools brought into regulatory framework in response to the Independent Inquiry into Child Sexual Abuse](#)

I am pleased to announce that residential special schools in Wales have been defined as a new regulated service - 'special school residential services' - under the Regulation and Inspection of Social Care (Wales) Act 2016. In doing so, we are responding to the recommendation made by Independent Inquiry into Child Sexual Abuse for all residential special schools to be inspected against the quality standards used to regulate care homes in Wales.

### [Autism in Racing and Autism at Work Join Forces](#)

Autism in Racing, the brainchild of racing broadcaster and autistic champion Bobby Beevers, has proudly announced its collaboration with the National Autistic Society to facilitate employment opportunities for autistic individuals within the racing sector. Established in 2021, Autism In Racing, under Beevers' leadership, has garnered significant support from the racing community. The sport has actively hosted autism-friendly racedays at various tracks across Britain as part of their commitment to inclusivity.