

## Studies

### [Did I Take My Medication Today? Understanding Medication Self-Management for Adults With Intellectual Disabilities Through Participatory Research](#)

There is little research that has examined what support strategies are effective to help adults with intellectual disabilities take their prescribed medication correctly. The aim of the study was to gain an understanding of the barriers and supports that contribute to adults with intellectual disabilities self-managing their prescribed medicines.

### [Safer Online Lives: Internet Use and Online Experiences of Adults With Intellectual Disabilities—A Survey Study](#)

The internet and social media are increasingly accessible to people with intellectual disabilities, offering significant benefits but also posing unique challenges and risks. This study aimed to explore the online experiences of adults with intellectual disabilities in England.

### [Impact of the COVID-19 pandemic on antidepressant prescribing with a focus on people with learning disability and autism: an interrupted time series analysis in England using OpenSAFELY-TPP](#)

COVID-19 restrictions led to increased reports of depressive symptoms in the general population and impacted health and social care services. We explored whether these changes affected antidepressant prescribing trends in the general population and those with learning disability or autism.

### [Your baby has down syndrome: a reflexive thematic analysis of breaking the news to parents](#)

The communication of a Down syndrome diagnosis to mothers is a pivotal moment that can impact their emotional well-being and the subsequent care for their child. This study aimed to explore maternal experiences with receiving a Down syndrome diagnosis.

### [Resistance and resilience to Alzheimer's disease in Down syndrome](#)

Due to the high prevalence of Alzheimer's disease (AD) in adults with Down syndrome (DS), trisomy 21 is now considered a genetic form of AD (DSAD). A better understanding of factors that can prevent or delay AD is vital to improve outcomes for adults with DS.

### [Sociodemographic and clinical indicators associated with quality of life among parents of autistic children](#)

Evidence suggests that parents/carers of autistic children have lower subjective physical and mental health which in turn can affect their overall quality of life (QoL). The aim of this study was to determine the relationship between the behavioural and emotional profile of autistic preschool children, parental stress, and an Autism (ASD) specific measure of the parental QoL using a sociodemographic lens.

### ["I made friends a lot more easily": children and families' experiences of social group programs for children on the autism spectrum](#)

Social Skills Group Programs (SSGP) target the social communication and interaction skills of children on the autism spectrum. This qualitative study explored lived experiences of children and families who participated in a randomised controlled trial (RCT) evaluating the efficacy of KONTAKT™ adapted for younger children (8 to 12 years) in comparison to an active control social art group (ART Legends).

[Dialectical behavior therapy in autistic adults: effects on ecological subjective and physiological measures of emotion dysregulation](#)

Although Ecological Momentary Assessment (EMA) and physiological measurements provide a valuable opportunity to evaluate therapeutic interventions in real time, no study has used this approach to assess Dialectical Behavior Therapy (DBT) in autistic adults with high levels of emotion dysregulation (ED).

[Where Care Converges: Uncovering Shared Experiences of Parents and Service Providers for Adults With Intellectual Disabilities in Times of Austerity](#)

Since the introduction of austerity measures in 2008, funding for care, welfare, services and support systems in the United Kingdom has been reduced. There is little research that explores the experiences of parents of adults with intellectual disabilities and service providers regarding care, relationships and social networks in times of austerity.

[Sex-specific patterns in social visual attention among individuals with autistic traits](#)

Autism is a neurodevelopmental condition more prevalent in males, with sex differences emerging in both prevalence and core symptoms. However, most studies investigating behavioral and cognitive features of autism tend to include more male samples, leading to a male-biased understanding. The sex imbalance limits the specificity of these features, especially in female individuals with autism. Hence, it is necessary to explore sex-related differences in behavioral-cognitive traits linked to autism in the general population.

[Effectiveness of Artificial Intelligence-Based Platform in Administering Therapies for Children With Autism Spectrum Disorder: 12-Month Observational Study](#)

A 12-month longitudinal observational study was conducted on 43 children aged 2-18 years to evaluate the effectiveness of the CognitiveBotics artificial intelligence (AI)-based platform in conjunction with continuous therapy in improving therapeutic outcomes for children with autism spectrum disorder (ASD).

[Longitudinal investigation of gait and Alzheimer's disease in adults with Down syndrome](#)

Gait abnormalities are associated with Alzheimer's disease (AD) in the general population, but it is unclear if the same is true for individuals with Down syndrome (DS). This study examined gait across 32 months in relation to neuroimaging biomarkers (amyloid beta [A $\beta$ ], neurofibrillary tangles [NFTs], and hippocampal volume), cognitive decline, and clinical AD status in adults with DS.

## Toolkits

[Toolkit for place-based strategies for housing for autistic adults and adults with a learning disability](#)

This toolkit supports the creation of a housing strategy. It is designed to be flexible around the needs, context and existing strategies, policies and structures within a local area. It can be taken as a whole or different steps can be used to guide individual activities.

## Blogs

### [To Love and Be Loved...In Lancashire](#)

Sue Sharples, member of the Lancashire Friends and Relationships Group, talks about how the group has been working to raise awareness of the importance of love and affection in the lives of people with a learning disability and using Good Lives to guide their work...

## News

### [High proportion of adults with learning disabilities still receiving psychotropic medicines](#)

A high proportion of adults with learning disabilities living in community homes and supported living accommodations in the UK are still receiving psychotropic medicines, often off-licence, for behaviours that challenge in the absence of a severe mental illness.

### [Lords 'tidies up' Mental Health Bill](#)

Members of the House of Lords 'tidied up' the Mental Health Bill at third reading on Wednesday 23 April.

### [How the Mental Health Bill has been amended by the House of Lords](#)

Tim Spencer-Lane sets out the main changes made, and issues raised, by the House of Lords following its consideration of the bill to reform the Mental Health Act 1983.

### [Mental Health Bill: day of action](#)

Disability campaigners held a day of action this week to demand urgent action from the Government to end the detention of autistic people and those with learning disabilities under the Mental Health Act.

### [Our response to Nigel Farage's comments on SEND and diagnosis](#)

We have responded to comments about SEND and diagnosis by Nigel Farage MP made during a press conference on Thursday 24 April 2025.

### [Nigel Farage SEND comments are 'fake news', says National Autistic Society](#)

The National Autistic Society (NAS) has hit back at comments made today by Nigel Farage, MP and Leader of Reform UK, after he claimed that doctors are "massively over-diagnosing" children with special educational needs and disabilities (SEND) and mental health conditions.

### [New PIP proposals could result in 90% of current standard daily living awards failing on renewal](#)

According to information obtained by Benefits and Work, the government's new personal independence payment (PIP) proposals could result in almost nine out of ten current standard daily living awards failing on renewal.

### [Starmer urged to 'save supported housing' in face of sector financial 'crisis'](#)

'Unviable' services being forced to close due to years of cuts amid rising demand for provision for working-age adults and older people, warn social care, housing and local government leaders.

[Statement on President Trump and RFK Jr's comments on autism](#)

We are disgusted with the continued fake news and offensive statements coming from President Donald Trump and his Health Secretary, Robert F. Kennedy Jr. We stand in solidarity with autistic people and autism organisations in the US who are having to fight this hate directly.

[CDC autism prevalence numbers warrant attention—but not in the way RFK Jr. proposes](#)

The head of the U.S. Department of Health and Human Services is ignoring decades of research findings.

[Why does RFK Jr want to put my family on an 'autism registry'?](#)

I'm scared about the health secretary's vow to find the cause behind the so-called 'autism epidemic'.

[Netflix to fund drama diploma for people with learning disabilities](#)

Netflix is funding a drama diploma designed for people with learning disabilities and autistic people to try to close the disability representation gap in UK television.

[Rod Stewart to pay for autism diagnosis of boy waiting for three years](#)

Rod Stewart has offered to pay for the autism diagnosis of a child who has spent three years on a waiting list. The singer stepped in after reading about the case of four-year-old Iain Gregori, who is non-verbal and is due to start school this summer.