

Studies

[Developing and testing of an assessment tool for appropriate psychotropic drug prescribing in people with intellectual disabilities](#)

Prescribing psychotropic drugs often leads to long-term use in people with intellectual disabilities. In this population, polypharmacy is also common, likely because of the high frequencies of comorbid somatic, behavioural and mental disorders, while the vulnerability for medication side effects is high. Therefore, there is a risk of inappropriate prescribing of psychotropic drugs in people with intellectual disabilities.

[Understanding the child and adolescent eating disorder treatment experiences of autistic people and parents](#)

Autistic people are overrepresented in eating disorders services and often require more intensive and extended treatment. Little is known about the eating disorder treatment experiences of autistic young people.

["Like something supernatural in your house": an interpretative phenomenological analysis to explore the experiences and psychological challenges of parents raising children with autism spectrum disorder](#)

Parents raising children with ASD face profound psychological challenges. While existing research predominantly focuses on parental distress, opportunities for growth and transformation remain underexplored.

[Digital Psychological Wellbeing Interventions for Family Carers of Children and Adults With Intellectual and Developmental Disabilities: A Systematic Review](#)

This review explored (1) what digital psychological wellbeing interventions for family carers of people with intellectual and developmental disabilities were reported in the literature, (2) evidence about their effectiveness, (3) factors affecting their implementation and (4) experiences of family carers who attend them.

[Promoting Neurodiversity-Affirming Care for Autistic Children: A Scoping Review](#)

Historically, educational and clinical practice with autistic children centred on developing their ability to 'fit in' and achieve neurotypical milestones. The neurodiversity movement aims to shift the focus from normalising behaviours to acceptance of the autistic child and inclusion with neurotypical peers while acknowledging differences. However, a review of how educators, and service providers can practice in a neurodiversity-affirming manner has not been conducted.

[Father Involvement in the Lives of Their Children With Intellectual and Developmental Disabilities in the UK](#)

Father involvement in parenting has received scarce attention in the disability field. This qualitative study explored the involvement, roles and responsibilities of fathers of individuals with Intellectual and Developmental Disabilities (aged 5–24 years).

[ASD and ADHD symptoms in 18-year-olds – A population-based study of twins born 1993 to 2001](#)

The diagnostic prevalences of Autism Spectrum Disorder (ASD) and Attention-Deficit/Hyperactivity Disorder (ADHD) have increased dramatically over the past two decades in the western world, particularly among teenagers and young adults. Here, we aimed to investigate whether there had been a corresponding increase in parent reported symptoms of ASD and ADHD in a population-based sample of 18-year-old twins born between 1993-2001.

[The Phenomenon of Pain in Adults With Intellectual Disability: A Qualitative Systematic Review](#)

People with intellectual disability are vulnerable to developing and experiencing pain, indeed more pain, due to comorbidities and secondary conditions. Their pain may also be underestimated or poorly managed, due to difficulties with verbal and non-verbal communication. Improved understanding could have positive implications for pain assessment and management practices.

[Pathways to autism diagnosis in adulthood](#)

This study explored Trajectories of Diagnoses (TDs) preceding a first diagnosis of autism in adulthood.

[Three Years on From "Stay at Home": Perspectives of People With Intellectual Disabilities About the Ongoing Impact of the COVID-19 Pandemic](#)

People with intellectual disabilities were disproportionately negatively affected during the COVID-19 pandemic, but there has been limited research about the perceived longer-term impact.

["There is just too much going on there": Nonverbal communication experiences of autistic adults](#)

Atypical nonverbal communication is required for a diagnosis of autism, yet little is known about how autistic adults use gestures, facial expressions, and other nonverbal behaviours in social interactions, especially from autistic adults' perspectives.

[Optimal dosage of group-based organized physical activity for enhancing social abilities in autistic children: insights from a multilevel meta-analysis](#)

In response to current research trends emphasizing training programs to develop daily living skills in autistic children, this study employs a meta-analysis to explore the impact of group-based organized physical activity (GBOPA) on the social abilities of autistic children from multiple perspectives and further investigates its dose-response relationship to define the "optimal" dose.

[A meta-analytic review of quantification methods for camouflaging behaviors in autistic and neurotypical individuals](#)

Camouflaging, a phenomenon observed in autistic individuals, refers to the conscious or unconscious strategies that individuals employ to mask, assimilate, or compensate for their autistic characteristics in social settings, in order to blend in or avoid stigmatization. These strategies may include suppression of behaviors considered atypical, imitation of neurotypical behaviors, and use of social scripts to navigate social interactions. While these behaviors have an adaptive goal, they have been linked with mental health issues.

[Navigating medical school with autism: a systematic review exploring student experiences & support provision in the United Kingdom](#)

Medical education is inherently demanding, requiring students to navigate academically challenging courses, high-stake assessments, clinical training and interpersonal interactions within high stress environments. Autistic medical students can experience profound differences academically and professionally if their support needs are not identified and addressed by specific pedagogic adaptations.

[Exploring the interplay of sensory hypersensitivity and autistic traits in children](#)

Autism Spectrum Disorder (ASD) is a neurodevelopmental condition characterized by social challenges and repetitive behaviors, influenced by genetic and environmental factors. Autistic traits, including variations in sensory processing, exist across both clinical and subclinical spectrums, impacting individuals with and without an ASD diagnosis.

Reports

[10 Year Health Plan for England: fit for the future \(easy read\)](#)

The 10 Year Health Plan for England says how we will fix the problems in the NHS to make it better for everyone.

Guidance

[Independent commission into adult social care: terms of reference \(easy read\)](#)

In April 2025, Baroness Louise Casey started working with a team of people (called the independent commission into adult social care). They will look at how to change support for adults in England and make it better.

Briefings

[Fetal alcohol spectrum disorder \(FASD\) – identifying and responding in practice with families: Frontline Briefing \(2025\)](#)

Fetal alcohol spectrum disorder (FASD) is a lifelong neurodevelopmental disorder that occurs in the fetus due to alcohol exposure in the womb.

Blogs

[After an ADHD and autism diagnosis, I now find the world more confusing. How do I make sense of this?](#)

It's frightening to learn we're not similar to others, writes advice columnist Eleanor Gordon-Smith. One way to respond is to allow that feeling of otherness.

News

[NHS 10 year plan focuses on community care and prevention](#)

The Government has published its 10-year plan for the NHS, which focuses on moving care from the hospital to the community and placing a greater emphasis on primary prevention.

[Response to the NHS 10-Year Health Plan](#)

The Government have published their plans for how the NHS will work in the future.

[Bild's Response to the NHS 10 Year Plan](#)

This week, Keir Starmer launched the NHS 10-Year Health Plan, outlining an intention to introduce Neighbourhood Health Services based in local centres and to expand health service capacity.

[Our response to the 10 Year Health Plan for England](#)

The Government has published its 10 Year Health Plan for England, which sets out the plan to “reinvent the NHS through three radical shifts”.

[Our response to the NHS-10 Year Plan](#)

The Government has published its NHS 10-Year Health Plan for England. Read our response.

[Access to Work scheme under serious threat, say campaigners](#)

Access to Work, a government scheme enabling disabled people to access and stay in work, is under serious threat, according to a grassroots network of over 3,000 disabled people and allies.

[MPs vote in favour of the welfare bill after PIP amendment](#)

The Second Reading of the Universal Credit and Personal Independence Payment Bill has passed with 335 votes to 260 – a majority of 75 – following a last-minute major concession from the Government.

[Our response to welfare reform bill vote](#)

The Government has voted on its Universal Credit and Personal Independence Payment Bill.

[Children with SEN make up half of all school suspensions](#)

New analysis from a coalition of charities reveals that half of all children suspended from school have special educational needs (SEN). The coalition is calling for additional funding for schools to help prevent these exclusions.

[Why are so many children still missing school? Education Committee announces evidence session](#)

The Education Committee will hold a deep-dive evidence session on Tuesday 22 July to examine whether the Government has the right strategies in place to tackle school absence.

[Charity warns against generalising about autistic people after Gregg Wallace comments](#)

Campaigners criticise remarks in which TV presenter appeared to link allegations against him to diagnosis.

[Autism Alliance provides evidence to House of Lords Inquiry](#)

The Autism Alliance UK has been supporting the House of Lords Special Inquiry Committee on the Autism Act 2009.

[Understanding Brief Guides: Clear, accessible information for adults and carers](#)

When navigating adult social care – whether for yourself or someone you support – it can be difficult to find clear, reliable information.

[Beyond Words launches new word-free book for people with learning disabilities](#)

The Cheeky Seagull is set on the Kent Coast, in a town based on Deal, its high street, market and daily life. It is a follow-up to the picture book “A Day at the Beach,” as readers wanted to know what the seagull did next.