

Studies

[Self-harm and suicidality experiences of autistic and non-autistic adults in midlife and old age](#)

Suicide has been reported as a leading cause of premature death in autistic populations. Additionally, risk of suicidality is often found to increase with age in the general population. Despite this, suicidality has seldom been explored in autistic populations in midlife and old age. This study investigates the self-reported prevalence of self-harm and suicidality in autistic people in midlife and old age compared to an age- and gender-ratio comparable non-autistic group.

[The impact of camouflaging autistic traits on psychological and physiological stress: a co-twin control study](#)

Camouflaging autistic traits is suggested to increase stress and the risk of autistic burnout. However, the relationship with psychological and biological markers of stress and the influence of familial factors on this relationship remain unclear.

[Co-Occurring Conditions and Sleep Symptoms Associated With Obstructive Sleep Apnea in Children With Down Syndrome](#)

Sleep disordered breathing (SDB) is prevalent in children with Down syndrome (DS). The American Academy of Pediatrics recommends that all children with DS undergo a polysomnogram between 3 and 4 years of age irrespective of symptoms. Our objective is to describe the clinical symptoms and breathing patterns of children with DS based on their polysomnogram results.

[Digital Health Literacy of People with Intellectual Disabilities: A Scoping Review to Map the Evidence](#)

Digital technologies are revolutionizing health systems worldwide. People with higher digital health literacy are better equipped to access reliable health information, utilize telehealth services, and effectively manage their health through applications. However, a notable digital divide exists for people with intellectual disabilities, and the digitization of healthcare can limit their health opportunities.

[Predicting autism spectrum disorder severity in children based on specific language milestones: a random forest model approach](#)

Language impairments are among the most prevalent co-occurring conditions in children with autism spectrum disorder (ASD), and delayed language milestones often serve as early developmental warning signs. However, it remains unclear whether specific language milestones can reliably predict the severity of ASD symptoms, particularly in regions where there is a long delay between initial screening and formal diagnosis.

[Enhancing motor coordination and social interaction in children with autism through virtual reality rehabilitation](#)

This study evaluates the effects of virtual reality (VR) rehabilitation on motor coordination and social interaction in children with autism and explores related neural mechanisms and caregiver perspectives.

Guidance

[Down Syndrome Act 2022 draft statutory guidance \(easy read\)](#)

We want to hear what people think about our draft guidance on Down syndrome.

[Down Syndrome Act 2022 draft statutory guidance](#)

This consultation seeks views on the draft statutory guidance issued under the Down Syndrome Act 2022.

Publications

[Down syndrome needs profile paper](#)

Evidence received on the potential needs of people with Down syndrome through a call for evidence on the Down Syndrome Act 2022 and engagement with academics.

Statistics

[Safeguarding adults, England, 2024 to 2025](#)

Official statistics on adult safeguarding concerns that were raised and where enquiries took place during 2024 to 2025 in England.

[Personal social services adult social care survey report, England: 2024 to 2025](#)

Official statistics on the outcomes and experiences of users aged 18 and over in receipt of long-term adult social care services in England.

News

[Consultation Launched: Draft Down Syndrome Act Statutory Guidance](#)

The Down Syndrome Act 2022 is a law that means the government has to write clear guidance for public services like health, social care, and education on how to meet the specific needs of people with Down syndrome in England.

[Suicide risk: new research could help safeguard autistic people](#)

New research from the University of Cambridge could have important implications for safeguarding autistic people and can help clinicians in screening for trauma and monitoring suicide-related behaviour.

[New autism strategy must deliver change for autistic people](#)

This is the key conclusion reached by the House of Lords special inquiry committee on the Autism Act 2009 in its report 'Time to deliver: The Autism Act 2009 and the new autism strategy'.

[House of Lords: end systemic Government failure of autistic people](#)

The House of Lords Autism Act 2009 Special Inquiry Committee has today published its report following an extensive process of hearing and analysing evidence from autistic people, public services, charities, researchers, clinicians and others.

[Autism Act has failed to bring meaningful change for autistic people, new Lords' report finds](#)

A new landmark report is urging the Government to enhance mandatory training on autism for public-facing staff, developed in collaboration with autistic individuals and their supporters as part of the new autism strategy.

[Our response to the Autism Act Committee report](#)

The Autism Act Committee has published a new report, Time to Deliver, which provides recommendations for the Government's next autism strategy. The Government has committed to publish the new strategy by July 2026.

[Mental Health Bill returns to the Lords](#)

The Mental Health Bill returned to the House of Lords for consideration of Commons amendments in 'ping pong', on Monday 24 November.

[Our response to Richard Tice MP's comments on SEND and 'overdiagnosis'](#)

The National Autistic Society has responded to comments by Richard Tice MP about the SEND system and 'overdiagnosis'.

[Cancer risk higher for people aged under 50 with learning disabilities](#)

Cancer risk is higher for people in England with learning disabilities than the general population, especially before age 50 years. This is often due to fewer treatments, a poorer prognosis, and under-investigation, which may have implications for screening.

[Number of autistic people in mental health hospitals: October 2025 data](#)

The latest monthly Assuring Transformation NHS Digital data shows that in October 2025:

- 2,020 autistic people and people with a learning disability are in mental health hospitals in England. Of these, 1,465 (73%) are autistic.
- There are 220 under 18s in inpatient units that are autistic or have a learning disability. Of these, 210 (95%) are autistic.
- The number of autistic people without a learning disability detained in mental health hospitals has increased by 146% since 2015.

[Our response to Adult Psychiatric Morbidity Study](#)

The NHS has published the Adult Psychiatric Morbidity Study, which shows that the prevalence of autistic adults in the UK remains at around one in 100 people.

[Families of disabled children face trauma from 'hostile' and 'combative' public services](#)

Disabled children and their families are facing trauma from the very public services designed to support them, according to a new report from Cerebra.

[What are parents of children with special educational needs and disabilities telling us?](#)

Parents across England are speaking up about the challenges they face getting the right specialist support for their children and how families are often left struggling to get the care their children deserve.

[Social care packages for young adults with complex needs soar by 30%](#)

Social care packages for young adults costing more than £7,000 per week have grown by 30%, according to a new survey by the Association of Directors of Adult Social Services (ADASS).

[Only 5% of people with learning disabilities in employment, finds landmark Mayfield review](#)

Only 4.8% of people with a learning disability are in paid employment, according to a new report that aims to drive action to prevent ill health, support people to stay in work, and help employers build healthier and more resilient workplaces.

[New analysis shows employment pay gap for disabled women is 27.3%](#)

Disabled women face a 27.3% employment pay gap compared to non-disabled men, with the overall earnings gap between disabled and non-disabled workers hitting 15.5%, according to a new report from the TUC.

[Review finds no link between paracetamol use in pregnancy and autism or ADHD in children](#)

An international academic team including researchers from the University of Liverpool has published an umbrella review of previously published systematic reviews on whether paracetamol use in pregnancy makes it more likely that pregnant women have children who are diagnosed as autistic or as having ADHD.

[Autism scientists push back on CDC's inaccurate vaccine claims](#)

The CDC website now falsely suggests that autism-vaccine research is still an open question, prompting distrust among researchers—some of whom anticipate “more unreliable statements coming from the junta that took over” the agency.

[Genetic profiles separate early, late autism diagnoses](#)

Age at diagnosis reflects underlying differences in common genetic variants and developmental trajectories among people with autism.

[Our response to Hitler's DNA: Blueprint of a Dictator](#)

A new Channel 4 documentary, Hitler's DNA: Blueprint of a Dictator, has made claims that Adolf Hitler may have been autistic.

Many thanks if you have given feedback on this bulletin. We are still keen to hear your views on this bulletin, and would appreciate you taking a few minutes to give your feedback using [this form](#) by Friday 12th December 2025.