

## Reports

### [Learning from Lives and Deaths – people with a learning disability and autistic people \(LeDeR\)](#)

LeDeR summarises the lives and deaths of people with a learning disability and autistic people who died in England in annual reports. The reports are made by researchers at King's College London collaborating with academic partners at the University of Lancashire and Kingston University London.

## Studies

### [Learning disabilities and adolescent suicidal ideation: Findings from the z-proso cohort study](#)

Objective: To investigate suicidal ideation among adolescents with learning disabilities and examine whether learning disabilities and a range of risk and protective factors assessed at age 13 are associated with suicidal ideation at age 15.

### [Autistic traits and suicidality in midlife and old age: investigating mediating effects of mental health and social connectedness](#)

Suicidality is increased among middle-aged and older autistic adults, but little is known about the underlying factors linking autism with suicidality in midlife and older age.

### [Life expectancy of people with intellectual disability: a retrospective cohort study from New South Wales, Australia](#)

To comprehensively analyse the life expectancy at birth of people with intellectual disability, including people with Down syndrome, to inform health equity and service planning.

### [Barriers and facilitators to healthcare access for adults with learning disabilities and autistic adults in England: A scoping review and meta-aggregation](#)

Adults with learning disabilities and autistic adults in England face significantly higher rates of premature mortality, 22 years earlier for those with learning disabilities and over 6 years earlier for autistic adults.

### [Caregiver-reported social impacts in down syndrome regression disorder](#)

Down Syndrome Regression Disorder (DSRD) is an acute neurocognitive regression in individuals with Down syndrome (DS), causing a profound loss of acquired skills. DSRD increases demands on caregivers, to sleep disturbances, financial distress, and negative impacts on caregiver-reported social connections and perceived social support.

### [Association between intellectual disability and autism spectrum disorder with kidney failure](#)

Evidence regarding the risk of incident kidney failure based on developmental disabilities remains scarce. Accordingly, we examined the risk of kidney failure in individuals with intellectual disability (ID) and autism spectrum disorder (ASD).

### [The relationship between age of autism diagnosis and life satisfaction in adulthood](#)

This study examined how age of autism diagnosis relates to adult life satisfaction in a sample of 769 self-reporting autistic adults.

### [Sleep and Behaviour in Early Autism: Examining Bidirectional Associations Near Diagnosis](#)

Sleep problems and behavioural challenges are examined rarely in very young autistic children.

### The Role of Demographic and Autism Specific Factors on the Level of Depression in Autistic Adults

Autistic adults often face co-occurring depressive symptoms. While previous studies have focused primarily on depression in children with autism, this study aims to investigate the factors associated with depressive symptoms in autistic adults.

### Communicative Behaviors in an Internet-Based Intervention for Individuals With Autism: Mixed Methods Analysis

To meet the needs of individuals diagnosed with autism, internet-based interventions have been developed with a variety of objectives. A deeper understanding of the mechanisms of change may help tailor interventions to individual needs. The communicative behaviors of individuals with autism participating in text-based internet-based interventions remain largely unexplored, as do their potential relations to clinical outcomes. An improved understanding of participants' behaviors may help therapists better tailor support, promote engagement, and enhance treatment outcomes.

### Equitable inclusion of people with disabilities in clinical trials: a scoping review

People with disabilities are underrepresented in clinical trials, which impacts generalisability and ethical integrity of results. Despite international mandates to diversify participants, there is a lack of guidance on how to make trials disability-inclusive. This scoping review identifies and synthesises guidance, practices and recommendations supporting the inclusion of people with disabilities in clinical trials.

### Emotional Contagion and Autistic Traits: Disentangling Components of Social-Emotional Processing

Emotional contagion, the automatic sharing of another person's affective state, is a foundational component of social-emotional processing. Despite extensive research on empathy in autism spectrum disorder (ASD), little is known about automatic affective mechanisms and their relation to autistic traits.

### Advancing Healthcare Provision to Autistic Clients: A Systematic Review of Autism Focused Digitally Delivered Professional Education Programs (DDPE) for the Health Workforce

Autistic individuals experience substantial inequities in healthcare access and outcomes, partly due to limited autism knowledge and training among healthcare professionals (HCPs). This systematic review aims to identify and critically analyze empirical evaluations of autism focused digitally delivered professional education (DDPE) programs for HCPs.

## **Study Summaries**

### Can we reliably measure autistic burnout in adults?

Most people are pretty familiar with the feeling of being burnt out. In recent decades in both clinical practice and research, "burnout" refers to "physical, emotional, or mental exhaustion accompanied by decreased motivation, lowered performance, and negative attitudes toward oneself and others, resulting from performing at a high level until stress and tension take their toll" (APA, 2018).

### Autism and menstruation: scoping review reveals unmet healthcare needs

Most people know that hormones, such as oestrogen and progesterone, change throughout the menstrual cycle, but fewer realise how much these fluctuations can affect mental health.

11 February 2026

## News

["We need to be confident that fewer people will die in the future because of work that is happening today"](#)

The LeDeR report has now been published after being delayed and withdrawn in December.

[LeDeR researchers apologise as republished report shows increased number of avoidable deaths](#)

Researchers from the Learning from Lives and Deaths – People with a learning disability and autistic people (LeDeR) programme have apologised after the 2023 report had to be republished because of technical issues with the supplied data.

[Our response to the LeDeR review](#)

The latest Learning from Lives and Deaths – people with a learning disability and autistic people (LeDeR) Review has been published, after being temporarily withdrawn in December due to a technical issue with the data.

[A National Autism Strategy isn't a distraction from the real business of reform: it is the real business of reform](#)

In November the House of Lords published a landmark report on the Autism Act 2009, following a year-long inquiry.

[Autism charities call out the Government's 'dismissive' response to autism strategy](#)

Autism charities have joined forces to condemn the Government's 'dismissive' response to the House of Lords' report on the Autism Act and the new autism strategy.

[National Cancer Plan promises tailored support for people with learning disabilities](#)

The Government's newly announced National Cancer Plan includes measures to ensure that people with learning disabilities and other disabilities receive an early cancer diagnosis and more tailored support throughout treatment and recovery.

[National Autistic Society Cymru urges end to detaining autistic people in mental health hospitals](#)

The National Autistic Society Cymru is calling on the next Welsh Government to introduce an Autism and Learning Disability Bill to save autistic people being unnecessarily detained in hospitals and save the public millions.

[Welsh Government commits to three-year learning disability service transformation programme](#)

The Welsh Government says it is committed to improving and transforming specialist inpatient services for people with a learning disability and autistic people following the publication of a landmark report from the Stolen Lives Task and Finish Group.

[One in six autistic pupils in UK have not attended school at all since September](#)

Data comes as government prepares to publish plans to overhaul Send system in England.

[New electronic patient records aims to improve reasonable adjustments](#)

Kent and Medway Mental Health NHS Trust has launched a new co-designed digital project to ensure that reasonable adjustments are in place for people with learning disabilities and autistic people, using a new electronic patient records system.

11 February 2026

### Ending the social care postcode lottery

Social care in England is marked by stark geographic variation. People with similar needs can face very different experiences depending on where they live: from timely, personalised support that enables independence and dignity, to long waiting lists, high eligibility thresholds and unmet basic needs.

### Autistic girls much less likely to be diagnosed, study says

Females may be just as likely to be autistic as males, but boys are up to four times more likely to be diagnosed in childhood, according to a large-scale study.

### Largest leucovorin-autism trial retracted

The largest study to date of leucovorin's effectiveness for treating autism traits has been retracted because of data inconsistencies and statistical issues, according to a notice posted last week by the European Journal of Pediatrics.

### Introducing a New, Flexible Format for Bild Practice-Based Qualifications

We are delighted to announce an update to Bild's qualifications, designed to strengthen the expertise we offer learners and provide greater choice in how practitioners develop the practical skills they need for their roles.

### Alton Towers to test excluding people with autism and ADHD from disability fast lane

Half-term trial will limit ride access passes for those with additional needs and offer calmer spaces to people who find crowds difficult.

*The new Learning Disability and Neurodiversity bulletins will be starting w/b 9<sup>th</sup> March. To ensure that you continue to receive the appropriate bulletin(s) please complete this very brief form [LD + ND Mailing lists – Fill in form](#)*