

London Autism Conference - Creating enabling environments

What is it?

The London Borough of Haringey SEND service in conjunction with NHS England are planning an online London Autism Conference with a focus on 'creating enabling environments'.

We will be putting on 2 half day online sessions with a range of talks. The conferences will include autistic people sharing their research, knowledge and/or lived experiences and relevant researchers discussing their research. There is also a focus on improving autonomy for autistic people in highlighting the use of digital apps.

The aim will be for everyone attending to

- Raise the awareness and acceptance of neurodiversity
- develop an understanding of a range of autistic people's experiences.
- improve the mental health and wellbeing of autistic people, by facilitating a conference to share first-hand lived autistic experiences as well as providing information about evidence based supports to enhance the lives of autistic people.

Who is it for?

- autistic people of all ages
- family members of autistic people
- education, health, leisure and social care sectors
- the wider community – EVERYONE!

Why are we doing it?

The main aims are that ;-

- *the attendees are able to further develop/consolidate their own understanding experiences*
- *families further develop their own understanding of their own family members;*
- *practitioners and local business people get a chance to develop their understanding of what autism is, how an autistic person may perceive the world. Practitioners will then be able to reflect on their practice and policies, consider what changes they can make to develop a more neurodiverse welcoming and supportive approach in their business and/or sector. A neuro-diverse approach will decrease the current existing inequalities autistic people face.*

Having the right support and attitude for autistic people locally, at the right time, will help autistic people to feel empowered to be themselves, lessening their chances of developing poor mental health and avoiding a lifetime of stigma and masking. We see this shift as an essential part of the wider equality and diversity environment.

When will it be?

Tuesday July 12th am online

Wednesday July 13th pm online

What are some of the topics we would like to cover?

The list below is a wish list we have created via our core group and steering group. We would like to see how much of it we can cover.

- Anxiety and Mental Health
- Puberty and Relationships
- Safeguarding autistic women
- Autistic Joy
- Autism Ethnicity and Culture
- Pathological Demand Avoidance
- Gender and identity/ enabling environments
- Music therapy- the principles, does it work why?
- Situational mutism
- Cross over between Autistic and attention differences
- Pragmatic language hypothesis
- Autism and Communication
- The Criminal Justice System and Autistic people
- Substance misuse
- Autism and employment
- The importance of special interests
- Living/Working/Socialising in London
- Digital Apps – with a focus on those that are autistic focused.

Autistic Digital Apps

There will be a focus on how to develop autonomy and independence for autistic people, using digital apps. Providing and facilitating the right kind of support is key to improving the lives of young autistic people and in giving equal life chances as they prepare for adulthood. Children and young people, as well as adults are increasingly making using digital technology which ever evolving, and can help autistic people to recognise, understand and manage their anxiety, thus lessening the impact on their everyday life.

Focus on London

This conference will have a focus on but not be exclusive to London. We would welcome any focus on particular places that have good autism practice in London and/or tips that have been gathered when visiting/working/living in London as an autistic person.

Sign me up!

To register interest in attending the online event/ and or to add comments about the conference please complete the form below:

<https://forms.office.com/r/qfG8nCeR07>