



Welcoming Older Autistic People into Arts and Cultural Spaces

This is a collection of resources shared from the workshop, including further information, opportunities and contact details. These resources were either shared in the chat or named across the session. Where it is useful for context, the question or comment which led to the resource being shared is also noted.

Further information and resources:

Autangel

“AutAngel is run by autistic people for autistic people, and we work together to strengthen autistic community.” More information and a list of trainers can be found on their website: <https://www.autangel.org.uk/>.

From Alison McCabe – Service Manager, London Borough of Redbridge

Is there any information available on the links with autism and dementia?

Matthew Dodwell & William Hardy (NHS): this is an emerging area of research so the below are shared tentatively:

US analysis: <https://onlinelibrary.wiley.com/doi/epdf/10.1002/aur.2590> from Medicaid claims data, which include information on the diagnoses that beneficiaries receive, suggested that autistic adults were approximately 2.6 times more likely to be diagnosed with early-onset Alzheimer's disease and related dementias compared to the general population.

A Danish study also found more than 10 percent of people diagnosed with autism from age 40 to 60 develop a dementia condition such as Alzheimer's disease within 15 years. <https://holtzyan.shinyapps.io/the-nb-como-project/> (interactive dashboard) or <https://pubmed.ncbi.nlm.nih.gov/30649197/>.

From Beverly Albert:

I work with residents in senior living communities and homes. Can you recommend any resources addressing the needs and preferences for older adults with autism in those situations?

The University of Edinburgh, Development Autism Research Technology: Ageing and Residential Care: <https://dart.ed.ac.uk/research/ageing-residential-care/>

This link will take you through to the following resources:

- An open access paper describing the views of a multi-expert group on the future of research and practice for residential care services for older autistic adults.
- A new open access research tool: the Autistic Satisfaction with Care Holistic Interview (ASCHI)
- Information for services on how to improve residential care for older autistic adults
- A public lecture: Professor Hilde Geurts on autism and ageing.

From Victoria Galloway - Befriending Networks:

I would also like to share a really great documentary on someone's autism experience: Trailer for *Life, Animated*: <https://www.youtube.com/watch?v=C-kFjO007GM>

Life, Animated is a 2016 American documentary by director Roger Ross Williams. It is based on journalist Ron Suskind's 2014 book *Life, Animated: A Story of Sidekicks, Heroes, and Autism*, which tells the story of his son, Owen Suskind, who struggled with autism and learned how to communicate with the outside world through his love of Disney films.

From Cordelia Wyche – Flourishing Lives:

What is the impact of masking on autistic people's health?

Understanding Autism Masking and Its Consequences, for an introduction to the impact of masking more information can be found here: <https://www.healthline.com/health/autism/autism-masking>

Opportunities for older autistic people and examples of practice:

From ALAG/Autism Hub:

The Autistic Adult Choir is now in its seventh year. We also have a population of older autistic adults in the choir: <https://www.theautisticadultchoir.com/>

From Arantza Coote – Outside in Pathways:

[Outside in Pathways](#) are a charity working at the V&A every Thursday with older autistic participants to share cultural heritage and the arts in an accessible format for the group.

If anybody would like to get in contact with us please contact us at

contact@outsideinpathways.org or myself at arantzacooteu@gmail.com.

For more information about the charity: <https://www.outsideinpathways.org/>

From Natasha Kricheski – London Symphony Orchestra:

The London Symphony Orchestra runs a programme of relaxed performances and workshops for adults with learning disabilities and supporters called LSO Create: <https://lso.co.uk/lso-discovery/community/lso-create.html>.

For more information on the relaxed performances at LSO: <https://lso.co.uk/lso-discovery/accessible-events-2/relaxed-performances.html>

From Sarah Watson - Southbank Centre Creative Learning:

Hayward Gallery at Southbank Centre do 'Relaxed Hours' for each exhibition. The next one is on Wednesday 7th September, for 'In the Black Fantastic' exhibition. For more information: <https://www.southbankcentre.co.uk/whats-on/black-fantastic-relaxed-hours-september?eventId=918445>

Autescape:

Autescape is a conference with a difference. Rather than talking to a primarily non-autistic audience about autism, this conference is specifically by and for autistic people. Some of it isn't even about autism at all! Non-autistic people are also welcome, but the environment and content of the event are centred around autistic people's needs, interests and sensitivities.

Autescape lasts three days in which there are workshops, leisure activities, social opportunities, and more, all specifically oriented to the needs and preferences of autistic people.

For more information: <http://www.autescape.org/>

Opportunities to connect:

Cos Michael

Contact me for face to face or online consultancy & training: autismage@gmail.com

Twitter: @autismage

If you communicate on Twitter, many older autistic people use #AutisticElders

Asperger London Area Group (ALAG)

To get in touch with ALAG: zainab@alag.org.uk and jill@alag.org.uk

For more information about ALAG: <https://alag.org.uk/>

Twitter: @autismhub1

Will Hardy – NHS England-London Region Learning Disabilities and Autism Programme

The NHSE London Region Autism Programme Team are working with a steering group committee made up of a range of colleagues in public sector organisations (including the British Medical Association, Royal College of Nursing, Health Education England, The British Association of Social Workers, some NHS Trusts, the Met Police and the Greater London Authority), to develop a pledge for London employers to become more neurodivergent friendly employers. This will be a very broad pledge that will demonstrate employers commitments to making change, with future work involving more detailed support for local organisations, specific to each individual employer.

If you'd be interested in signing the pledge upon its completion, please contact Will Hardy (william.hardy4@nhs.net) to be added to the distribution list.

To stay connected to the work of the NHSE London Region Autism Programme, please sign up to the [London Region Learning Disabilities and Autism Future NHS web page](#).

Felix Mortimer – Greater London Authority Culture Team (esp. Health and Wellbeing and the Dementia Friendly Venues Charter):

If anyone sees any links with the Dementia Friendly Venues Charter then do get in contact felix.mortimer@london.gov.uk or DFVC@london.gov.uk

Julie Devon:

I'm a late diagnosed autistic female, age 47, PhD researcher and Creative Practitioner - please get in touch if you'd like to connect: Julie.devon.art@gmail.com

Stuart Cox - St Margaret's House:

For anyone wanting to get in touch stuart@stmargarets-house.org.uk

David and Cordelia - Flourishing Lives:

These workshops are the result of conversations with people working with older people from across the arts and health sectors. If there is an area of work or a topic you would like to explore further or for more information on any of our work, please get in touch:

david@flourishinglives.org

cordelia@flourishinglives.org

Thank you again to Cos Michael, Zainab and Jill at ALAG, Matt, Will and Andrew at NHS England, and the Flourishing Lives Action Group for this session.