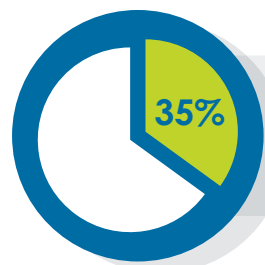


Model of Care for our Eating Disorder Services Adapting the Pathway for Individuals with Autism



Research suggests that over one third of people experiencing an eating disorder, may also have autism or high levels of autistic traits.¹



Autism alongside an eating disorder can manifest as cognitive inflexibility, sensory-based food avoidance and difficulty in enacting change.

To ensure we meet the needs of everyone that we support, we have collaboratively adapted our Model of Care alongside Experts by Experience.

The examples below are just some of the ways we can tailor our care.

Stage One

Pre-admission Communication

- > Establish communication preferences, sensory barriers and daily routine so that we can make adjustments on the ward
- > Complete AQ-10* Assessment
- > Check if autism passport is in place and up to date
- > Share photos, videos and personalised welcome packs
- > Check latest CTR plan
- > Involve family in plans for admission

Stage Two

Acute Assessment & Medical Stabilisation Safety

- > Utilise additional resources around meal planning, such as communication preference stickers
- > Create communication and well-being passport
- > Utilise ideal eating environment worksheet
- > Encourage engagement with sensory well-being workshops and facilitate on 1:1 basis where required
- > Assess for hypermobility of joints

Stage Three

A) Ongoing Assessment, Engagement & Treatment Exploration

- > Focus on formulation considering interactions between ED / autism to support individualised care plans
- > Develop sensory box
- > Complete a sensory needs and environment adaptation assessment
- > Provide a sensory well-being workbook
- > Explore availability of ADOS** assessment where required

B) Active Treatment Intervention Competence

- > Adapt psychology therapy approach
- > Group support for carers of individuals with autism
- > Include sensory workshop into therapy programme
- > Evaluate sensory box
- > Review communication plan

Stage Four

Transition Achievement

- > Facilitate practising meal plans in different settings to feel prepared for discharge
- > Complete review worksheets for community-based eating
- > Ensure family involvement with transition plans

1. Peacepathway.org

* AQ-10 or Autism Spectrum Quotient is a quick, simple screening tool to assess whether an individual needs a more formal autism assessment.

**ADOS or Autism Diagnostic Observation Schedule this is a semi-structured, standardised assessment to determine whether an individual has autism. This is based on the current pattern of symptoms that they experience.

Model of Care for our Eating Disorder Services

