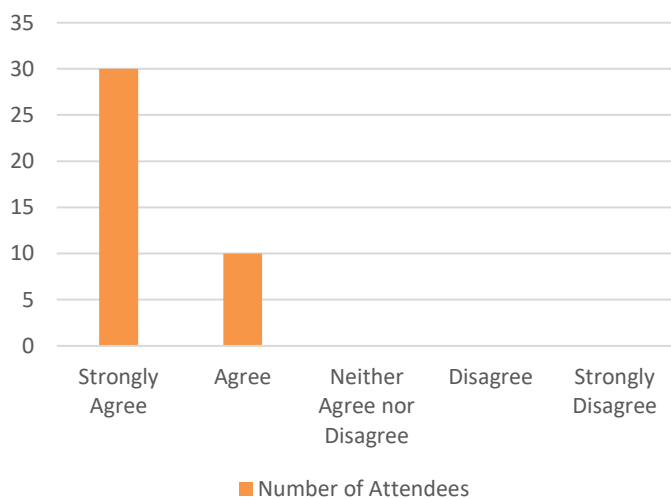


Appendix 6 - Supporting Adults with an Autism Spectrum Disorder - Training feedback

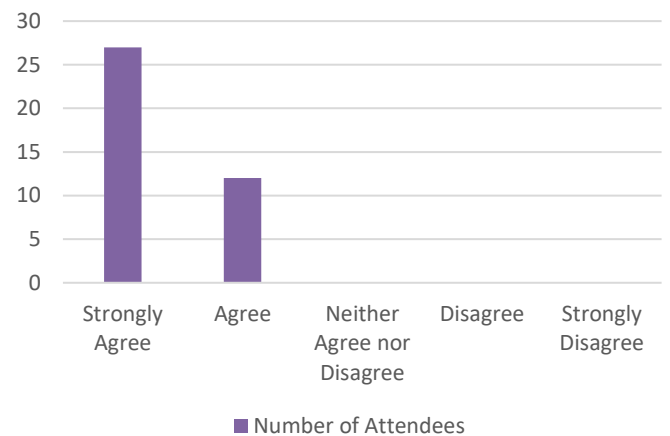
A one day training course to help practitioners to: improve knowledge & understanding of autism; gain insight into mental health conditions which commonly occur alongside autism; become more confident in supporting autistic adults; and increase awareness of resources & services available to support their work. The course is designed for mental health practitioners in both health and social care.

Attendees were asked to rate how much they agreed/disagreed with the following statements. There were 40 respondents. The results are indicated below with bar charts and the qualitative data are at the end of the document grouped by theme.

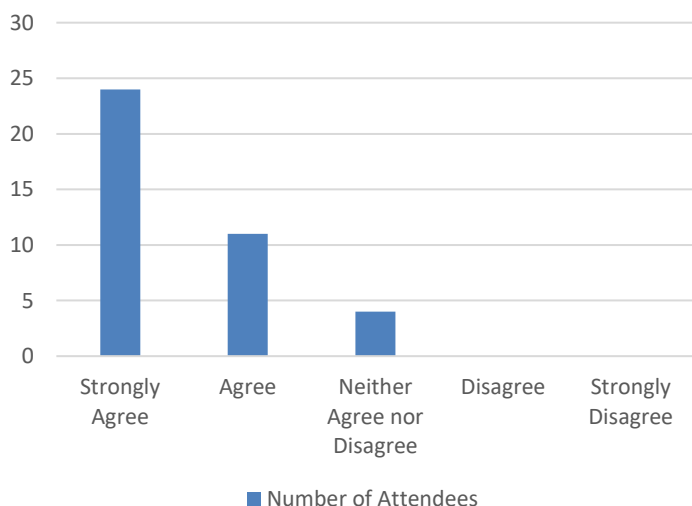
Statement 1: The training increased my knowledge and understanding of autism.



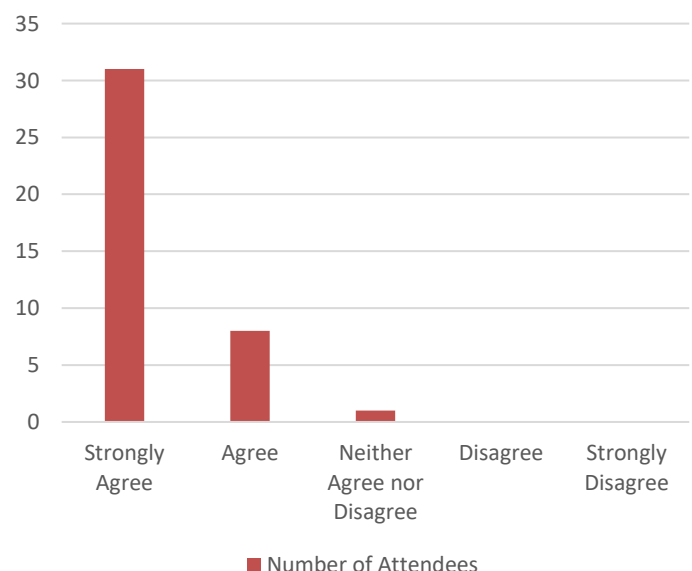
Statement 2: The training has provided me with a better understanding of autistic people's needs.



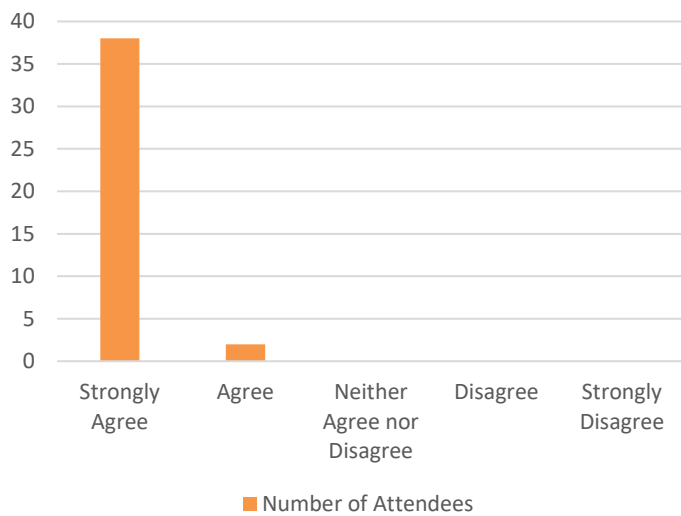
Statement 3: The practice examples helped me understand what autistic people face everyday.



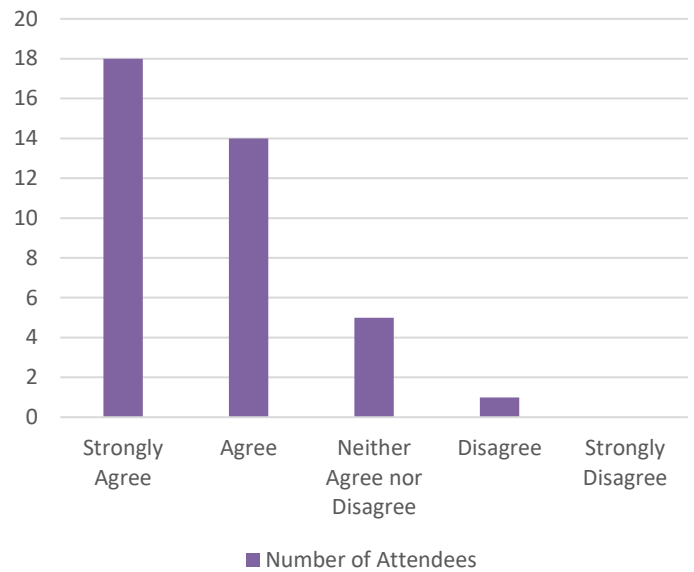
Statement 4: The PowerPoint presentations were of a good standard



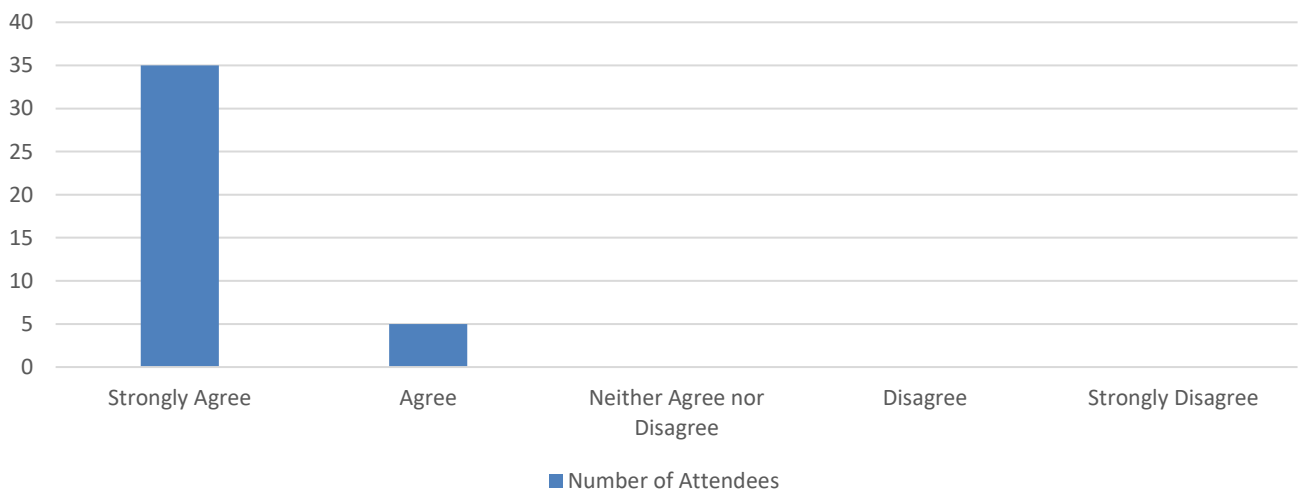
Statement 5: The trainer seemed knowledgeable and had a good understanding of autism.



Statement 6: The length of the course was suitable for the subject.



Statement 4: I would recommend this course as I found it informative.



Qualitative Feedback:

Informative:

- *Training was very informative.*
- *Comprehensive while at the same time making good use of examples*
- *Definitely gave me a lot to think about when providing support to someone with diagnosed or undiagnosed condition.*
- *I had limited knowledge coming into the training, this event has certainly helped broaden that knowledge.*
- *Lots of useful information surrounding autism and Comorbid mental health*

New perspectives:

- *Family members are autistic, so I think my knowledge and understanding are good but it was interesting to have a clinical perspective*
- *Very good use of imagining scenarios from autistic peoples' point of view*
- *Liked the examples brought presentation to life*
- *Although aware of differences, made me reconsider how I make adjustments for ASD clients in my role as a counsellor.*

Examples and Anecdotes:

- *I like the analogies which will help me remember more than most powerpoint presentations (CC like a spotlight, ExF like an orchestra) - easy for me to picture / recall these theories .*
- *Found the examples very helpful, brings the theory to life.*
- *yes, though more practical examples might help in future (e.g. someone with autism explaining - although the videos helped with this two in the pre-training link) - I appreciate there is a lot to cover in this training.*
- *Such great examples have been given to support my understanding and the clinical pictures regarding how to understand the differences between ASD and mental health.*
- *You are both are so engaging and have so much expertise, I really have learned so much from today, particularly the examples you gave of how this may look in reality for individuals with autism. I am really looking forward to the slides and the guidelines of TOM, CC and EF for practice, these will be so, so helpful for my practice.*
- *I really have learned so much from today, particularly the examples you gave of how this may look in reality for individuals with autism, I will definitely adapt my practice based on today.*
- *I really have learned so much from today, particularly the examples you gave of how this may look in reality for individuals with autism. I understand so much more now.*
- *Individual cases were discussed which was good, perhaps some written case studies written in a way that looks at each theory around why that person presented in the way they did?*

Pacing of lots of content:

- *A full day was very tiring!
Over two days would be better as so.much information*
- *It's incredibly impressive how this course was able to start at the fundamentals, include examples and discussion, and end with comprehensive relevant details. Very good use of pacing and time keeping, everything was relevant.*
- *I guess this is inevitable - each slide could have probably been given a full day of training! But as an overview, it worked well.*

- *1/2 day would be too little - there is a lot of information to cover that you could see how a 2-3 day training would be ideal to cover more in depth and really get used to the practical ideas of assessing / working with those with ASD. But a day is more practical, I suppose, for most busy practitioners, and still really useful*
- *All I might suggest, is more interaction with the audience later in the afternoon, just to break up all of the information given.*
I felt the pace of delivery and content worked well. Thank you very much.
- *Hard to stay focused after lunch with so much volume of information-all very interesting*
- *Perhaps 2-3 half days instead of one long day would have been better - it would also give the opportunity to set some 'homework' in between sessions?*
- *Too long staring at the screen and taking in information.*
- *It was a lot to fit in but hard to manage time over more than one day for staff so I understand the need to pack it all in*

Value of training:

- *I feel it should be mandatory training for front line practitioners in health & social care - could it be incorporated into University degrees for practitioners-to-be?*
- *thoroughly enjoyed the day and found it very useful! Well done for presenting a difficult topic remotely :)*
- *Thank you very much, this session was really informative and I'm keen to cascade my new knowledge to my team and make reasonable adjustments within my practice area to support service users with autism!*
I'll definitely recommend this course to others.
- *I found the second half extremely valuable. I would have like some more information about autism and eating disorders.*
- *Things are moving so quickly in this field and it is important that we keep ourselves up to date with current understanding*
- *I am living with autism so fully understand the barriers autistic people face every day: autism itself is not a barrier, it is that society is strongly tilted towards the needs of neuro-typicals so we autistic people have to bend and adapt every day to survive in a world which is set up 'wrong' for us*

General feedback:

- *Very comprehensive, perfectly walked the line between the academic and anecdotal. Good use of breakout rooms.*
- *i like the interaction with word cloud and polls, haven't used these before in a presentation - good use to keep it interactive*
- *Both trainers came across very knowledgeable and confident in their delivery.*
- *I would have preferred to have the slides available beforehand so I could write notes alongside them- but that could just be my own preference for learning.*
- *More interaction in the afternoon session to aid information overload*
- *There is nothing I would change. Excellent trainers, very knowledgeable and explained things clearly.*

- *Unable to join in -technical issues connecting practical stuff and/or group chat*
- *I liked the 5 minute break out room, maybe a couple more to break up the day and meet the other participants.*
- *I was very impressed by the course content, but was surprised that there was no information shared before the course other than receiving a link in a email. As an autistic person I feel very stressed if I do not know what to expect: if the email with the link had included a brief outline of the plan for the day then that would have been most helpful in alleviating some of my anxiety. In addition - breakout rooms are exceptionally stressful for those of us with autism: I equate it to being shoved through an unknown door into a darkened room - you have no idea who or what is in that room until the 'lights' are turned on. Then with no time to resettle yourself you have to immediately communicate with strangers whilst also trying to navigate the unwritten rules of communication and social etiquette. Please consider whether use of breakout rooms is actually helpful or beneficial to learning before including them in the course. I hope you understand now why I was shaking my head when you were suggesting a third trip into a breakout room.*

Basically all the good practice guidelines in the final slides of your presentation were sadly not put into practice for delivery of this course. I understand that the course is not aimed AT people with autism, but rather ABOUT people with autism, but it is a missed opportunity to show good practice in operation as well as ensuring you fully include those of us who are social work practitioners WITH autism. If we all focus more on adapting all of society to be more autism friendly rather than only making those adaptations if we are certain a person with autism is present then the world would be a much better place for everyone :-)

- *I would like the next course to include more interventions.*
- *It would have been good to have the slides before hand to be able to print and write examples on their as we went along*

Jessica Morgan (Assistant Psychologist)

26/04/2022