



Erasmus+



TRAIL

Teenagers: the Road with Autism to Independent Living

<http://trail-project.org/>

Until everyone understands

Background

- Autism affects 3.3 million people in the European Union
- Specific autism strategies and initiatives to improve support **but**
- Adolescence and transition to adult life, a critical phase, is inadequately covered and funded



TRAIL project 2015-2017

- Papillons Blancs de Dunkerque – SAMO (France)
- Regional Directorate, Thessaly (Greece)
- Foro Tecnico De Formacion (Spain)
- Passeport Europe (France)
- The National Autistic Society (UK)
- TP-Teatern (Sweden)
- APAJH38 (France)
- InterMedi@KT (Greece)

Aims

- Increase knowledge of European frameworks
- Identify focus and needs of individuals, families and organisations
- Offer innovative tools and methodologies to professionals to support transition to independent life



Objectives

- Identify existing good practice
- Transfer two innovative methods and tools:
 - Interactive theatre and scriptwriting (Sweden)
 - HIPE 4 day-course (France)
- Build professional communities
- Define criteria and indicators to design support mechanisms
- Enable completion and/or recommendations of national or European plans

Objectives cont.

- Provide tools and methods for appropriate interventions
- Promote wellbeing and healthy choices through a person centred approach
- Comparative survey of social policies to identify best practice
Create platform for exchanges between professionals and young adults
- Develop innovative tools, methods, initiatives, projects, courses

NAS involvement

- Survey 1 – understanding the social policy context for supporting autistic teenagers within each TRAIL partner country
- Survey 2 – understanding how support is currently provided for autistic teenagers: professional response
- Survey 3 – understanding how support is currently provided for autistic teenagers: autistic young people and families response
- Survey 4 – decision makers views

Good practice identified

- Spain = quota of disabled people to be employed (2% workforce)
- Sweden = adults with disabilities have a right to counselling and personal support as part of social welfare services
- France = autism training provided to professionals and parents through national network – Autism Resource Centres (CRAs)
- UK = local authorities consider effective planning for transition to adult health and social care
- Greece = investment in the education of young people with Special Educational Needs until age 25

Project outcomes

- Training = HIPE, Interactive theatre
- Good practice shared through partner meetings, website, national events
- Tools = online innovation guide and website

<http://trail-project.org/innovation-guide/>



Next steps – the NAS

- Share good practice with internal colleagues
- Use learning in future collaborations with external partners
- Continue national and local campaigning around transition support
- Evaluate and review impact of NAS transition services
- Engage with young autistic people and their families to prioritise experiences