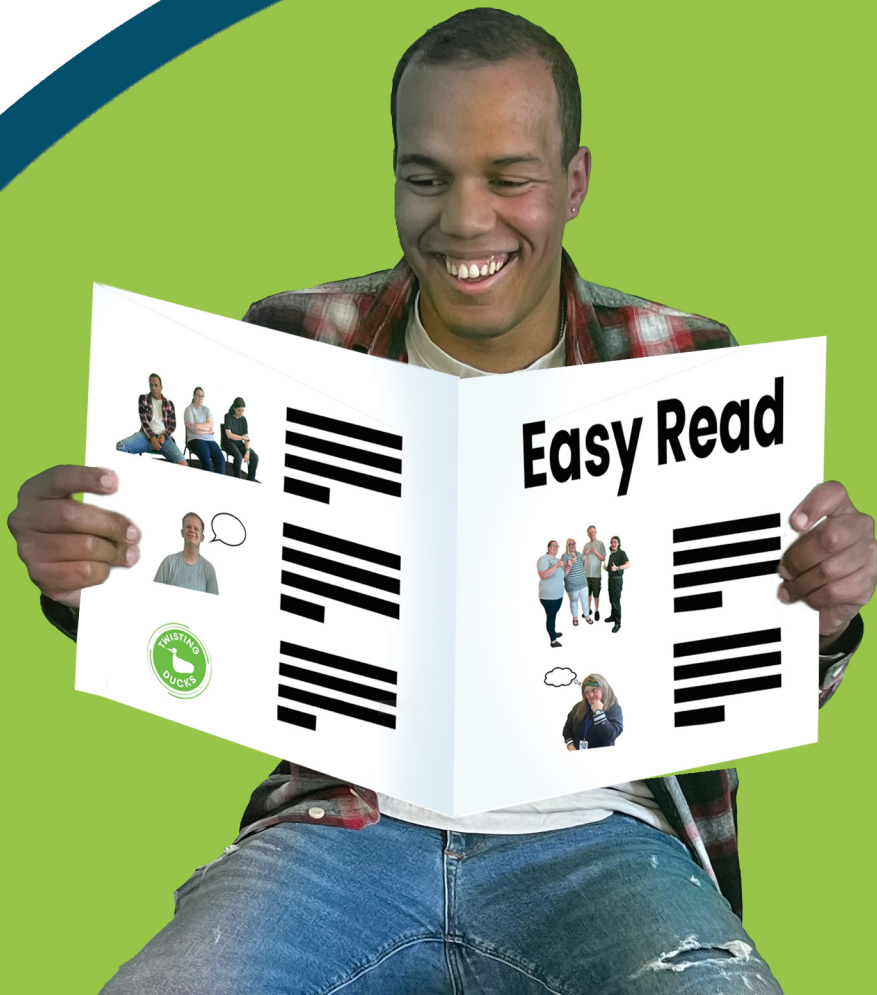


Autism and ADHD

(attention deficit hyperactivity disorder)

support in Gateshead



**Finding out what support is like for young people
and people aged over 50 in Gateshead,
after they are told they have autism and or ADHD.**

Easy Read version. July 2026

What this is about



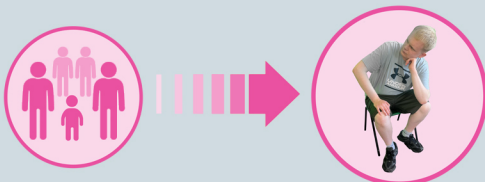
In Gateshead, we were told that there were problems with how people were supported after being told they had autism and or attention deficit hyperactivity disorder (ADHD).



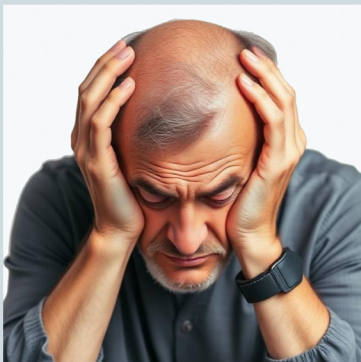
This makes it hard to get health and social care and wellbeing support.



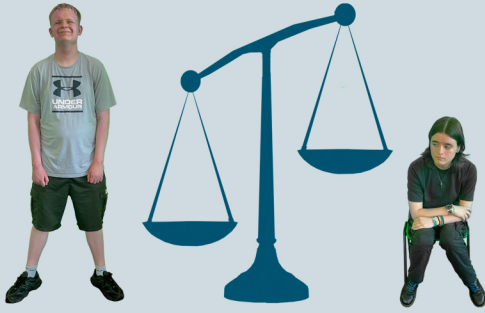
We were told that the service that was there for people after being told they had autism and or ADHD, did not meet their needs.



When young people become adults, it can be harder for them to get help and there is not as much support



For people over 50, who have been newly told they have autism and or ADHD, there is often less support and follow-up care.



Not everyone gets the same access to drugs, care, support and therapy.



Money and funding issues make it hard for health and support services to give help and care when needed.



We wanted to find out about the support for young adults and people over 50 in Gateshead, who have been newly told they have autism and or ADHD.



Over 14 weeks, we used surveys, numbers and people's stories to get lots of information.

33x



We got 33 replies.

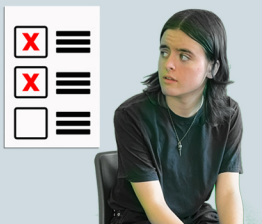
14x



19x



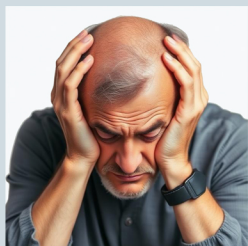
14 from young adults and 19 from people over 50.



We found out that being told you have autism and or ADHD does not mean you will get the right support.



For young adults, support in education or employment did not last long.

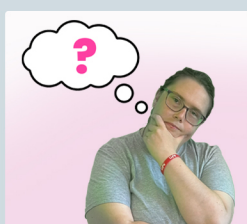


For people over 50, they said they got little or no support.

Both age groups said:



- GPs did not care



- Information was not useful



- Support was hard to get



- Medicine and shared care were not always available

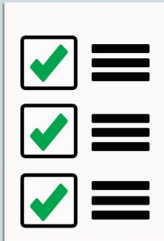


Shared care is care from your GP and a specialist.



Support from people who understand their autism and ADHD was the most useful support.

From this information we think:



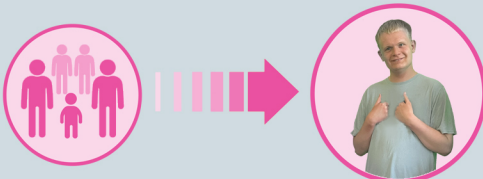
There should be clear and regular support for people after they are told they have autism and or ADHD.



Therapy should be offered to everyone.



It should be easier to access support.



There should be better help for children growing to adults.



GPs, other medical staff and work places should be more aware of autism and ADHD.



People should know more about their medicine and shared care.



As we only had information from 33 people, this may not speak for everyone with autism and or ADHD.



There is little support for young adults and adults over 50 in Gateshead with autism and ADHD.



This has to change to make sure people who have been told they have autism and or ADHD get the right help when they need it.