



September 2018

We'll be making a change...

Autistic people and family members have told us they want us to be clearer about what we stand for and what we do. Following feedback from lots of you, we've changed how we describe what we're aiming to achieve. And to make our hopes for the future clearer, we are also changing how we look.

All will be revealed at the end of September, but you can find out more now.

[Find out about the changes >](#)

Getting a diagnosis as an adult



Do you think you might be autistic? Many people are only being diagnosed with autism as adults, ending years of uncertainty.

We have guidance on adult diagnosis: the benefits, how the process works, and stories from autistic people diagnosed as adults.

[Find out more >](#)

Autism included in teacher training in England for first time



The new school year has just begun, which means that thousands of students have started their training to become teachers.

Thanks to our campaigning with many of you and Ambitious about Autism, **all trainee teachers will now learn about teaching autistic children and young people as part of their course.** A firm understanding of autism in classrooms could transform the lives and prospects of future generations of autistic children.

[Read more >](#)

"A tut of disapproval rang in my ears as I tried to regain some control"



Jody Coxon has two autistic teenagers, Cameron and Harry. She blogged for us about a difficult shopping experience years ago, and how shops can help during [this October's Autism Hour](#).

"The initiative for stores to be more autism friendly is very welcome from my point of view," says Jody, and as Autism Hour comes to thousands of shops across the UK, we're confident that minor tweaks will make a huge difference.

[Read Jody's blog >](#)

There's still time to join Thomas and the Fat Controller



Join our Thomas & Friends themed sponsored walk this **Sunday 22 September** and earn free tickets to Drayton Manor Theme Park!

Perfect for families and Thomas enthusiasts alike, All Aboard for Autism is a 3km sponsored walk around the perimeter of Drayton Manor Theme Park, home to Thomas Land. Expect to be greeted by the Fat Controller, participate in fun activities and complete a Thomas & Friends treasure hunt!

[Be a Really Useful Engine >](#)

Before you go...

If you can spare a few minutes, [let the Care Quality Commission know your thoughts](#) about care you have received – good or bad – in hospitals, GP surgeries or residential or supported living services. We've teamed up with the Care Quality Commission, the independent regulator of health and adult social care in England, and this will help the CQC make future care better for autistic people.

We're offering a **one-day course for professionals on autism and continence** in London on 2 October. The course focuses on common toileting difficulties in autistic children. It aims to explore why autistic children may find learning to use the toilet difficult, as well as more specific continence issues.

[Book your place >](#)



[National Autistic Society](#)