

## Autism HealthPathways



### Background

This project was implemented to identify and develop clinical HealthPathways to assist in the health management of children, adolescents and adults on the autism spectrum.

HealthPathways is a web-based health information site, developed by Streamliners NZ. It helps clinicians, mainly general practitioners (GPs) to guide patients through the health system with clear referral pathways for their local area.

The Autism HealthPathways were originally scoped and designed specifically for the Mackay Hospital and Health Service region with the long-term intention to share content across the national and international HealthPathways community.



### Aim

- Understand the barriers and enablers to the provision of health care to children, adolescents and adults on the spectrum.
- Develop and implement evidence-based clinical care pathways for children/ adolescents and adults on the spectrum.
- Evaluate health professional satisfaction with the pathway.



### Who took part

- Local health professionals
- Health professionals specialising in autism
- Autistic health professionals
- Local consumers
- Family/caregivers of those on the spectrum
- Project team



### How we did the research

The Autism HealthPathways were developed in accordance with established HealthPathways processes. These include:



Development of work and advisory groups



Development of draft Autism HealthPathways for children, adolescents and adults on the spectrum



Development and implementation of the final Autism HealthPathways



Evaluation of the Autism HealthPathways.

## Autism HealthPathways



### What were the results



We developed autism-related content in nine HealthPathways to support the assessment and clinical care of children and adults across the lifespan.



Pathways cover autism assessment and support, intellectual disability, developmental concerns, and mental health conditions, with a particular focus on post-diagnosis supports.



Autism HealthPathways are now available for adoption and adaptation in 43 health regions, caring for more than 28 million people across Australia, New Zealand and the United Kingdom.

### What does this mean for autistic people?

You can ask your GP if they have access to Autism HealthPathways. If they don't, raising awareness may help new health regions to adopt the Pathways.

### What does this mean for clinicians and health regions?

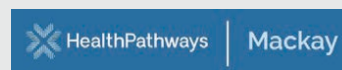
To find out more about adapting or adopting Autism HealthPathways for your region, contact your local HealthPathways team directly via the HealthPathways Community website at [www.healthpathwayscommunity.org](http://www.healthpathwayscommunity.org)

“These autism-specific pathways are the first of their kind and will be shared across the international HealthPathways community. Importantly, this initiative equips GPs with the tools to help personalise treatment and management to improve the health care journey of autistic people across the lifespan.”

HealthPathways Clinical Editor and Mackay GP, Dr Aaron Kennedy



### Who ran the project



### Find out more

Download the final report and executive summary on the Autism CRC website: [autismcrc.com.au/reports/healthpathways](http://autismcrc.com.au/reports/healthpathways)