



Autism-Europe improves  
the quality of life of autistic people

## E-newsletter- August 2018



This information is  
easy to read!



# Editorial



Welcome to  
**Autism-Europe's e-newsletter.**

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This newsletter is  
in **easy-to-read** language.

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# 3

In this newsletter you will find  
**3 articles.**

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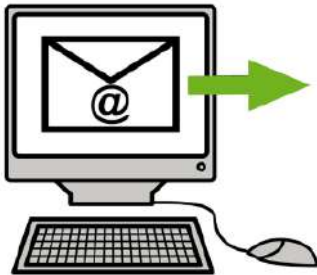
**The first article on page number 4**  
is about an agreement to help people  
enjoy more quality time at home.



The **second article on page number 11** is about learning disabilities as a priority for doctors and hospitals in England.



The **third article on page number 16** is about the improvement of the medicine that some autistic people use



You can **send us ideas** for the next e-newsletter.

If you have ideas, **write us an email**. Write to [communication@autismeurope.org](mailto:communication@autismeurope.org)



# EU countries agree their approach to help people enjoy more quality time at home



The European Union (EU) is working on something called the **Work Life Balance Directive**.



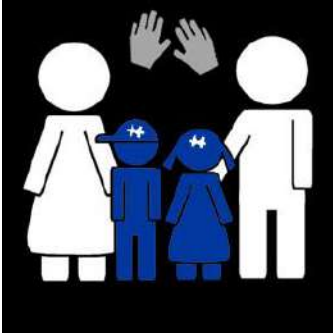
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A **Directive** is a kind of rule that **EU countries** must make into laws.



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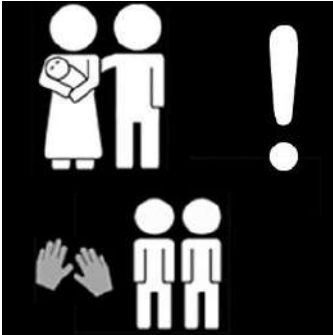
**Laws** are rules that all people must follow.



The Work Life Balance Directive aims to **help people enjoy more quality time at home.**



It aims to **give people support** so they can be with their families and **not be at work too much.**



It is important **for parents** and also **for carers** of people who are old or have disabilities.



This is why Autism-Europe thinks the Work Life Balance Directive is **important for autistic people.**



We think it will **help autistic people have better support** from parents and carers.



The **European Commission** proposed the Work Life Balance Directive.



The European Parliament and the Council of the EU must now **agree on which rules to keep** in the Directive or not.



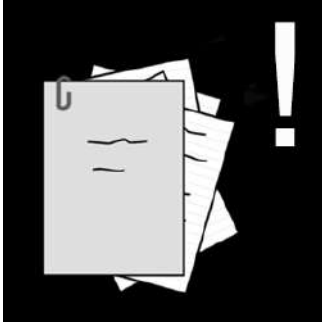
The **Council of the EU** is the group of all the countries in the European Union.



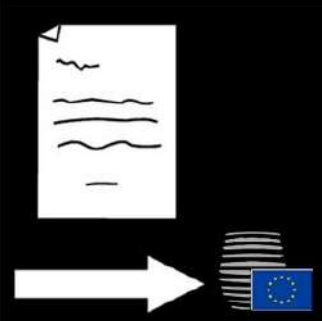
In the Council of the EU, **people making decisions** from each country in the European Union **come together**.



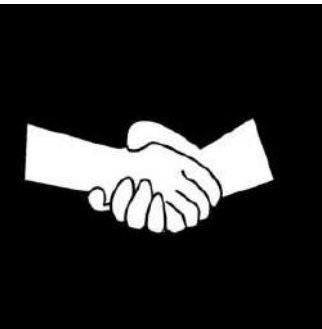
They **make choices** about **important** issues.



Before they talk to the Parliament, the Council of the EU has to **decide what things it wants to keep** in the Directive.



Autism-Europe and other organisations **wrote a letter to people making the decisions** for European Countries.



We asked them **to come to an agreement** so that the Directive can soon become a law.

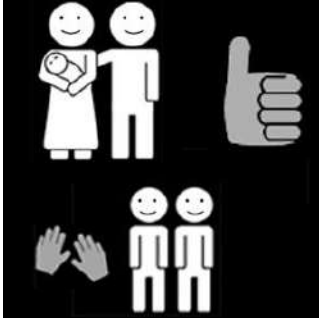


We asked them to **make sure the rules in the Directive help parents and carers** have enough time away from work.



Autism-Europe thinks **it is important to support parents and carers.**





We think **it makes life better for parents, carers, their families** and the people they look after.



On June 22, EU **countries agreed on what they wanted** to change in the Work Life Balance Directive.



**This is good** because they came to an **agreement**.



Now it is more likely **the Directive will become a reality**.



However, they want to **change some things in the Directive to give less support** to parents and carers.





Some countries think that **is too expensive** to give support for parents and carers to have more time away from work.



**Autism-Europe and other organisations are unhappy about some changes** the Council of the EU made to the Directive.



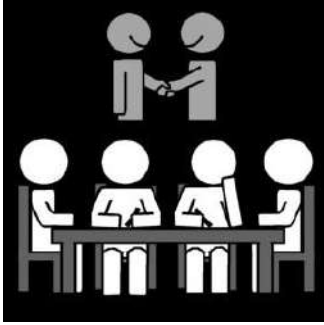
We are unhappy that **they do not want to give carers more money** for days when they cannot work.



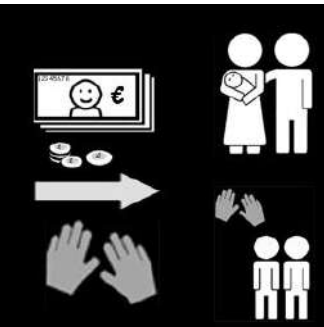
They did not agree to the Commission's idea about giving parents **a lot more time off and more money** when they have a baby.



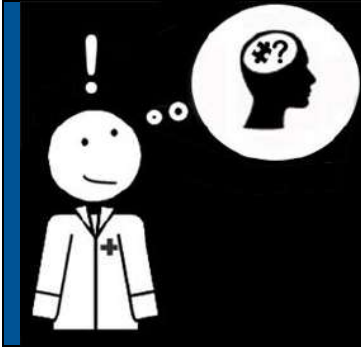
This is also **unfair to women** because it is less likely that the father will take time off work to look after the baby.



Autism-Europe and other organisations  
**will continue to work together.**



We will **continue to ask for  
more support** to be given  
to carers and parents.



## Doctors and hospitals in England make learning disabilities a priority



The National Health Service have said that they will **make learning disabilities a priority in their future work.**



The **National Health Service** is what we call all the doctors, nurses and hospitals.



A **“priority”** means something that more important than other things.



The National Health Service will make this **in England**, United Kingdom.



This decision means that the National Health Service will also **support autistic people more**.



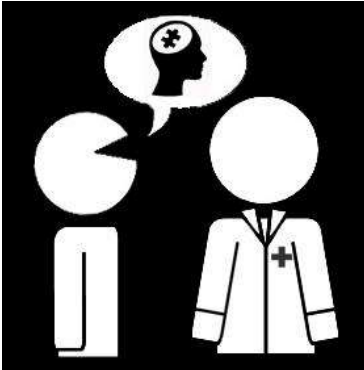
**To understand** how to support autistic people, they will **talk to organisations of autistic people**.



One of the organisations they will talk to is the **National Autistic Society**.



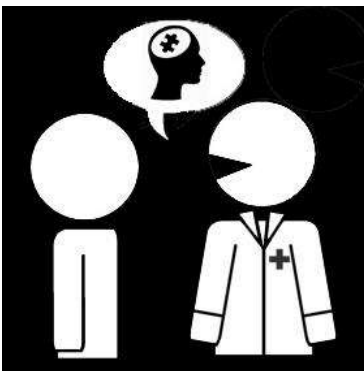
The National Autistic Society is a member of Autism-Europe.



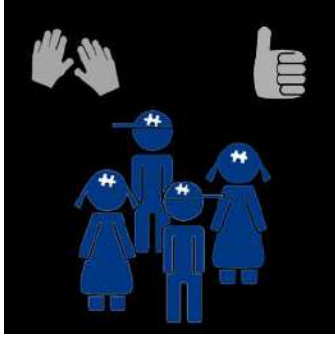
The National Autistic Society will tell the National Health Service **what they need to do to give autistic people more support.**



They will tell the National Health Service that autistic people need to be able to get **a diagnosis quickly and easily.**



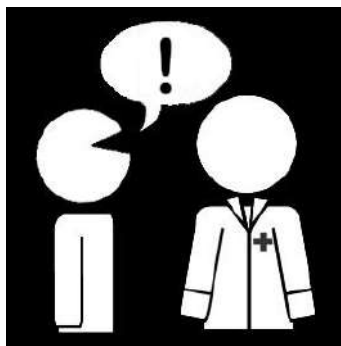
An “**autism diagnosis**” is when a doctor says that a person has autism.



They will also tell them that they must give **support** for autistic people **after they get a diagnosis**.



They will say that all doctors, nurses and dentists must **understand autism and how to help autistic people better**.



Autistic people and their families will **advise the National Health Service**.



Autistic people **need to see doctors** just like everyone else.



It is very important that **doctors know** how to **support** autistic people **properly**.

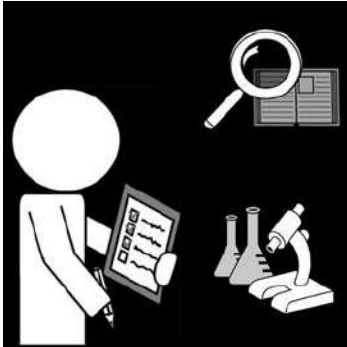




# Autism-Europe wants to improve the medicine that some autistic people use



Autism-Europe **has joined a project** doing research into medicine.



“**Research**” is when science people study something to learn more about it.



The name of the project is “**Aims 2 Trials**”.



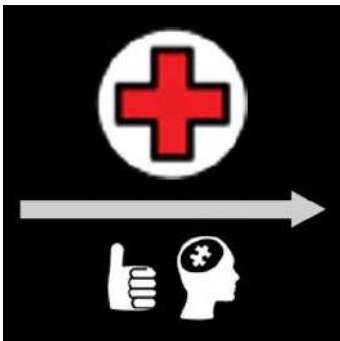
This group who work on the project is **learning about the medicines** that some autistic people take.



The group wants to see how **having autism changes the way some medicines work.**



They want to understand **how to make the medicines work better** for autistic people.



Some autistic people **take medicine to make it a bit easier** to live with autism.



Other autistic people take medicine to help with other things that autistic people can also experience.



Some autistic people take medicine because they get **very nervous and stressed**.



Some autistic people take medicine because **they can feel sad**.

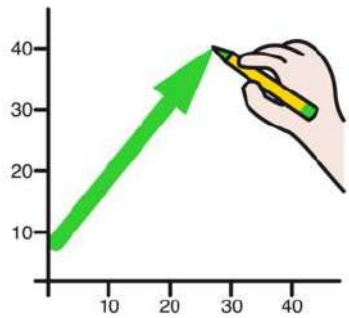


Some autistic people take medicine because **they also have epilepsy**.

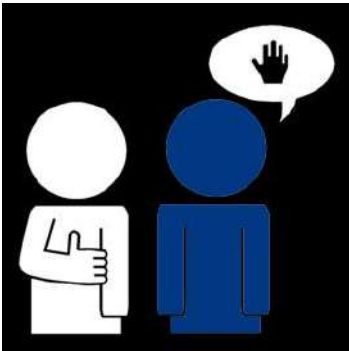


Autism-Europe thinks that **it is important for medicine to work well** for autistic people.

**Good medicine could stop autistic people from dying younger** than people without autism.



The group **will test how medicines work differently** for autistic people.

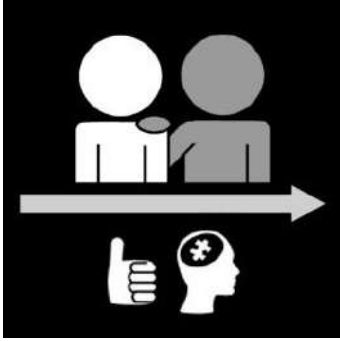


Autism-Europe will work in the group to **make sure they are respecting the rights of autistic people.**



Autism-Europe will also create **a group of autistic people** who will give **advice.**

They will make sure autistic people are **treated fairly in the research.**



Autism-Europe wants to make sure  
**the research improves  
the quality of life of autistic people.**



## About this e-newsletter



We hope you have **enjoyed** reading this!



**Inclusion Europe**

On this publication we follow the **advice** of the organisation **Inclusion Europe**.



We follow their **guidelines** to make the easy to read version of our e-newsletter.



This way we make sure the information is **as clear as possible**.



We use **pictograms** to help make things easier to understand.

**PICTO-SELECTOR**



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<http://easy-to-read.eu/>



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