



**Autism-Europe improves  
the quality of life of autistic people**

E-newsletter – December 2025



This information is  
easy to read!



## Editorial



This is the newsletter of Autism-Europe in easy-to-read.

You will find 1 article in this newsletter:

- Autism-Europe at the European Day of Persons with Disabilities 2025

# Autism-Europe at the European Day of Persons with Disabilities 2025



## What is this document about?

This document explains:

- What the European Day of Persons with Disabilities is.
- How Autism-Europe took part in the event in 2025.
- What was discussed in the main panels of the event.

**This text follows the Easy-to-Read guidelines.**

## What is the European Day of Persons with Disabilities?



The European Day of Persons with Disabilities is an event.

We often call it **EDPD**.

The event happens every year in Brussels.

It is organised by:

- The European Commission.
- The European Disability Forum.



Many people take part.

For example:

- Persons with disabilities.
- Disability organisations.
- People who make decisions in Europe.



People meet to talk about rights and inclusion.



# The European Day of Persons with Disabilities 2025

In 2025, the event took place on:

- Thursday 4 December.
- Friday 5 December.

People talked about important topics.

These topics were about life, safety and rights.

## Autism-Europe at the event

Autism-Europe took part in the European Day of Persons with Disabilities 2025.

We spoke for autistic people and their families.

We shared our views in discussions about:

- Independent living.
- Support in crisis situations.

Autism-Europe worked together with other organisations.

We made sure autistic people were heard.





## **Panel 1: The European Strategy for the Rights of Persons with Disabilities**

This panel was on Day 1.

People talked about the European Disability Strategy.

This is a plan.

The plan says how Europe will protect the rights of persons with disabilities until 2030.

Autism-Europe supports this plan.

We said:

- Rights must work in real life.
- Autistic people need support in all areas of life.



## **Panel 2: Using European money in a fair way**

This panel was also on Day 1.

The discussion was about money from the European Union.

People talked about how to use this money to:

- Support independent living.
- Help people live in the community.

Autism-Europe explained:

- Money should support services close to home.
- People should not be forced to live in institutions.



## **Independent living is important**

Independent living means:

- Choosing where you live.
- Choosing who supports you.
- Taking part in your community.

Autism-Europe said:

- Autistic people need flexible support.
- Support must change when needs change.

Independent living is a human right.



## **Panel 3: Protecting persons with disabilities in crisis situations**

This panel was on Day 2.

People talked about crises.

Crises are dangerous situations.

For example:

- Floods.
- Storms.
- Wars.

Autism-Europe shared concerns.

We said:

- Crisis plans must include autistic people.
- Information must be clear and accessible.





## **Why crisis preparedness matters for autistic people**

Crisis situations can be very stressful.

Autistic people need:

- Clear information.
- Predictable support.
- Trained helpers.

Autism-Europe asked for:

- Better planning.
- Better training.
- Better communication.



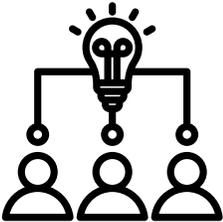
## **Working together in Europe**

At the event, many organisations worked together.

Autism-Europe listened and shared ideas.

Working together helps:

- Make better laws.
- Improve services.
- Protect rights.



Autistic people must be part of decisions.



## What happens next?

Autism-Europe will continue its work.

We will:

- Speak with European decision-makers.
- Support our members.
- Share the voices of autistic people.

We want a Europe where autistic people:

- Live safely.
- Live independently.
- Are included.



## More information

You can find more information on our website.

Autism-Europe thanks everyone who took part.

Together, we make change possible.



## Links to the Panels:

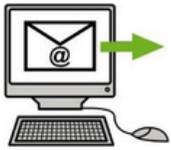
Access more easy-to-read information for each panel:

[Panel 1 - Forging Ahead: The Next Chapter in implementing the Strategy for the Rights of persons with disabilities](#)

[Panel 2 - Funding the Union of Equality: towards a Disability-Inclusive EU budget](#)

[Panel 3 - Preparedness and crisis management inclusive of persons with disabilities](#)

[Access City Award Ceremony 2026](#)



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)

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