# National Autism Strategy 2025-2031 – Older Autistic People Snapshot

Many older Autistic adults were not diagnosed as children and may have experienced a lack of access to support, discrimination and social isolation. The National Autism Strategy acknowledges these additional barriers and aims to improve life outcomes for all Autistic people.

## Vision Statement

The National Autism Strategy’s vision is for a safe and inclusive society where all Autistic people are supported and empowered to thrive in all aspects of life, in line with international human rights

## Goal

The goal of the National Autism Strategy is to improve the quality of life for all Autistic people in a way that is meaningful to them.

## Guiding Principles

1. In Partnership – Nothing About Us, Without Us
2. Accessible Based on Universal Design
3. Self-determination and Autonomy
4. Aligned and Accountable Outcomes
5. Acceptance and Inclusivity
6. Safety and Rights
7. Neurodiversity-Affirming, Individualised and Holistic

## Key Outcomes

### Social Inclusion:

* The rights of Autistic people of all ages are being upheld.
* Reduced harm experienced by Autistic people of all ages.
* Increased autism awareness and acceptance in the general community.
* Increased inclusion of older Autistic people who may face social isolation within the community.
* Improved access to responsive supports, services and information.

### Economic Inclusion:

* Improved education opportunities and outcomes for Autistic people, and greater autism awareness and responsiveness within the education sector.
* Greater autism awareness and responsiveness of employers, workplaces and in employment services of older Autistic people not diagnosed as children.

### Diagnosis, Services and Supports:

* Improved awareness and access to respectful assessment and diagnosis, including early diagnosis
* Improved information and support to navigate the assessment and the diagnosis process
* Increased access to timely, equitable and neurodiversity-affirming services and supports
* Understanding that communication difficulties and sensory sensitivities may increase with age

## Enabling Actions

### Governance, Research, and Evidence, Evaluation, and Reporting

* **Governance:** Strategy and actions are guided with input from Autistic people, families, carers, professionals, government representatives, and researchers.
* **Research-Driven Policy:** Build on existing evidence to inform policies inclusive of Autistic people and their communities.
* **Monitoring and Reporting:** Monitor progress of Strategy implementation and publicly report on the impact of actions under the Strategy.

## Help and Support

Autism Connect is a free, national helpline providing independent and expert autism

information that you can trust over phone, email and webchat. Call 1300 308 699 to

speak with an Autism Connect Advisor or visit amaze.org.au/autismconnect/

Outcomes and actions to improve the health and mental health of Autistic people are being developed through the **Autism Health Roadmap** which is being led by the Department of Health and Aged Care.

**Help shape the change. Visit dss.gov.au/National-Autism-Strategy (Footer)**