



This paper is about day services for autistic people with profound learning disabilities



It is by Ned Redmore



It's about research about what they think are important in day services



In England, about 25,000 autistic people with profound learning disabilities are members of day services



A lot of autistic people with profound learning disabilities are part of day services all their adult lives



So day services are very important to them. And they are a very important part of day services.



In the research, Ned spent time with autistic people with profound learning disabilities at their day services



He wrote down what people communicated, where people went and what people did



Ned learned about six things that are important to autistic people with profound learning disabilities in day services



These things are called categories. The categories are:



1. Planning

Planning is about having a say in service schedules. And it's about having your own routine.



2. Stories and histories

This is about understanding people's stories. And it's about celebrating important moments and experiences.



3. **Being yourself**

This is about people being about to act like they want. And it is about people choosing how they communicate.



4. **Choice**

This is about people choosing where they want to go in local areas. It is also about people having personal spaces and areas.

5. **Rest**

This is about people having a chance to relax. And it is about knowing how to help when people feel stressed or anxious.

6. **Community**

This is about people feeling part of the service. It's about making people feel welcome. And it's about people helping each other.

Ned thinks these categories could help day services document important views and experiences.

They could help them to focus on what is important to autistic people with profound learning disabilities

This could help them have a bigger say in day services

