

## Studies

### [The Transition From Family Home to Alternative Living Arrangements: Experiences of Adults With Intellectual Disabilities and Their Family Members](#)

It is well documented that many adults with intellectual disabilities live with ageing parents, often without concrete plans for transitioning to alternative living arrangements. Little is known about transition experiences once they occur. This study explores the experiences of adults with intellectual disabilities and their family members of this transition through a relational lens.

### [Sleep apnea is associated with reduced daytime blood pressure variability in adults with Down syndrome](#)

Sleep apnea (SA) is common in Down syndrome (DS), but its impact on daytime autonomic control is poorly described. The aim of this study was to assess the impact of SA on autonomic control of heart rate (HR) and blood pressure (BP) during a Head-Up Tilt test (HUTT) in adults with DS.

### [Auditory environments influence the link between Autistic traits and quality of life](#)

Autistic people often report a heightened sensitivity to sound. Yet, research into Autistic people's auditory environments and their impacts on quality of life is limited. We conducted an online survey to understand how auditory environments influence the relationships between Autistic traits and impacts on quality of life (iQoL) due to sound sensitivity. We also sought to determine strategies that Autistic people use to navigate auditory sensitivities in daily life.

### [The canonical correlation between executive function and social skills in children with autism spectrum disorder and potential pathways to physical fitness](#)

Research on the relationship between core and comorbid features in children with Autism Spectrum Disorder (ASD), particularly executive function, remains limited. Additionally, the role of physical fitness in supporting ASD children's growth and development appears critical.

### [Modifying quantitative sensory testing to investigate tactile sensory function and behavioral reactivity in children with intellectual and developmental disabilities: establishing feasibility and testing sex, autism, and self-injury effects](#)

Sensory reactivity differences are common across neurodevelopmental disorders (NDDs), however very few studies specifically examine tactile or pain responses in children with NDDs, especially those with communication challenges.

### [Effect of nutritional supplements on gut microbiome in individuals with neurodevelopmental disorders: a systematic review and narrative synthesis](#)

Neurodevelopmental disorders (NDDs) encompass a range of disruptive conditions with varying prevalence rates and multiple contributing factors. Recent studies have suggested a potential connection between NDDs and the gut-brain axis. Furthermore, there is evidence indicating that nutritional supplements might have an impact on gastrointestinal (GI) and behavioral symptoms.

### [Pupillary responses to bright and dark stimuli in individuals with autism spectrum disorders](#)

Individuals with autism spectrum disorders (ASD) often exhibit difficulties in sensory processing, including visual hypersensitivity such as photophobia. This study investigates the neural mechanisms underlying photophobia in participants with ASD by analyzing pupillary responses.

## [Impact of imitation abilities on social communication in autistic children: evidence from an Early Start Denver Model intervention study](#)

Imitation is foundational to early social learning, yet autistic children often exhibit significant impairments in imitation, potentially impacting their social communication skills. This study examined the relationship between imitation abilities and social communication in autistic children and evaluated the effectiveness of the Early Start Denver Model (ESDM) intervention.

## Study Summaries

### [Enhancing mental health care for autistic people: practical adaptations, ready to go](#)

Imagine feeling overwhelmed in a world not built for you. For many autistic individuals, this is a daily reality, especially regarding mental health.

## Reports

### [Empowering Autistic Travel: Report Launch](#)

We are really excited to launch our Empowering Autistic Travel Research Report. This is the result of a year of listening to autistic people and their families describing their travel experiences through surveys and interviews, and some valuable discussions with transport professionals.

## Podcasts

### [The People First Podcast – Learning Disability England Conference 2025](#)

To celebrate the launch of the refreshed Good Lives framework, Learning Disability England is focusing in on one chapter every two weeks. From the 31st March to April 11th the big focus is on Chapter 5: “Effective Voice – Self Advocacy and Advocacy.”

### [How the Beatles helped my autistic son find his voice – podcast](#)

John Harris on how music helped him connect with his autistic son James.

## News

### [New report highlights how problematic independent travel is for some autistic people](#)

Nearly two-thirds of autistic people experience distressed behaviour or sensory overload when they travel on public transport, according to a new report from the National Autistic Society.

### [ARC England Fee Maps show learning disability services at point of collapse](#)

Learning disability and autism support services are firmly in crisis, with services at the point of collapse, according to the latest ARC England Fee Rate Maps.

### [New report launched: The experiences of family carers of people with learning disabilities during Covid-19 and the 'new normal'](#)

Over five years have passed since the first national lockdown in the UK during the Covid-19 pandemic but the impact is still being felt. It is important to learn from the experiences of family carers of people with learning disabilities during this time.



[Joint statement from Bild, Restraint Reduction Network and Respond: Response to proposed welfare cuts](#)

Bild, RRN and Respond are concerned the Government's proposed welfare cuts announced in this week's spring statement pose a threat to the rights and quality of life of many people with learning disabilities and autistic people.

[Our response to the Government's impact assessment on welfare reforms](#)

The Government has published its impact assessment which shows that welfare cuts will leave an estimated 250,000 people, including 50,000 children, in relative poverty.

[What the Government's welfare proposals mean and why we're against them](#)

The Government recently announced its plan to implement over £5bn worth of cuts to disability benefits. These are benefits many autistic people rely on. They cover some of the additional costs of being disabled – regardless of your ability to work – and are also a vital source of income for those who cannot work.

[Welfare cuts will hit over three million families, government analysis shows](#)

Government analysis shows that 3.2 million families are expected to be financially impacted by the new welfare cuts, with an average loss of £1,720 per year compared to inflation.

[Lords makes further checks to Mental Health Bill](#)

Members of the House of Lords concluded further checks and changes to the Mental Health Bill at report stage on Wednesday 2 April.

[It's How You Show Up campaign launch](#)

We are delighted to launch our new campaign, It's How You Show Up, to mark World Autism Day and World Autism Acceptance Month.

[NAS launches new acceptance campaign for World Autism Day](#)

To mark World Autism Day and World Autism Acceptance Month, the National Autistic Society (NAS) has launched a new campaign that highlights how the general public can make autistic people feel more accepted.

[World Autism Acceptance Month 2025](#)

The 2nd April 2025 is World Autism Acceptance Day, and April is World Autism Acceptance Month. Across the UK members of the Autism Alliance are playing their part in this critically important campaign, reaching out across society to promote acceptance and understanding of autism and autistic people.

[Call for evidence launched to mark World Autism Acceptance Day](#)

To mark World Autism Acceptance Day, the House of Lords Committee on the Autism Act 2009 is today launching its Call for Evidence inviting written contributions to its inquiry.

[Government announces 10,000 new SEND schools places](#)

The Department for Education has announced 10,000 new places for children with special education needs and disability (SEND) to support children and young people at schools close to their homes and families.



### [Work and Contribution – An Interview with Phil Hughes](#)

To celebrate the launch of the refreshed Good Lives framework, Learning Disability England is focusing in on one chapter every two weeks. From March 17th to March 28th, the theme has been 'Employment and Contribution'.

### [“My Own Limited View of the World is Pushed to Expand” – Working with Self-advocacy Groups](#)

John Hersov, who has worked closely and supported self-advocates with learning disabilities since the 1980's, reflects on his experiences, what has changed since he began his career, and how self-advocates have shaped his outlook today...

### [The world is now a harder place for neurodivergent people](#)

Readers respond to an article by Rhiannon Lucy Coslett on the 'overdiagnosis' of mental health conditions.

### [‘I could end up homeless’: weighing the damage after Rachel Reeves's welfare cuts](#)

It's just hours since the chancellor, Rachel Reeves, delivered her spring statement, which slashed disability benefits. Lee, a 43-year-old man with autism, is weighing the damage.

### [Maybe I'm Amazed by John Harris review – a father and his autistic son bond through music](#)

An honest and intensely moving book about the struggle of parenthood and the power of connection.

### [Undiagnosed entertainment: how Hollywood awkwardly dodges autism](#)

Eccentric, blunt-speaking characters who present as being on the spectrum are everywhere on our screens – but why are their creators so reluctant to state it openly?