

Primary Care Admission Avoidance Link Worker

The Admission Avoidance Link Worker helps prevent unnecessary hospital admissions and supports individuals during unavoidable stays, aiming to reduce re-admissions and assist with timely discharges. This involves working closely with individuals and professionals to ensure appropriate, coordinated care.

By building trust and strong relationships, the role empowers individuals to use their voice and provides advocacy when needed. It also includes supporting families and professionals with autism-informed guidance, promoting a better understanding of autistic needs during hospital care.



Working with Primary Care Professionals

- The health link worker will support Primary Care professionals in developing a deeper understanding of the unique healthcare needs of autistic individuals. They can provide guidance and scaffolding through an autism-informed perspective, helping professionals recognise how these needs can differ significantly from those of neurotypical individuals.

Working with Community Mental Health Teams/Psychiatric Liaison Team

- Work closely with both the Community Mental Health Teams and the Psychiatric Liaison Team to identify adults who are at risk of being admitted to hospital. Work with adults who are identified as being at risk.

Foster a greater understand of autism

- The Admission Avoidance worker supports individuals to develop a deeper understanding of their autism, explore their needs and preferences, and ensure their voices are heard.

Collaboration with In-patient Professionals

- ▶ By collaborating with key professionals also working with individuals they strive to meet collective objectives and create effective discharge plans with the appropriate support in place post-discharge.

Preventing Re-admission into Hospital

- ▶ A major focus of the role is to prevent hospital admissions by providing early intervention for emotional well-being and mental health challenges in the community. We support individuals directly, educate professionals on autism, remove barriers to engagement, and advocate for reasonable adjustments.

Psychoeducation

- ▶ Psychoeducation helps individuals understand which aspects of their experiences are related to autism and which may be linked to other factors, like mental health. This clarity enables them to differentiate between autism traits and signs of separate mental health concerns.

Health Passport and Reasonable Adjustments

- ▶ Ensure access to reasonable adjustments and communication support (e.g. hospital passport, sensory plan or assessment) with healthcare professionals.

Dialogue

- ▶ Dialogue helps identify the support individuals need to engage meaningfully with their community. It allows collaboration with Primary Care Services to ensure they receive the necessary support. This promotes both physical and mental well-being.

Expected Outcomes

- ▶ Patients need met within Primary Care.
- ▶ Reduced Secondary Care referrals.
- ▶ Reduced hospital admissions.
- ▶ Reduction in Health inequalities
- ▶ Better health outcomes.

Referrals can be made into the Admission Avoidance Link Worker in Sunderland through the Autism in Mind Website.

Professionals who would like the support of the Admission Avoidance Link Worker can contact us via telephone **0191 5700047** or email **contact@autisminmind.com**

