



Transgender experience, Learning Disabilities and Autism in Adults

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Project Proposal



- KU Learning Disability Nursing Academics
- Partnership with a specialist Social Care provider
- First Grants Scheme



What does the evidence say?



- More information on autistic people than people with learning disabilities
- Gender and sexuality were mixed up
- Different experiences of autistic people
- Shared experiences
 - Double marginalisation
 - Mis-gendered
 - Services not ready
 - Difficulty in communicating
 - Peer support



Narrative Literature

Review Topic Areas

1. People report a wide range of negative experiences, both in healthcare settings and in the broader community
2. Autism and gender are felt to interact in various ways by people with autism.
3. Autism generally, but not always, found to negatively impact belonging, acceptance and living their experienced gender in society.
4. The impact of having a learning disability and being transgender on social experiences, is generally negative
5. Reported experiences of support are valuable but rare
6. Experiences with health and social care services is overwhelmingly negative



Project Design



- 5-10 Semi Structured Interviews
- Participants
- HRA Ethical Approval May 2022
- Interpretative phenomenological analysis (Smith et al, 1999 & 2022)

Participants Characteristics (n = 4)

Race ethnicity		Learning Disability	2
White British	4		
Age		Autistic	3
30-39	4		
Gender Identity		Geography	
Trans man	2	Wales	1
Trans woman	2	England	3
		Home environment	
		Own home with support	1
		Family home	1
		Residential Care home	2

Themes from the Interviews



1. Transition journey – important points and people
2. Family feedback
3. Responses from Work and College
4. Accessing Healthcare Support
5. Who was there to support?



Strategies for managing



1. Choose who you tell
2. Choose who you listen to.
3. When you can, laugh
4. Find out for yourself, so you can teach others
5. Do it yourself



Service Improvements



1. Support being available
2. Help to be a different gender
3. Improving awareness in education and care work
4. Communication adjustments
5. Support prior to sharing with family
6. Support services working together
7. Ensuring Health care records reflect the change in gender and learning disability / autism.



Limitations / Uncertainty

- Interview hesitancy
- Application and generalisability
- What does person centered care look like?
- Greater levels of co-production



Unique Contributions/Conclusions



- Trans people with ID have been interviewed
- More nuanced narratives
- Intersection of Trans and ID/Autism
- Education and training



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