

# Autism Accreditation

Specialist Award: Writing case studies

# Case studies



Services can use case studies to provide further evidence for the assessment. For example, to demonstrate:

- staff have a robust working knowledge of recognised strategies and approaches
- positive impacts for autistic people
- outcomes achieved
- staff learning and development that has a positive impact on practice.

# Supporting evidence



Case studies, being part of the bigger picture, provide supporting evidence and are taken into account alongside other assessment activities such as:

- observation of practice
- review of individual support plans
- staff interviews
- surveys.

We would expect case studies to complement and be consistent with findings from this range of activities.

# What type of case studies can be submitted?

You should share up to six case studies:

- three case studies about an autistic individual which demonstrate what difference the support they have received has made to them and their lives
- three case studies about a specific programme or initiative and what it has achieved for the autistic people who accessed it.

To avoid duplicating work, you may wish to submit case studies written for other audiences, such as Ofsted. If doing so, please ensure the content is relevant to Autism Accreditation.

# Case study - individual



The format:

- What support was introduced? What approaches, strategies and methods were used?
- Pen picture of the individual before support was introduced including challenges, difficulties etc.
- Outcomes (communication skills; social skills; relationships; confidence; self-reliance; independent problem-solving; ability to cope with sensory input; emotional self-regulation and wellbeing)
- Achievements, successes and quality of life outcomes
- Next steps; transition.

# Case study – initiative/ programme



The format:

- Description (What was the initiative?)
- Context (What was reason for developing initiative?)
- Purpose of initiative (What were the aims and objectives?)
- Method (What you did and how you measured, observed and recorded outcomes?)
- What happened? (Describe how the initiative developed)
- What were the actual outcomes of the initiative? (What progress was made by individuals?)
- Next steps and lessons learnt.

# Focus on positive outcomes



When writing case studies, make clear the positive impact and outcomes that have been achieved in one or more of the following areas:

- communication skills; social skills; relationships
- confidence; self-reliance; independent problem-solving
- ability to cope with sensory input
- emotional self-regulation and wellbeing.

# The goal of case studies



Case studies enable staff to present real-life situations and draw insights.

The goal is to ensure that each case study shows how autistic people are supported and the impact and outcomes which have been achieved.

Each case study should also evidence that staff:

- understand the needs of autistic people accessing the service
- have robust knowledge of recognised best autism practice.

# Tips on writing case studies



Individual autistic people:

- To demonstrate how positive outcomes were achieved, case studies should showcase how the service supported an individual; for example, how they solved their most pressing challenges.
- Tell a story rather than recite a chronology of facts and help the reader see the person at the centre of the case study.
- Provide real-life examples that clearly demonstrate how the service helped the autistic person.
- If you include tables and numbers, summarise the data in a few simple sentences to explain what they show.

# Tips on writing case studies



Initiatives and programmes:

- Write for the audience; remember the case studies will need to be understood by the accreditation awarding body.
- Provide enough context and do not use jargon.
- Keep it succinct; primarily demonstrate the successes achieved and focus on that, do not include content that doesn't align to this.
- If showing an increase in a certain metric, use the actual number.