## Short Abstract (BJGP - 250 words)

**Background:**Autism is associated with reduced life expectancy, poor physical and mental health, and increased prevalence of epilepsy, obesity, hypertension, diabetes and stroke.

**Objectives:** To compare self-reported barriers to healthcare amongst autistic adults with parents of autistic children and with non-autistic controls, and the consequences of such barriers.

**Methods:** A survey, “What do you wish your GP knew about autism?” was conducted at Autscape 2018. Thematic analysis of N=75 responses was used to develop a 57-item online survey which received 1,271 responses from autistic adults, 406 from parents and 303 from controls.

**Results:** Difficulty visiting a GP was reported by 78.2% of autistic adults, 51.4% of parents and 34.9% of controls. The highest-rated barriers by autistic adults were deciding if symptoms warrant a GP visit (71.9%), difficulty using the telephone to book appointments (60.7%), not feeling understood (55.5%) and difficulty communicating with their doctor (53.0%). A higher rate of adverse health outcomes was reported by autistic adults; untreated physical and mental health conditions, not attending specialist referral or screening programmes, requiring more extensive treatment or surgery due to late presentations, and untreated potentially life threatening conditions. Autistic adults reported a need for online or text based appointment booking, facility to email in advance the reason for consultation, first or last clinic appointment and a quiet place to wait.

**Conclusions:** Reduction of healthcare inequalities for autistic people requires that healthcare providers understand autistic culture and communication needs. Adjustments for autistic communication needs are analogous to wheelchair ramps for the physically disabled.