



Autinest

**A personalised, playful app to support children and young people
with Autism**

Presented by

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Problem

1

Many autistic individuals struggle with:

Transitions, daily routines

Emotional Regulation

Communication barriers

2

Over 70% of caregivers reported difficulty in attending in person services due to time, travel and caring responsibilities (*PMC, 2022 - Digital Health for Carers*)

3

Over 80% of parents in several UK surveys expressed a need for more accessible everyday tools to help their children with social communication, especially routines and social stories

Overview

- We recognize that autistic children are both uniquely vulnerable and uniquely perceptive, experiencing the world in deeply individual ways.
- To support this, we are developing Autinest—a fully bespoke and personalized application tailored to each child’s unique profile and developmental journey.
- One of the key limitations of current applications is their static nature; they fail to evolve alongside a child’s continuous growth and changes.
- Autinest is designed to overcome this by dynamically adapting to each child’s needs, behaviors, and progress over time.
- With Autinest, we are building more than just an app—we are creating a responsive, evolving support system that grows with the child.

Communication, Social Interaction and Friendships

84%

of carers report communication and relationship difficulties and 83.6% report challenges with joining in with peers

NCBI

27%

of autistic children experience school exclusion at least once and 40% report being bullied

UK Parliament

42%

of autistic children report having no friends

UK Parliament

Behavioural challenges, emotional regulation and Mental Health

73.6%

Of carers report refusal to carry out daily activities and unexpected outbursts

40-90%

Of anxiety disorder co-occur with children with autism

Auttiinest



Social Stories

Personalized for real-life situations



Life Skills Training

Step by-step guidance



Calming Tools

Breathing exercises & interactive support



AAC Communication

Easy-to-use speech support

Visual Schedules and life skills sequences

Timer

Social stories – tailored to the child

AAC Communication

Calming tools (character led deep breathing)

Personalised engine to adapt content and create personalised child profile

solutions

Problem Relevance - NHS aligned need

High level of referrals come to CAMHS where children require support and therefore the waiting time to be seen for intervention is lengthy (Wales/ England NHS ASD waiting times -12-18 months).

While children wait on a waiting list for an ASD assessment or behavioural intervention, there is lack of guidance for parents on how to implement behavioural strategies to best support their child.

Currently available apps are often subscription based at £10-20 a month putting them out of reach to access support.

Many families rely on free community resources but they are generic and do not adapt to meet the child's needs.

Who is this for?



- Children with autism, aged 4-12
- Parents and caregivers that are seeking everyday support
- Teachers and SEN professionals
- Therapist and behaviour specialists that may use tech based interventions and to make recommendations to families

USER JOURNEY

1. Parent/ child logs in
2. Onboarding questions to personalise content
3. Child has opportunity to explore the tools
4. Parents update progress and can add personalised social stories and routines
5. Professionals can monitor and contribute to child's app content



How Autinest aligns with these challenges

Challenge area

Visualising routines and transitions

Navigating social interactions and stories

Managing emotional overload

Supporting communication



How Autinest supports this

Visual schedules and timers

Customizable social stories and AAC tools

Character-led calming tools and regulation aids

Personalised AAC boards and child-led on-boarding



OUR ASK

We are looking to explore how Autinest can:

- Be reviewed or piloted in collaboration with NHS digital tool standards and frameworks.
- Endorsement with the NHS.
- Align with current NHS digital tools standards and frameworks.
- Potentially be recommended as a supportive tool within the neurodevelopmental pathways or community services.

Meet the team



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Autism Specialist & Founder



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Thank you