

## AUTHERAPIES: POLICY BRIEF

### Promoting Access to Evidence-Based Interventions for Autism in Europe

#### Project partners:



The Association of Educational Programmes OpenEurope (Spain); European Platform for Rehabilitation (Belgium); Istituto dei Sordi di Torino (Italy); Medical University of Silesia (Poland); Fundació Villablanca (Spain)



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## Executive Summary

Despite legal progress, autistic persons across Europe still face barriers in accessing evidence-based interventions and making informed choices about their care. The European AUTHERAPIES project has identified major policy gaps in Spain, Italy, Poland, and Greece, such as the absence of binding frameworks banning pseudo-therapies, limited access to reliable information, and insufficient mandatory training for professionals.

## Key Findings

- **56%** of autistic persons and their families lack sufficient information about evidence-based interventions.
- **50%** of healthcare and education professionals report low levels of expertise on the topic.
- Lack of binding legislation guaranteeing access to such information.
- No country analysed has banned pseudo-therapies by law.
- Regional disparities further hinder access to validated interventions.

## Policy Recommendations

### At the EU Level

- Establish harmonized guidelines for autism interventions.
- Fund awareness-raising campaigns and a multilingual platform on validated interventions.
- Ban harmful and non-evidence-based interventions.
- Promote mandatory autism training across sectors.
- Ensure information is available in accessible formats (easy-to-read, Sign Language, etc.).

### At the National Level

- Develop supported decision-making frameworks.
- Create official registries of validated interventions.
- Mandate certified training for professionals.
- Regulate therapeutic advertising.
- Guarantee minimum national service standards to reduce regional gaps.

### At the Regional and Local Level

- Incorporate neutral support figures (e.g., case managers).
- Establish local information and orientation centres.
- Involve autistic persons and families in service design.
- Provide free, accessible educational materials through public services.

## **MANIFESTO FOR THE RIGHT TO EVIDENCE-BASED INTERVENTIONS FOR AUTISTIC PERSONS IN EUROPE**

The European AUTHERAPIES project calls upon institutions, professional bodies, autistic and family organizations, and social and political stakeholders to endorse this manifesto and support meaningful change:

### **We Demand:**

1. That all autistic persons have access to scientifically validated, safe, adapted, and accessible interventions.
2. That pseudotherapies and unethical practices targeting autistic persons be prohibited.
3. That the right to self-determined intervention choices be guaranteed with appropriate support.
4. That all professionals working with autistic persons receive mandatory, evidence-based training.
5. That public institutions provide clear, accessible, and multi-format information about validated interventions.

### **Therefore, we call for:**

- Signatory endorsement of this manifesto.
- Active collaboration to promote fair, evidence-based public policies.
- Use and dissemination of the AUTHERAPIES database and training tools.

By signing this manifesto, individuals and organizations express their support for the conclusions and recommendations set out in the Policy Brief of the European AUTHERAPIES project, and commit to promoting access to evidence-based interventions for autistic people across Europe. Signing this manifesto is a step toward a more just, inclusive, and ethical Europe for autistic persons.

**Legal name:**

**Legal Representative:**

**Date:**

**Sign:**