Bath, North East Somerset, Swindon and Wiltshire (BSW) Integrated Care Board (ICB)

Position Statement on Autistic Burnout

August 2026

This position paper has been prepared by the BSW ICB Designated Medical Officer (DMO) and Designated Clinical Officers (DCOs) for Special Educational Needs and Disability (SEND) in response to an observed increase in the number of requests for Education, Health and Care Plans (EHCPs) to describe an individual as experiencing 'Autistic Burnout'.

The term 'Autistic Burnout' is not a diagnostic label and should not appear within any formal health documents.

Whilst it is recognised that the diagnosis of 'Burnout' is included in ICD11 as a chronic workplace stress that has not been successfully managed, nor is it included in the DSM5, which is the criteria used when diagnosing Autism. As a result, there is no agreed diagnostic criteria for the term 'Autistic Burnout'.

If a child or young person presents with symptoms such as exhaustion, loss of function or reduced tolerance to stimulus, these needs should be identified and appropriate support put in place.

Across BSW our multi agency partners advocate and deliver robust pathways which are 'needs' led and are not reliant on a diagnosis to access, meaning provision is available to all without a diagnosis or label.

In conclusion the ICB do not endorse the term 'Autistic Burnout' being included within an Education Health and Care Plan (EHCP), and instead, support the inclusion and description of an individual's presenting needs.