



Confirming Autism in an Undiagnosed Adult

Patient: Female, 36

Referral Question:

Lifelong social challenges, recent workplace issues

Background:

Patient was referred by a therapist who suspected autism spectrum disorder (ASD). The patient was hesitant but relieved to avoid waitlists. Minder completed full developmental testing remotely.

Findings:

Confirmed diagnosis of Autism Spectrum Disorder. Patient had developed masking strategies throughout life. Report included tailored workplace and communication strategies.

Outcome:

Diagnosis helped patient reframe experiences and reduce self-criticism

Informed therapeutic goals

Supported reasonable accommodations at work

"Getting a name for what I've experienced helped me find self-acceptance and community."

- Patient