How to request an autism assessment



Getting a diagnosis can be the right step towards getting support.



For many a diagnosis brings relief and a better understanding of themselves.



A diagnosis can also bring access to workplace adjustments and opportunities to connect with new friends.



This is a step-by-step guide on how to request an **adult autism assessment.**



1.Speak to your GP at your doctor's surgery or your school:

Request a referral to the assessment team.



Before speaking to your **GP**, write down a list of examples of autism traits.

A GP means your Doctor.

Please note:



For children, your child's school may need to make the referral.



2. Complete the AQ-10 Questionnaire

This is a tool used by GPs to measure autistic traits.



The **Autism Spectrum Quotient** or **AQ-10** is a quick **10-question** quiz that doctors use to see if a full assessment is needed.

You can download the questionnaire to take to your GP appointment:

AQ-10 Adult autism questionnaire test

AQ-10 Child autism questionnaire test

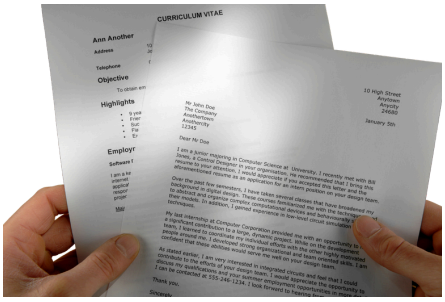
3. Getting a referral



Once you have spoken to your GP, make sure to ask about waiting times and options.



If your GP agrees to refer you, ask them about the **team** they are sending your information to.



A referral will usually be a **letter** sent from your GP to the service that will carry out the autism assessment.

Make sure you receive a copy of this referral letter.



Your GP or school may direct you to available support while you wait.



If your GP refuses to refer you, you are allowed a **second opinion.**

This means you can see another doctor about the referral.



If you live in England, you have a legal right called **'Right To Choose.'**

This means you can choose who provides your autism assessment.



To qualify for **Right To Choose** you must:

- Be registered with a GP in England
- Not already be under the care of a specialist for autism
- Be seeking a first diagnosis



You must be over 18 years old.

Assessments for children:



The assessment team might:

- Ask if your child has achieved certain goals.



- Look at your child's ability to communicate, move, think and react.
- Ask about your child's medical history and perform a physical examination



- Look for signs of other conditions e.g. ADHD, epilepsy
- Read any reports from your GP or school.



- Speak to people who know your child very well.



After the assessment you'll be given a report highlighting key findings.

The report should say:



- if you or your child are autistic
- what you or your child are good at
- what you or your child might need help with
- if they found any other conditions



Find out more at: [Assessment and diagnosis – National Autistic Society]



Autism assessments for adults

An adult autism assessment will be similar to a child's assessment but a different team might:



- Ask you to fill out a questionnaire about yourself.
- Ask about your childhood, home or work/college



If you or your child are diagnosed with autism you might be offered another appointment.



Your assessment team might create a plan explaining your needs, goals and the steps they will take to support you.

This is called a **care plan.**



Tell your GP the about the outcome of assessment so that they can update your medical records.

Need more help? Contact us at

Referrals@halowproject.org.uk