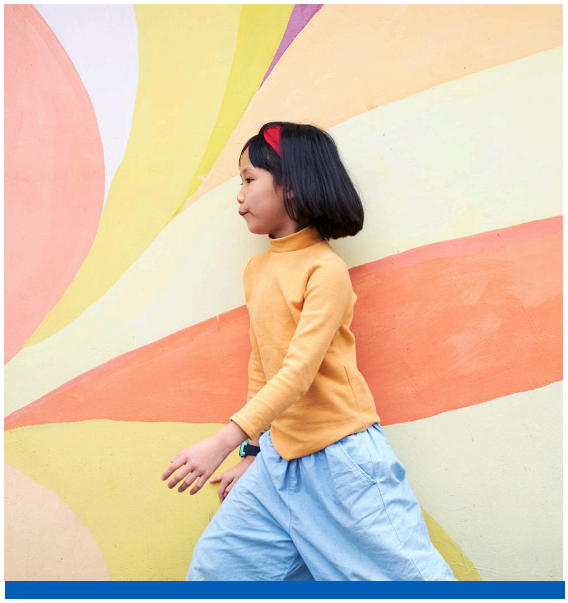
NHS
Providing NHS services

What happens at an autism or ADHD assessment



An assessment helps you understand how your child thinks, learns and experiences the world. It looks at their strengths as well as the things they find hard.

Our assessments follow NICE and NHS guidelines. At the end, you get a clear report that can help your child get the right support at home and at school.

How it works

1

Your GP refers your child

Ask your NHS GP to refer your child to Paloma Health. We're happy to help your GP with any questions.

2

We get to know your child

Two qualified assessors gather information from you, your child's school and your child. We'll keep you informed at each stage.

3

You receive a report

A clear, easy-to-understand report, including a diagnosis if appropriate. We share it securely with you and your GP.

Assessments are usually available within 2 to 8 weeks of referral. Our service is only available in England, and only NHS GPs in England can refer.

Service provided by:
Paloma Health

What the assessment involves

Questionnaires

You and your child's school fill in forms about how your child gets on day to day, at home and in class.

Talking with you

An interview about your child's development, from their early years to now. You know your child best.

Meeting your child

An assessor spends time with your child, seeing how they play, talk and respond to others.

Before the assessment

- Write down what you've noticed and when it started.
- Gather any reports from school, nursery or other professionals.
- Tell your child what will happen in simple words.
- Bring a favourite toy, snack or comfort item.
- Let us know about anything that would help your child feel at ease.

After the assessment

Your report explains your child's strengths and needs in plain language, with a diagnosis if appropriate.

We send a copy to your GP so they can plan next steps with you. You can share it with your child's school to help them put the right support in place.

Questions families often ask

Does it cost anything?

No. Our assessments are funded by the NHS.

Will my child know what it's for?

That's up to you. We'll talk with your child in a way that suits their age.

What if my child doesn't get a diagnosis?

The report still describes their strengths and needs, which can help them get support.

Can I ask questions along the way?

Yes. Get in touch with us at any point.

Ready to start? Speak to your NHS GP.

Find out more at **paloma.health**

Service provided by:
Paloma Health