

Adults

Neurodevelopmental assessments for **adults.**

Oakdale offers neurodevelopmental assessments for autism, ADHD or both combined.



ABOUT YOUR ASSESSMENT

Expert, **compassionate**, clear

Oakdale offers neurodevelopmental assessments for autism, ADHD or both combined. This guide will help you to understand all the parts of the assessment, what will happen and who will be involved. This may take place online or you may be asked to attend one of our centres for a face to face appointment. Assessment appointments are carried out in accordance with NICE guidelines (National Institute of Clinical Excellence).



Autism assessment

For autism assessments, all our practitioners are qualified and experienced in delivering the ADOS-2 (The Autism diagnostic Observation Schedule-2).



ADHD assessment

There are several ways the observation aspect can be offered. You may be offered a DIVA interview or a Qb Check — the only CE marked and FDA approved aid for assessing and evaluating ADHD, giving objective, unbiased information to clinicians.



Our clinical team

Our team includes Psychologists, Speech and Language Therapists, Occupational Therapists, Clinical Nurse Specialists and Senior Mental Health Practitioners who work collaboratively to provide comprehensive assessment and support.

Getting started



"Thank you for being so helpful and approachable and making the whole experience a stress free and positive experience. I often find new people alarming but everyone has been kind and understanding. I have felt understood, validated and valued in all respects throughout the process. I would highly recommend the clinicians I have interacted with."

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Referral received by Oakdale

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Initial contact form

You will receive a short form to fill in. This provides us with up to date contact details and important information that will help us support access to the assessment.

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Waiting list

Up to date information about estimated wait times from referral is on our website. If anything changes we will contact you. (Not applicable to self-funded/private clients.)

Gathering information

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Information gathering

Your assessment begins by gathering up to date information. We will send you and your chosen observer some online questionnaires to complete. If you would prefer a paper copy, this can be arranged instead. Your detailed responses are recorded in our electronic clinical records and are an important part of the assessment. They tell us about your current circumstances, your background and are a chance to share your strengths as well as your concerns and worries. If you need help with the questions, we encourage you to seek support from a friend, family member or someone you trust. Any further relevant reports, letters or information that may assist the assessment may also be requested at this stage.

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Triage review

The information provided is reviewed, and you might be contacted for more details. Then, appointments are booked. As the assessment progresses, combined autism and ADHD assessments may not always require full specialist assessment in both areas, but all findings are reviewed, discussed, and included in the final report. See FAQs on our website for more information about how we tailor combined assessments to the individual.



Meeting the team



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Initial appointment

An appointment with one of our clinical team. This is usually a virtual appointment for you to attend. If you have an advocate or require support for the appointment from someone you trust, please let us know so we can arrange this. This is an opportunity for the clinician to find out more detailed information about you and for you to ask questions.

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Observational assessment appointment

At Oakdale, each assessment is unique because we tailor to the individual person. Some cases require more appointments or information gathering.

Reaching an outcome

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Clinical review and assessment outcome

Once all of your assessment appointments have been completed, the clinicians review all of the information that has been gathered. This includes information from interviews, observations, questionnaires and any reports provided by you, your observer or other professionals. The clinicians carefully consider this information alongside the DSM-5 diagnostic criteria for autism and/or ADHD to determine whether there is sufficient evidence to reach a clinical decision. For many assessments, the clinicians are able to reach a conclusion through this clinical review. However, if the assessment is particularly complex or further discussion would be helpful, the case may be reviewed by a multidisciplinary team (MDT). This additional review helps to ensure that decisions are robust, evidence-based and made in your best interests. Because some assessments require this additional review, there may be a short period between your final appointment and your report being completed. If further information is needed before a decision can be reached, we will contact you to explain what is required and the next steps.



Receiving your report

Once the assessment has been completed, you will receive a written report explaining the outcome of the assessment, the evidence considered, and any recommendations for support. We understand that you may have questions after reading your report. If you would find it helpful, you will have the opportunity to book a telephone Feedback Appointment with one of the clinicians involved in your assessment. This provides an opportunity to discuss the outcome, ask questions, and ensure you understand the findings and recommendations. For Right To Choose clients, we will send a copy of the report to your GP. For Self-Funded / Private clients, we normally recommend that you share a copy of the report with your GP and any other relevant professionals.

Optional **feedback** appointment

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An optional telephone Feedback Appointment to talk through the outcome of the assessment and ask any questions you may have. This is a telephone conversation for you. You are welcome to invite a family member or someone else you trust to support you. This appointment will take approximately 15 minutes.

During the appointment, you can:

- Ask questions about the assessment outcome, including how the clinicians reached their conclusion and how the diagnostic criteria were considered.
- Discuss anything in your report that you are unsure about or would like explained in more detail.
- Talk about how the findings relate to your experiences and day-to-day life.
- If you have received an ADHD diagnosis, discuss whether a referral for a medication assessment may be appropriate, depending on your circumstances and the service available to you.

When your assessment report is emailed to you, it will include a form allowing you to request an optional Feedback Appointment.

Right to Choose (RTC) clients

You will receive an email confirming the date and a time slot within which your Feedback Appointment will take place. We are unable to offer alternative time slots for this appointment. The clinician will make two attempts to call you within your scheduled time slot. If you miss both of these calls, we are unfortunately unable to book a replacement appointment, and you will be discharged from our service.

Self-Funded / Private clients

We will contact you by phone to arrange a convenient time slot, within which your Feedback Appointment will take place. The clinician will make two attempts to call you within your scheduled time slot. If you miss both of these calls, we are unfortunately unable to book a replacement appointment, and you will be discharged from our service.

Questions before you start?

We're here to help, every step of the way.

[Book an appointment ↗](#)