

# KT HEALTHCARE AUTISM ASSESSMENT

Thank you for choosing KT Healthcare, here's a run through of what to expect with us

## Preparing for your assessment

### Initial Contact:

Within **2 weeks** of receiving your referral, we will send you a background questionnaire to complete.

### Informant Details:

As part of the process, we ask you to name an **'informant'**, someone who can provide insights into your early development. Ideally, this would be a parent or guardian who knew you around age 4-5.

- If this is not possible, a partner/close friend can attend part of the assessment with you or on your behalf.
- In this case, we may also ask to send a short questionnaire to a family member who can share information about your early years.

### Timeline:

We kindly ask questionnaires are returned within **2 weeks** so we can keep things moving smoothly.

## Assessments

### Pre assessment:

Once you and your informant return both questionnaires, you are now on our waiting list. When we review your information, a clinician may in in contact to ask any further questions if needed. This will help us to make sure that we are the best service to assess you.

### Developmental History (ADIR) Assessment:

- This assessment is for you and your 'informant'.
- It can take between **2-3 hours**.
- You will be asked about your development (especially around the age of 4-5) and your current experiences.
- After 30-60 minutes the clinician may ask to speak to your informant alone, but not always.
- feel free to make your self comfortable (bring a snack & drink!)

### Observation (ADOS informed) Assessment:

- This session is just for you to attend.
- It can take **1-1.5 hours** to complete

There will be activities and questions designed to explore your communication and social interaction style.

**ALL ASSESSMENTS WILL BE VIRTUAL WITH A TRAINED CLINICIAN**

## Decision and Outcome

### Multidisciplinary Meeting:

- The clinicians who assessed you meet to review your assessment and decide if you meet the criteria for an Autism diagnosis.
- This will happen within **3-4 weeks** of your second appointment.

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### Outcome Call

- The lead clinician will call you with your outcome and next steps.
- Also within **3-4 weeks** of your **second appointment**.
  - The call may come from a 'no number' - please keep an eye out.
  - If they can't reach you, they'll email to arrange a suitable time.
  - If you would prefer to be emailed with a time and date to receive the outcome, this can be arranged.

## Report

### Diagnostic Report

- You will receive a detailed written report within **4-5 weeks of your outcome call**.
- It will include:
  - Diagnostic outcome, recommendations and a formulation of your presentation

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### Important Notes

- The report includes general support recommendations.
- It does not contain specific implementation details; this ensures the report stays relevant across different settings and over time.

## Support

Our trusted team are here to help so please do not hesitate to contact us on:

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**office@kirsoptaylorhealthcare.com** if you need any assistance during the assessment process.

Please look to your Local Offer or local ICB page for support and services you can access whilst waiting for assessment. If you are unsure which ICB you are under, please ring and ask us.

# IN A BIT MORE DETAIL

Thank you for choosing KT Healthcare for your Autism Assessment. Our clinical team at KT Healthcare are highly trained and experienced in carrying out Autism assessments, supporting families and individuals throughout the process and post diagnosis. Our Autism assessments strictly adhere to a code of conduct drawn from the National Institute for Health and Care Excellence (NICE) guidelines and employ the gold standard ADOS and ADI-R diagnostic tools.

We are a mostly virtual service and require you to have access to a laptop/tablet/computer compatible with video calling.

## Adult Autism Assessment

Following your GP referral:

- We will contact you within **2 weeks** to ask you to complete a questionnaire to gather background information.
- We ask for you to provide details of an 'informant' to attend part of the assessment with you or by themselves. Ideally this would be a parent/guardian or someone who knew you at age 4-5. If this is not possible it can be a partner or friend. In this case we would like to send a questionnaire about your early years to a family member.
- We require the questionnaire to be completed and sent back to us within **2 weeks**.
- Once we have received the questionnaires you will be added to our waiting list. Your questionnaires will be screened, and a clinician may be in contact to ask any further questions if needed. This is to ensure we are the best placed service to assess you. Once you reach the top of the waiting list, we will be in touch to book 2 separate appointments.
- One appointment will be **yourself and your 'informant'**. This appointment is **2-3 hours long** with a specially trained clinician who will use a tool called the ADI-R. It may be after 30-60 mins that the clinician will ask to speak to your informant alone. It is a good idea to bring a drink/snack and make yourselves comfortable.
- One appointment will be with **you on your own**. This is **1-1.5 hours long** with a specially trained clinician who will complete an observation assessment called the ADOS. This is an ADOS informed online assessment.

## Decision, outcome & Report

- Once the appointments are complete the clinicians involved (Multidisciplinary Team) will meet within **3-4 weeks of the second appointment** to decide if you meet the criteria for a diagnosis of Autism using the DSM-5 (Diagnostic and Statistical Manual of Mental Health).
- Please expect a call from a 'no number' within **3-4 weeks of your second appointment**. If they cannot get hold of you they will email you to book a suitable time for a call.
- You will then receive a detailed report including recommendations with a formulation of your presentation **4-5 weeks after the call**.

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HEALTHCARE