

# What's going on Kids

## 1



### What is happening?

You are going to meet with some kind grown-ups online to help understand how your brain works. It's called an autism assessment, and it's all about learning what makes you unique!

## 4



### we talk to you

You will have your own session with someone kind and trained to work with children.

You will do some chatting and try out fun activities. You won't be tested, you just get to show us how you think and talk and play.

You can sit on the sofa or at a table. If you want your grown-up nearby, that's okay. We'll help you feel comfortable.

#### Things you will need:

- a pen
- sticky note
- toy car
- feather
- cup

(or any 5 random objects that you can hold in your hand)

**see you soon!**

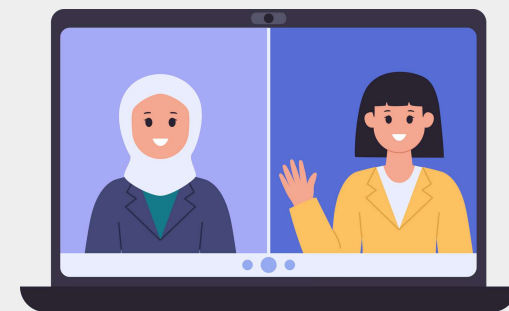
## 2



### How we will talk..

We will chat through video on a computer or tablet. You don't need to wear fancy clothes or say anything you don't want to, just be yourself!

## 3



### we talk to your grown-ups

They will meet with one of our team first (without you) to talk about how you grew up and how things are going now. That chat might take a few hours, so they'll probably need a snack!

## 5

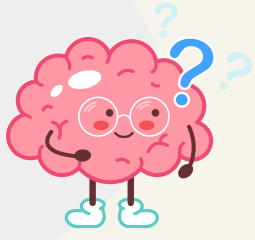


### What happens next?

After your appointments, the team chats about everything they learned. Then, someone will call your grown-up to explain what they found and what to do next. Later, you'll get a report with useful tips.

# What's going on Grown ups

## 1



### Referral & Screening

- After GP referral, families are contacted within **2 weeks** to complete background questionnaires.
- With consent, schools are also contacted to gather additional insights.
- Completed forms must be returned within **two weeks**.

## 4



### Child Observation {ADOS}

- **1-1.5 hours** online, ideally using a laptop or tablet (not phone).
- Parent sets up **camera to show child from the waist up**.
- Play-based activities to observe interaction and communication.
- Suggested items for use: shoelace, paper clip, pen, feather, straw, sticky note, toy car, block, cup, or ball.
- Parents may stay nearby if the child prefers, but should avoid prompting answers.

#### Note:

Support recommendations are **general, not setting-specific**, to remain flexible and accurate over time.

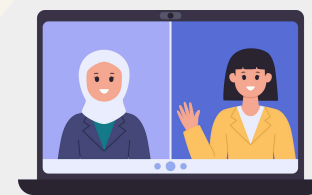
## 2



### Screening & Acceptance

- Once all forms are back your child will join the waiting list.
- A clinician may be in touch after reading the forms to make sure we are the best service to assess your child
- Once your child reaches the top of the waiting list, we will be in touch to book their appointments

## 3



### Parent/Carer Interview {ADIR}

- **2-3 hours** online, with a specially trained clinician.
- Focus on developmental history, especially around **age 4-5**, and current behaviours.
- Comfortable setting recommended, bring snacks/drinks.

## 5



### Decision & Reporting

- Multidisciplinary Team meets **within 3-4 weeks** to review and determine diagnosis (DSM-5 criteria).
- Lead clinician contacts family by phone (unless requested otherwise) to explain the outcome and next steps.
- Full written report is sent within **4-5 weeks** of the phone call, including diagnostic formulation and general recommendations.

# In detail

## Thank you for choosing KT Healthcare

Our clinical team at KT Healthcare is highly trained and experienced in carrying out Autism assessments, supporting families and individuals throughout the process.

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/your child to have access to a laptop/tablet/computer compatible with video calling.

We understand that approaching an Autism Assessment and considering whether the outcome might be a 'diagnosis' or a 'non diagnosis' can be a challenging time.

Following your GP referral:

We will contact you within **2 weeks** to ask you to complete some questionnaires to gather background information. With your permission we will also contact your child's educational setting to gain information. We require the questionnaires to be completed and sent back to us **within 2 weeks**.

once we have received the questionnaires your child will be added to our waiting list. The 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 your child. Once your child reaches the top of the waiting list, we will be in touch to book **2 separate appointments**.

One appointment will be with **parents/carers only**. This is **2-3 hours long** with a specially trained clinician who will ask questions regarding your child's early developmental (specifically age 4-5 years) and how they are currently experiencing things. They will use a tool called the **ADI-R**. It is a good idea to bring a drink/snack and make yourself comfortable.

One appointment will be with **the child**. 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 that uses play based activities that allow the clinician to evaluate an individual's communication skills and social interaction style. Please ensure a **parent is there to set up the camera**, please use a tablet or laptop and **not a phone**. The clinician needs to be able to **see your child from the waist up**.

The session includes some activities and general conversation. Please have **five** of the below **random items** available during the assessment (or anything handheld within your house)

- Shoelace, paper clip, pen, feather, straw, sticky note, toy car, block, cup or ball.

Your child can be seated at a table or on the sofa. Once they are comfortable it is ideal if you can then **leave the room**. If they would like you to stay that's fine but please do not provide any clues or answers to questions. Our clinicians are **skilled at making your child feel comfortable**, please do email us if you have any worries or concerns.

Once the appointments are complete the **clinicians involved (Multidisciplinary Team)** will meet **within 3-4 weeks of the second appointment** to decide if your child/young person meets the criteria for a diagnosis of Autism using the DSM-5 (Diagnostic and Statistical Manual of Mental Health).

We realise it can be an **anxious wait** to hear whether your child has met the criteria for Autism, and you may have deadlines for SEND support and other meetings. The **lead clinician will call you** to provide the outcome and next steps as soon as they have reached the decision. Please expect a call from a **'no number' within 3-4 weeks of your second appointment** (unless alternative communication is requested). 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 child's presentation **4-5 weeks after the call** with the lead clinician.

Please note as a **diagnostic service** our reports give reference to **general support recommendations** but do not contain specific details for how support should be implemented. This ensures the report remains accurate and relevant over time, recognising that specific individual support needs may vary in different settings and circumstances.

Thank you,  
KT Healthcare