



KT Healthcare



Your Autism  
Assessment Journey



# What's It All About?

This isn't a test - it's about exploring and understanding your brain better so we can help you (and others around you) support your needs.

We're here to spend some time getting to know you, how you think, interact, and experience the world.

Together, we'll discover what makes you unique and how we can best support you on your journey.



More than 1 in 100 people are autistic. Being autistic affects people in different ways. It can bring strengths but also some challenges that can impact on how comfortable, healthy and happy you feel. Getting the right diagnosis and support is important.

# How Does It Work?



Your assessment takes place through online video calls from the comfort of your own home. However, if you would prefer, you are be able to request an in-person appointment at one of our clinics.



## Online Video Calls

Everything happens through secure video calls - no need to travel anywhere (unless requested).



## From Your Own Space

Stay in your comfortable, familiar environment where you feel most at ease.



## What You'll Need

A laptop or tablet (not a phone) with camera and a quiet space to chat.



## Flexible Scheduling

We work around your schedule to find times that suit you.



## Professional Clinicians

Our experienced team specialises in autism assessments for young people.



## Supportive Throughout

We're here to support you every step of the way - no pressure, just understanding.



# Before Your Assessment

This is an important step in your assessment. It helps us understand your experiences, both at home and in education, so we can build a clear picture of you.

## **Parent/Carer Questionnaire**



Your parent or carer will be asked to complete a questionnaire within one month of processing your referral. This helps us understand your early development and experiences.

## **School or College Input**



We will also ask your school or college to complete a questionnaire to give us insight into how you learn and interact in that environment.

## **If You're 18 or Over**



If you are 18 or over, you will complete your own questionnaire instead of your school or college.

## **Building the Complete Picture**



All of this information helps our clinical team understand you before your assessment sessions begin.



# We Talk To Your Parent/Carer

This is an important part of your assessment. We spend time talking with your parent or carer alone to understand your journey and build a complete picture of you.

## **Around a 2.5 Hour Conversation**



We take time to have a thorough, unhurried conversation via video call - so they might want snacks or a comfy seat!

## **Your Developmental History**



We'll ask questions about when you were little (especially around age 4-5), and about how things are going now.

## **Understanding Your Journey**



Every person is unique. We want to learn about what makes you, you.

## **Building the Complete Picture**



This information helps us understand you better before your own session.



# Then It's Your Turn!

Your session lasts up to 1 hour and includes creative activities. These are designed to give us insight into how you communicate, solve problems, and socially connect. Here's what you'll need to have ready:



## Items to Gather

Have any five of the following nearby: shoelace, paper clip, pen, feather, straw, sticky note, toy car, block, and a cup or ball.



## Find a Quiet Space

Choose somewhere comfortable where you won't be disturbed.



## Camera Setup

Position yourself so we can see you from the waist up.



## Parent Nearby

Your parent or carer can stay close by if that helps you feel more comfortable. Just make sure they let you take the lead during the conversation.



# What Happens After?

Once your assessment sessions are complete, here's what happens next. Our clinical team works carefully to review everything and provide you with clear answers.



## **Clinical Team Review**

Our specialist team meets to carefully review all the information gathered during your assessment sessions.



## **DSM-5 Criteria Assessment**

We assess everything against the official DSM-5 diagnostic criteria to reach a thorough, evidence-based conclusion.



## **Outcome Call (3-4 Weeks)**

Your parent/carer will receive a phone call within 3-4 weeks to discuss the outcome and answer any initial questions.



## **Detailed Report (4-5 Weeks)**

A final written report will be sent to you within 4-5 weeks of completing the assessment, although this timeline may vary. The report will explain the decision and offers helpful advice. It's about giving you (and the adults in your life) a better understanding of your strengths and challenges, so you can move forward with the right support.



# Reach Out


## We're Here Whilst You Wait:

We know that this can be a time filled with anxiety and worrying about the unknown, but we are here to listen and help you understand your brain.

If you have any questions, email us or get your parent/carer to email us.

We look forward to seeing you and helping in this part of your understanding! If you need support while waiting, don't forget your GP can continue to help.

You can also ask your parent/carer to find your Local Offer or Local ICB page, which will show what support you can access while waiting for your assessment. If you are unsure which ICB you are under, please do ring and ask us.

 0333 004 7700

 [www.kirsosptaylorhealthcare.com](http://www.kirsosptaylorhealthcare.com)

 [enquiries@kirsosptaylorhealthcare.com](mailto:enquiries@kirsosptaylorhealthcare.com)



We're happy to answer any questions.