

# Your Autism Assessment Journey

## 1. Before Your Assessment



### Step 1: We receive your referral

- You ask your GP to refer you to us.
- Your GP sends us your referral and information.
- We review the information.
- We send you questionnaires to complete.

**Time:** Within 1 month of receiving your referral.

### Step 2: We check your forms

- You send your questionnaires back to us.
- A clinician reviews your answers.
- If there is enough information, we accept your referral.
- You are added to our waiting list.

**Time:** Within 1 month of receiving your completed forms.

### Step 3: Waiting list

- You wait for your assessment.
- When it is your turn, we contact you.
- We book two appointments for you.

**Time:** Waiting times can vary – please check our website.

## 4. Decision Making



### Team meeting

- After the appointments, our team meets to decide if you meet the criteria for autism using the DSM-5.

**Time:** 3-4 weeks after your second appointment.

## 5. Outcome



### Outcome call

- A lead clinician will call you with the result.
- The call may come from a 'no number'.
- If we can't reach you, we will email you to book a time.

**Time:** 3-4 weeks after your second appointment.

### Your report

- You will get a final written report. It includes: your diagnosis, a summary of your strengths and needs and general support ideas. We are unable to amend clinical content or interpretations, as the report reflects the professional assessment.

**Time:** 4-5 weeks after your outcome call, but this can vary.

## 2. First Assessment

### One appointment (talking about your life)

- Your 'informant' attends this appointment.
- This appointment is up to 2.5 hours long.
- A clinician asks them questions about your development (especially around age 4-5) and your current experiences.
- You can join the first part of the session if you would like, but you do not have to.

**Tip:** Bring a drink or snack to stay comfortable.

## 3. Second Assessment

### One appointment (observation)

- Use a laptop or tablet, **NOT a phone.**
- This is a one-to-one appointment with a clinician.
- This appointment is **up to 1 hour long.**
- A clinician watches how you: talk, interact with others and think.