What's Going On for Kids (Online, Ages 8+)

KT Healthcare

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!



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!



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.



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.

Things You Will Need:

- Pen
- Sticky Note
- Toy Car
- Feather
- Cup



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

See You Soon!

What's Going On for Kids (In-Person, Ages 5+ Until 8th Birthday)

KT Healthcare

1 What is Happening?

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



2 How We Will Talk

We will chat in a cosy spot upstairs. There's a bean bag that you can have all to yourself and you can even bring your favourite toy along. 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!



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 wherever you like. If you want your grown-up with you, that's okay. We'll help you feel comfortable. They do some really good drinks downstairs, so your grown-up might want to pop out for a little bit to enjoy these, but they'll still be nearby!



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.

Things You Will Need:

- Snacks
- A Drink



See You Soon!

Full Details

KT Healthcare

Our clinical team at KT Healthcare are 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 young person to have access to a laptop/tablet/computer compatible with video calling. Depending on your preference and availability, assessmnts can be conducted in-person. **For younger children aged 5 up to their 8th birthday, in-person appointments are required** to ensure an accurate assessment. Online appointments require access to a suitable device, such as a laptop or tablet with a camera - **mobile phones are not suitable.**

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 payment:
We will 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. If your child is home educated, this will not affect their assessment. In this case, we will seek information from another setting where your child spends time, such as a group, club, or with a relative or friend. We require the questionnaires to be completed and sent back to us **within 2 weeks**.

Your questionnaires will be screened, and a clinician may in in contact to ask any further questions if needed. This is to ensure we are the best placed service to assess you. We will then be in touch to book **2 separate appointments**. The assessment can be conducted either in-person at our clinics or online via video call, depending on your preference and availability.

One appointment will be with **parents/carers only**. This is **up to 2.5 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 **your young person**. This is **up to 1 hour** 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. For an online assessment, please can a **parent be 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 young person 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 young people 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 1-2 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 EHCPs 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 1-2 weeks** from 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 final detailed report including recommendations with a formulation of your child's presentation **2-3 weeks** after the call with the lead clinician. Please note that this timeframe may vary. We are unable to amend clinical content or interpretations, as the report reflects the professional assessment. All information included is accurate at the time of assessment, and we are unable to add new information after the assessment has been completed. Please also be aware that the report is a summary of the information gathered during the assessment. It is not intended to provide a word-for-word account of the assessment sessions or discussions.

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.

Reach Out



We understand that this process can feel emotionally intense or time-sensitive, particularly when tied to SEND support or educational transitions. Our team is here to help, please don't hesitate to reach out at privateclients@kirsoptaylorhealthcare.com if you need guidance or reassurance during any part of the journey.

We look forward to meeting you and your young person to support understanding of their brain!