Your Child's Assessment Journey

KT Healthcare

Thank you for choosing KT Healthcare, here's a run through of what to expect with us. Your young person is taking part in an autism assessment to better understand how they think, communicate, and experience the world. This process supports clarity about whether your child meets the criteria for an autism diagnosis, and provides a foundation for understanding their strengths and support needs.

Before the Assessment



Following your GP referral, we will be in touch **within one month of processing your referral** to ask you to complete some background questionnaires.

- **Parent/Carer Questionnaire**

You will be asked to complete a questionnaire about your child's development and current experiences.

- **School or College Questionnaire**

With your consent, we will also contact your child's school or college for additional 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.

Once questionnaires are returned, your child will be added to our waiting list and reviewed by our clinical team.

Format & Set Up

The assessment can be conducted either in-person at our clinics or online via video call, depending on your preference and availability. **For younger children aged 5 up to their 8th birthday, in-person appointments are required** to ensure an accurate assessment.

If completing the assessment online, please ensure your young person has access to a laptop or tablet **(not a phone)**, and a stable internet connection.

Calls are scheduled during appropriate times, with attention to comfort, privacy, and accessibility.

Parent/Carer Interview

One appointment is for **parent/carer(s) only**, lasting approximately **up to 2.5 hours**.

It focuses on **developmental history**, especially around ages 4–5, and your observations of how they currently **experience social, emotional, and sensory aspects of life.**

The clinician uses the **ADI-R tool**, which supports structured understanding. We recommend having refreshments on hand and choosing a quiet, comfortable space.

Their Session

One appointment is with your **young person**, lasting **up to 1 hour.**

A clinician will use a structured approach (informed by the **ADOS tool**) involving **conversational and interactive tasks.**

These activities are designed to **observe communication style, problem-solving approaches, and social interaction** in a naturalistic way.

Important Online Setup Notes:

- They should be **visible on camera from the waist up.**
- A **neutral setting** like a sofa or table works best.
- You may **help with setup**, and remain nearby if they prefer, but we kindly ask you **not to assist with answers** during the session.

Suggested Items: (choose **five** to have ready): shoelace, paper clip, pen, feather, straw, sticky note, toy car, block, and a cup or ball



After the Appointments

The clinical team meets to review all information. Decisions are based on the **DSM-5 criteria** for autism, with input from multiple professionals.

The **lead clinician will call you** as soon as a decision is reached, typically from a no-ID number. If unreachable, they will email to arrange a time to speak.

You will receive your final detailed **report within 4-5 weeks** of the outcome call. Please note this timeframe may vary.

It includes a **diagnostic formulation and general recommendations**. Please note that support strategies are broad rather than setting-specific, to maintain relevance across contexts and over time.

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 GP referral:

We will contact you within **one month** 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. 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**.

Once we have received the questionnaires you will added to our waiting list. 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. Once you reach the top of the waiting list, we will 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 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 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 3-4 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 **4-5 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 office@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!