Your Autism Assessment Journey

KT Healthcare

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.

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.

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.