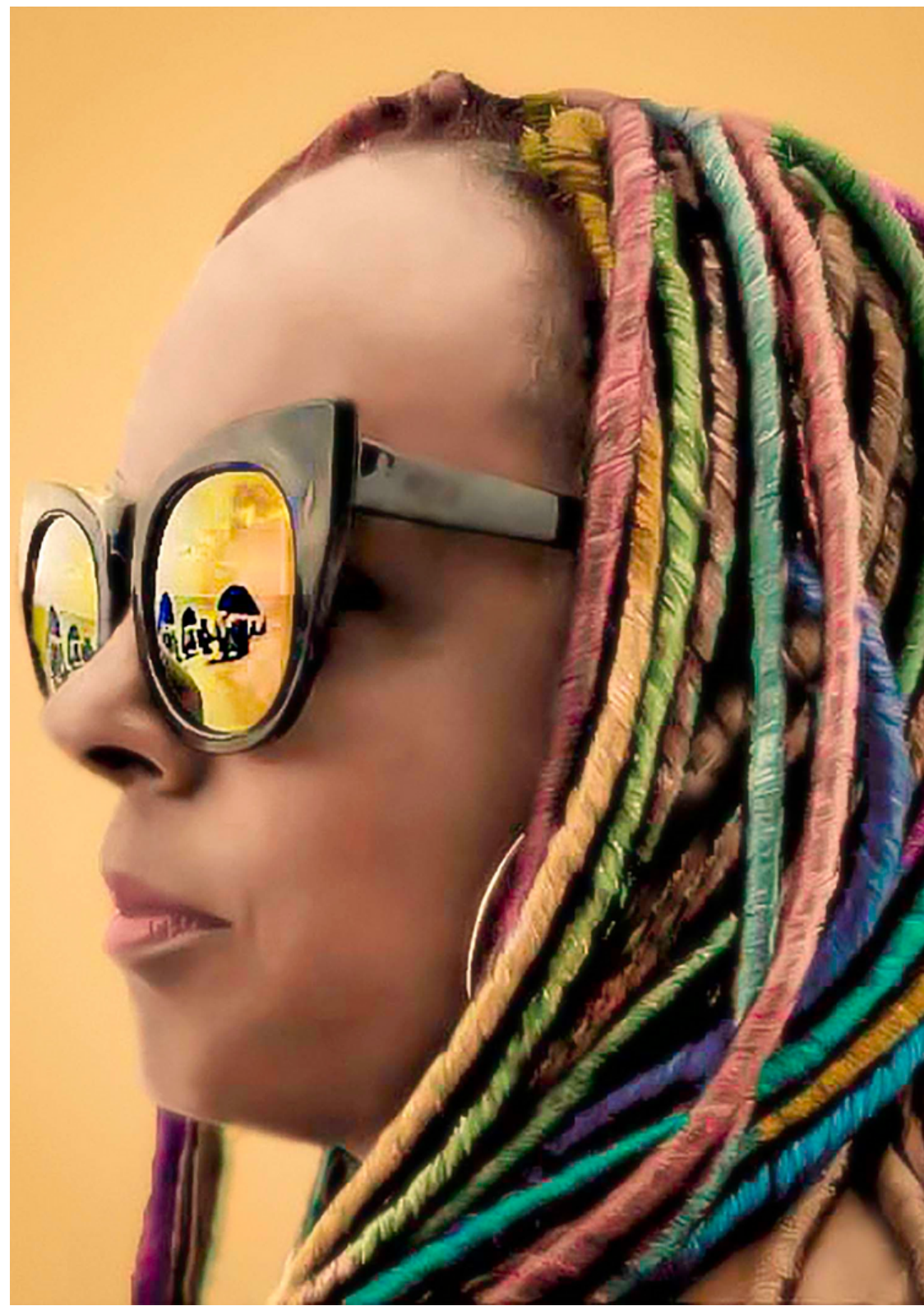




Adult Autism Assessment Guide

What to expect and how to prepare





What does the assessment involve?

- Completing several questionnaires
- Developmental questionnaire sent to an informant (e.g., parents, siblings, carers, close friend)
- Remote clinical interview with an informant and you
- ADOS-2 observation, face-to-face at a clinic or an alternative remote assessment
- Team meeting to decide on the outcome
- A detailed report including recommendations for "next steps."
- A feedback call with an assessing clinician to go over the findings

Completing Screening Questionnaires

Once you decide to book your assessment with us, we will send you questionnaires you can quickly complete online using a secure link. The questionnaires help to obtain information about your strengths, skills, and current difficulties.

Informant Developmental Questionnaire

We will ask you for details of an informant, such as a parent, sibling, friend, or spouse. We will ask them to complete a developmental history questionnaire covering birth, early milestones, education, communication, play and friendships.

You can easily and securely complete this online. We will likely need to speak with the informant online to get more information and will let you know if we need to do this.

If you do not have an Informant who can do this, that's not a problem. We will ask you to provide as many of these details as possible.

Additional Information

Where relevant, we will request certain documents such as end-of-school, speech and language, psychology or other medical reports.





Remote Clinical Interview

Your informant (and possibly you) will meet remotely with a trained clinician who will complete a clinical interview. It can last between two-three hours and covers details about your education, employment communication style, friendships, interests and behaviours.

If you have no informant, we will speak with you directly.

Preparation advice

- Think about your school days. What subjects did you like most and least, and why? How were your grades? Did you like school? Did you have any problems at school?
- Have you ever felt you were different to other children your age? Why?
- What did you enjoy playing with as a child? What were your interests as a teenager?
- Did you have friends? Do you have friends now? How often do you see each other?
- What types of jobs have you held, and for how long?
- Think about any sensitivities you have to light, noise, etc.
- Think about how you respond to change or transitions.
- Think about your interests and passions. How much time do you spend pursuing them? How important are they to you?

The Autism Observation Schedule (ADOS-2)

The ADOS-2 looks at how a person communicates and interacts, patterns of behaviours and specific interests. It takes approximately 60 minutes to administer face-to-face at a clinic.

During the assessment, the clinician will perform tasks and ask questions about friendships, daily life and feelings. Some tasks may seem silly or childish, but must be completed in accordance with the administration manual. We will do our best to make them as comfortable as possible for you.

If you would prefer an online observation, this can be arranged using an alternative assessment. This means more choice and accessibility for you.





What else do I need to know?

We ask that you do not wear a mask or face covering during face-to-face appointments. The clinician will also not be wearing a mask because it is essential for them to see each other's faces. The assessment would be invalid if a mask is worn.

What happens after the assessment?

The assessing team (Multidisciplinary Team, MDT) will meet after all of the assessments have been completed to decide if you meet the criteria for a diagnosis of autism.

Please note that an assessment does not guarantee a diagnosis.

You will receive a detailed report, including recommendations for the next steps. You will also have the opportunity to discuss the outcome with a clinician during a feedback call. During this call they will also work with you to think about the "next steps" and make recommendations according to your needs.

Tips for preparing for online meetings

- We recommend using a PC, laptop or large tablet with a camera and microphone.
- A good internet connection will ensure an uninterrupted interview.
- Interviews take place on a secure link. Please test the link beforehand to ensure your microphone and camera work.
- Find somewhere quiet and relaxed, without any distractions.
- If you use sensory aids, please have them with you. For example, weighted aids, fidget toys, stress balls, and pets).
- Please let us know if you need a break.
- You might like to adjust the screen brightness and sound level to your liking.
- Seeing our faces stare back at us can make us feel we are being watched and need to perform. You may wish to hide your self-view.





Still have Questions?

If you still have questions please do not hesitate to contact:



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