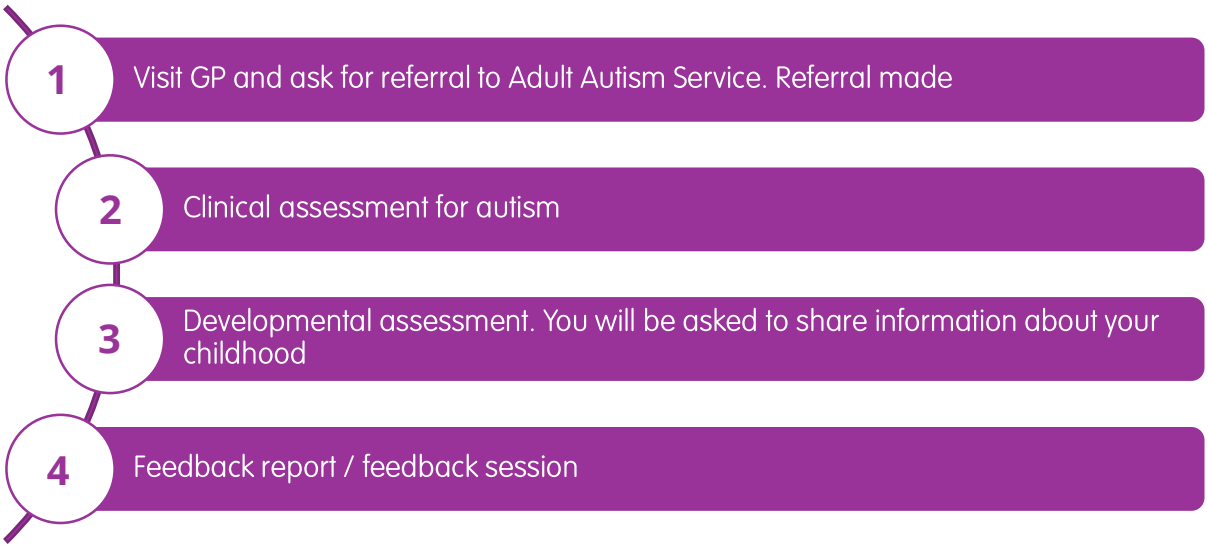
The Autism Assessment Process

You may need to wait a while for your appointment but knowing what to expect can help you feel more prepared.

Below is a step-by-step outline of what usually happens before and during an autism assessment.

Disclaimer: The way that the autism assessment is conducted will vary from borough to borough and service provider so it may not look exactly how it's described below, but this is a general guide.



Visit your GP and ask for referral to Adult Autism Service

The first step is to reach out to your GP and speak with them about what you are experiencing and that you think you may be autistic. You may find it useful to bring along our A3 handout in the inside of the leaflet for this.

Before the assessment appointment:

Once a referral has been made, the process begins. Depending on your borough the wait can vary from a few months to a few years but whilst you are waiting, if eligible, you can join our CAAS Exploring Autism group (link to group info)

When you have received an assessment appointment date, this would be the opportunity to ask for any adjustments you may need to the assessment appointment if needed.

Questionnaires

You'll be asked to fill in forms about your life, what you find difficult, and how you experience the world.

Sharing Information

If you have any reports or documents from other professionals (e.g. clinicians, support services), you may be asked to provide these. If you don't have these, just let the practitioner know.

Childhood Input

Someone who knew you well as a child (such as a parent or a close friend from childhood) may be asked to share their perspective.

At the assessment appointment:

The length and exact format of the assessment appointment can vary, but these are some of the things that our clients have told us they have noticed.

Discussion with a Clinician

The clinician will ask you about your childhood and your current day-to-day experiences and you may be asked to complete practical tasks.

Similar Questions to the Forms

Some questions might overlap with what you answered in the questionnaires.

Different Approaches by Service

Some services may offer one appointment, while others may spread the assessment over several sessions. It's a good idea to contact them in advance to understand what their process looks like.

After your assessment appointment:

You may receive your outcome of the assessment at the end of your appointment or later.

You may also receive a report outlining your strengths and differences and the practitioner's conclusions. If anything in the report seems missing or incorrect, you can contact the diagnostic service to let them know.

If the practitioner suggests follow-up support like counselling or therapy, you will be advised how to access this follow-up support.

Received a diagnosis?

Check in with your GP afterwards and let them know you received a diagnosis. CAAS services are available whilst you are on the waiting list and after diagnosis.

If you received your diagnosis, you may find it useful to download our after-assessment leaflet (LINK HERE)

Not sure what to do next?

Your GP can advise you on next steps, or you can contact CAAS. We offer:

- A 6-week course to help you understand what autism means for you
- Social groups and 1:1 support
- Information tailored to adults at different stages of their journey

Email: adults@adhdandautism.org for more information

Didn't Receive a Diagnosis?

It may be confusing for you if you haven't received a diagnosis, but you can go to your GP and check if there is another possible explanation.

If you don't agree with the outcome, you can ask your GP for a referral to another clinician or service for a second opinion.

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