

## Autism Assessment Guide

### WHAT IS AN AUTISM ASSESSMENT?

- It is a chance for us to get to know you, what you like, what you don't like, what you're good at and what you find hard.
- It is not a test. You won't get an answer 'wrong'.
- We'll do some activities like puzzles, storytelling, and other creative activities. If you really don't want to do something tell us. 😊
- We might play some games.



### WHAT HAPPENS ON THE DAY?

- We will meet you in the waiting room and introduce ourselves, we will then go into the room.
- We know you might feel nervous, we will take some time to settle in and try to help you feel more comfortable.
- There will be fidget toys for you to use.
- You can move as much as you want to, you don't have to sit still.
- We will listen to you - we value your thoughts and feelings.
- We won't wear uniforms.
- We are friendly 😊
- We will make notes about what you say to help us remember.
- Your parent/carer can stay in the appointment with you if you want them to.
- We can have breaks.



### WHAT CAN I BRING TO THE ASSESSMENT?

If you want to you can bring:

- a drink and some snacks.
- your own fidget toys or things that help you to concentrate.
- something important to you that you want to show us like a favourite object or item.



If you wear glasses please bring these with you.

If you have any other support aids please bring these.

### WHO CAN COME TO THE ASSESSMENT?

- Your parent/carer will come to the appointment with you.
- You can decide with your parent if you want them to wait in the waiting room or join you in the assessment.
- Up to 2 family members can join if wanted/needed.



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### WHAT HAPPENS AFTER THE ASSESSMENT?

- Your Autism assessment appointment is part of your Autism and/or ADHD assessment with our team.
- After the appointment we will talk as a team to decide if we need to book in any more appointments with you or your parent/carer
- We will call you or your parent/carer to let you know if we need to book another appointment
- If we don't need to do any more assessment then we will book in a 'feedback' appointment for you/your parents.
- The feedback appointment will explain if you have been diagnosed with Autism and/or ADHD or not.



If you have any questions about your appointment, please contact us using the following details.

01553 668712 Monday to Friday 9 – 5pm

Or email us on [nds@nchc.nhs.uk](mailto:nds@nchc.nhs.uk)



### THINGS TO THINK ABOUT BEFORE THE APPOINTMENT:

- What do you know about Autism already?
- Do you know anyone who is autistic? Family, friends, people at school, famous people?
- Whether you think you might be autistic?
- Any questions you have about Autism.



Autism isn't a problem, or something to be fixed. There are lots of positive strengths that can come with being autistic. Lots of people misunderstand Autism.

People who are autistic can be very observant, good at noticing patterns, have good memories and be good at focussing on things that are interesting. Autistic people can also be really creative, caring, and good at problem solving.