

# AUTISM DIAGNOSTIC ASSESSMENT GUIDE INFORMATION FOR ADULTS & ADOLESCENTS

## The Process



### Initial Consultation

The initial consultation lasts 60 minutes and explores current concerns, including any mental health difficulties. The initial consultation is conducted online with the client. We will then make a recommendation regarding the next steps.

01



### Pre-assessment

Neurodevelopmental questionnaires are sent out to the client and returned to us prior to their next appointment.

02



### Autism Assessment

The Autism Diagnostic Interview (ADI-R) or the Developmental, Dimensional and Diagnostic Interview (3Di) (60-90 minutes) is conducted with an informant (i.e., parent, partner, friend) via telephone/video call.

The ADOS observation interview (60 minutes) consists of a series of tasks which have been designed to elicit subtle social communication difficulties, to explore creativity, and provide opportunities to observe repetitive behaviours and interests. For adults, this is usually conducted via video call.

03



### Next Steps

We schedule a feedback meeting with the client to explain our diagnostic decision and provide them with a detailed diagnostic report with personalised recommendations.

04



## Frequently Asked Questions

### Will the assessment be recognised by the NHS?

We use the same high-quality standards as the NHS and follow the best practice guidance by the UK National Institute for Health and Care Excellence (NICE, 2018).

### How much will the assessment cost?

For our most up-to-date prices please see our website [here](#). We also offer payment instalment plans if requested.

### Where are in-person appointments held?

The psychological assessment process usually takes place online. In-person meetings may take place in West Sussex, Surrey or Kent.

### How long does the assessment take?

The assessment process usually takes place over the course of a few weeks.

### What will the diagnostic report include?

The report includes detailed information about the assessment and diagnostic decision, as well as personalised recommendations for the client.



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## Contact Us



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