

# UNDERSTANDING THE Autism Diagnostic Process



WHAT ACTUALLY HAPPENS?

1 Someone (maybe your doctor or school teacher) writes to us and asks us to do an Autism assessment, to work out if an Autism diagnosis could be right for you.



2 We read about you and decide if an assessment might help you. If we say yes, your name goes on our waiting list. We write back to tell your family you are on the list.

Sometimes, you need to wait for a few months before your assessment begins as there are lots of young people on the waiting list.

3 We speak to your parent or carer on the phone. We work out what we need to do for your assessment.



4 Some assessments can be done in one day, some take more time. We talk with you and your family/ carers in the Autism club (sometimes in school or at home). We want to know about things you're good at, things you find difficult, your early years and family life. Sometimes we use toys, books and special activities to help us learn about you.



5 After we have seen you, we think about what we learnt about you and arrange a 'feedback meeting'. This may be the same day or soon afterwards.



7 We suggest things that may help you. We tell you about good websites and places you can learn more. Sometimes, we plan to meet again to talk more. You can always ask questions.



6 In the feedback meeting, we tell you if we think Autism fits you or not. You can ask us questions. We write it all in a report so you can read about it afterwards.



The outcome of your assessment may provide explanations, but remember that you are much more than a diagnosis – you are your beautiful self! 😊

