



## Combined Autism and ADHD assessment information sheet

We understand that your family may have been on quite a journey to get to this point. There are lots of services offering Autism and ADHD assessments and it can be tricky to decide who to choose and what your next steps might be. To help you in making this decision, this information sheet outlines our assessment process and costs. Please feel welcome to contact us to ask any questions.

### Our approach and values

- ❖ We follow National Institute for Health and Care Excellence (NICE) guidelines for assessment. Our assessments are completed by a minimum of two highly experienced clinicians, and we use validated 'gold standard' assessment tools. Our clinicians have received advanced training in Autism and ADHD assessment, and we value working as a team to reach our conclusions. We have all worked (or continue to work) within the NHS. We are insured and registered with our professional bodies.
- ❖ Integrity is a value that we hold dear. We take a thorough, in-depth approach to our assessments. If a diagnosis is not given, we will try our best to discover what other factors might explain your child's experiences.
- ❖ The pressures of school can lead to some children masking or using coping strategies that disguise the difficulties and differences that they have. Autism and ADHD may also present differently in girls, and this can lead to neurodivergence being overlooked or misunderstood. We take this into account.
- ❖ Our team are passionate about neurodivergence, and we take a gentle approach during the assessment. We want you and your child to feel comfortable and supported during the journey. You can read more about our team here [Our Team | Discover Difference](#).

### Our assessment process:

**Step 1:** You attend an online initial consultation with a Clinical Psychologist. Young people aged 13+ are invited but parents of younger children may find it more appropriate to attend without their child and we will meet your child later during the assessment.

**Step 2:** Your child attends an in-person assessment (called the ADOS) with a Speech and Language Therapist at one of our clinics in Stroud (Gloucestershire) or Wokingham (Berkshire). Young people 13+ may also attend this appointment in Southampton (Hampshire).

**Step 3:** Your child's education setting complete questionnaires that explore your child's strengths, areas of challenge, and features of neurodivergence. Sometimes your child will be asked to complete a questionnaire too, depending on their age.

**Step 4:** Your child completes a computer task and observational assessment at our clinic in Wokingham or Stroud.

**Step 5:** You attend two parent diagnostic interviews online. One interview focuses on autism, and the other interview focuses on ADHD. If your child is over 13, they are also welcome to attend.

**Step 6:** You attend an online follow up appointment to discuss the outcome of the assessment. Children are invited to this appointment, although parents of younger children may prefer to attend a parent only appointment and discuss the outcome with their child later in their own family setting.

*Please note, steps 2-5 may take place in a different order, depending on clinician availability.*

We offer an optional but highly recommended school observation appointment. This can help to gather information and make school-based recommendations for supporting your child in this environment.

Following assessment, we offer parent post diagnosis support, and we can link you in with independent prescribers.

### Our assessment fees:

The cost of the initial assessment is £200. The fee for the remainder of the assessment is: £2800. School observations are £300 and are available within a 25-minute radius of the Wokingham clinic. If you live further than this, please discuss with our practice manager.

Frequently asked questions can be found on our website [FAQs | Discover Difference Psychology Clinic](#). We would encourage you to review them before booking an assessment with us and please feel welcome to ask us any questions. **If you would like to book in for an initial assessment, please follow the link:** <https://discover-difference-psychology-clinic.selectandbook.com/all> and if you have any questions please contact [hello@discoverdifference.co.uk](mailto:hello@discoverdifference.co.uk)

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