



Adult Autism assessment information sheet

We understand that you may have been on quite a journey to get to this point. There are lots of services offering Autism 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 us any questions that you may have.

Our approach and values

- ❖ We follow National Institute for Health and Care Excellence (NICE) guidelines when completing our assessments. Our assessments are completed by a minimum of two highly experienced clinicians from different disciplines to ensure reliability and we use validated 'gold standard' assessment tools. Our clinicians have received advanced training in Autism assessment and have worked (and many continue to work) within NHS settings. 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 experiences.
- ❖ Autism presentation changes overtime, and in adulthood a more subtle presentation can emerge. Adults also tend to mask, compensate or disguise their challenges more, which can mean that autistic features are not easily identified. We take this into account when carrying out our assessments to ensure that we do not miss or overlook neurodivergence.
- ❖ In addition to our expertise in Autism, we are specialists in understanding childhood trauma and trauma that can arise from unrecognised neurodivergence. Autistic 'burnout' is a term to describe the long-term effects of masking or disguising neurodivergence. It can involve feelings of shame, anxiety, depression and feelings of exhaustion. If you tend to mask Autism, we hope that our work together helps you to move towards a more authentic and compassionate way of being.
- ❖ Our team are passionate about neurodivergence, and we take a gentle approach during the assessment. We want you 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 initial consultation with a Clinical Psychologist either online or in person (Southampton). This helps you to find out whether neurodivergence may be a possibility for you and to think about what a diagnosis might mean to you. There is no obligation to continue to a full assessment after this initial appointment.
- **Step 2:** You attend a diagnostic interview either online or in person (Southampton). If possible, you invite someone who knows you well so that they can also provide information (e.g., a parent, partner or a close friend). If they cannot attend or you would prefer to attend the interview alone, then we can provide a detailed questionnaire for them to complete. If you do not have anyone suitable to contribute to the assessment, we can still complete your assessment.
- **Step 3:** You attend an assessment (called the ADOS) with a different clinician either online or at one of our clinics (Wallingford, Stroud, Southampton or Wokingham).
- **Step 4:** You complete one (or occasionally two) additional questionnaires.
- **Step 5:** You attend an online or in person assessment outcome appointment, and your report will follow.

Please note, the in-person ADOS assessment and the diagnostic interview may take place in a different order to the one outlined above, depending on clinician availability.

Following assessment, we can offer post diagnosis support.

Our assessment fees:

The fee for an initial assessment is £200. The fee for the remainder of the assessment is £2000.

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 that you may have by emailing hello@discoverdifference.co.uk

If you would like to book in for an initial assessment please book online: <https://discover-difference-psychology-clinic.selectandbook.com/all>

Thank you for reading this information sheet.