



Combined Autism and ADHD 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 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 us any questions.

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 to ensure reliability. We use validated 'gold standard' assessment tools. All clinicians have received advanced training in Autism and ADHD assessment, and they currently or previously have worked within NHS settings. We value working as a team to reach our conclusions. We are all fully 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 and ADHD changes overtime. In adulthood, a more subtle presentation can emerge, often for women or individuals who have developed masking or coping strategies. We take this into account to ensure that we do not miss or overlook neurodivergence.
- ❖ In addition to our expertise in ADHD and Autism, we are specialists in understanding childhood trauma, as well as trauma that can arise from unrecognised neurodivergence. Neurodivergent 'burnout' is a term to describe the long-term effects of masking or disguising Autism or ADHD. It can involve feelings of shame, anxiety, depression and exhaustion. If you do mask, 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 and fees for combined Autism and ADHD assessment

- **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 two diagnostic interviews either online or in person (Southampton only). 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 an assessment.
- **Step 3:** You complete an online computer-based attention task from home and questionnaires.
- **Step 4:** You attend an assessment (called the ADOS) with a different clinician either online or at one of our clinics (Stroud, Southampton or Wokingham).
- **Step 5:** You attend an online or in person assessment outcome appointment, and your report will follow.

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

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: £2500.

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 us at 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.