



## Autism assessment information sheet:

### Children and Young people

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 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 autism assessments are completed by a minimum of two highly experienced clinicians to ensure reliability and we use validated 'gold standard' assessment tools. All our clinicians have received advanced training in autism assessment, and we value working as a team to reach our conclusions. We have all worked (or continue to work) within NHS settings. 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 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 may also present differently in girls, and this can lead to neurodivergence being overlooked or misunderstood. We take this into account during our assessments.
- ❖ 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 and older are invited to attend 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:** You attend a parent diagnostic interview online. If your child is 13+, they can attend too.

**Step 3:** Your child attends an in-person assessment (called the ADOS) with our Speech and Language Therapist at one of our clinics in Stroud (Gloucestershire) or Wokingham (Berkshire). Young people aged 13+ may also attend at our clinic in Southampton (Hampshire).

**Step 4:** Your child's school or college complete a questionnaire that explores 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 5:** 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 of the assessment with their child later in a more comfortable family setting.

Please note, steps 2+3 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 about your child's needs in this setting and make school-based recommendations.

Following assessment, we can offer parent post diagnosis support.

## Our assessment fees:

The cost of the initial assessment is £200. The fee for the remainder of the assessment is: £1900. School observations are £300 and are available within a 25-minute radius of the 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.

Please feel welcome to ask us any questions. Thank you for reading this information sheet.

If you would like to book an initial assessment, please book online: <https://discover-difference-psychology-clinic.selectandbook.com/all>. If you have any questions, please email us at [hello@discoverdifference.co.uk](mailto:hello@discoverdifference.co.uk)

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