



We understand that every child needs their autism assessment to be completed as soon as possible. The current waiting time is 14-18 months. The resources within this leaflet can be accessed without a diagnosis and we encourage families to use them.

Contact us



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What to expect from your autism assessment

Community Paediatrics- East Berkshire

About the assessment

Before the assessment

Prior to the assessment the information about your child from you and their educational setting will be reviewed. You may be asked further questions about your child on the day.

Who will I see?

The assessment will be undertaken by a community paediatrician and a speech and language therapist. Occasionally junior doctors will be present for training purposes.

Up to two adults are welcome to accompany the child but to avoid distraction, siblings should not attend.

How long will it take?

The length of the assessment varies. The approximate time of the assessment can take anywhere between one and two hours.

What happens during the assessment?

The therapist and paediatrician will engage your child in structured play-based activities. The paediatrician and therapist will then briefly discuss their observations in a separate room. Meanwhile you and your child can play freely. You could bring a drink and snack for your child for this time.

Usually, the assessment is concluded on the day and the outcome discussed with you. You will be given resources that you can access locally and online.

What happens after the assessment?

A report will be sent to you following the assessment. This can take up to four weeks. You can use your copy as evidence of the diagnosis, strengths and difficulties of your child. Unless there are additional medical needs, your child will not require a follow up with a community paediatrician.

If a diagnosis of autism is made you will receive a telephone call from our specialist children's practitioner approximately six weeks after the autism diagnosis has been given. The call gives you a chance to express your feelings around the diagnosis and to be offered support and advice. You will be signposted to resources, including parent support groups and workshops.

Resources

Gems4health:
<https://www.gems4health.com/>



Fussy eating:
<https://cypf.berkshirehealthcare.nhs.uk/fussy-eating>



ERIC:
<https://eric.org.uk/children-with-additional-needs/toileting-support-for-autistic-children/>



Challenging behaviour:
<https://www.challengingbehaviour.org.uk/undertanding-challenging-behaviour/specific-behaviours/>



Parenting special children:
<https://parentingspecialchildren.co.uk/parents-carers/sleep/>

