Information for patients

NHS
Berkshire Healthcare
NHS Foundation Trust

# My Autism Assessment Appointment

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| | I am having an assessment to see if I am autistic |
| | My assessment will be at Erleigh Road Clinic in Reading |
| | I will see<br><br>XX (Job Title)<br><br>XX (job title) |

# My appointment:

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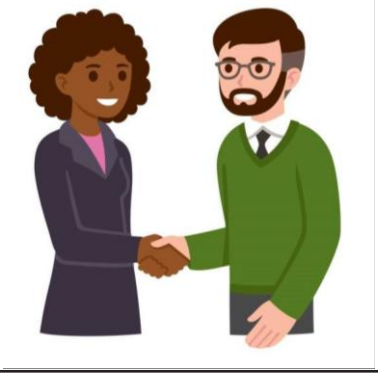
| | • The assessment is long<br>• It can last three hours |
| | • I will come with someone who knows me well<br>• This might be a parent, sibling, carer or friend |
| | • I will wait in the waiting room |
|  | • I will then go to a clinic room and meet the clinician / clinicians |

# Activities I will do in the assessment:

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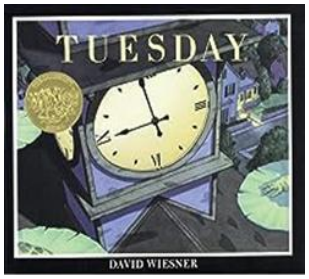
|---|---|
|   | • Complete activities with the clinician including<br>- Simple puzzle<br>- Looking at a story |
| | • Talk to the clinician about<br>- Difficulties I had as a child<br>- Difficulties I have as an adult<br>• Bringing someone who knew me as a child will help |
| | • We will have a break half way through the assessment<br>• I can ask for extra breaks if I need them |

# Finding out if I am autistic

**At the end of my appointment the clinician will tell me the results of the assessment.**

**I can ask the clinician any questions I have about autism and the assessment**

**There are three different things I could be told by the clinician.**

**I will be told <u>one</u> of these things.**

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| | • The clinician might tell me I am autistic.<br>• I will get information about autism |
| | • The clinician might tell me I am <u>not</u> autistic<br>• They might think it is something else<br>• They might refer me to a different team |
| | • The clinician might tell me they do not know if I am autistic<br>• They might need more information from me<br>• They might need to speak to other clinicians<br>• They will arrange a second appointment to finish the assessment |

# Reasons I might want an autism assessment

**At the beginning of the appointment the clinician will ask if you want the assessment.**
**Having the assessment is <u>your choice.</u>**
**These are reasons an assessment might help:**

| | |
|---|---|
| | • People might understand me better |
| | • I might understand myself better |
| | • I might get help for things I find difficult |

# Reasons I might not want an autism assessment

**At the beginning of the appointment the clinician will ask if you want the assessment.**
**Having the assessment is <u>your choice.</u>**
**These are reasons an assessment might not help:**

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| | • some people don't understand autism |
| | • Some people might only see the things I find difficult |
| | • Some people might not see the things I am good at |

# After the assessment

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| | • The clinician will write an assessment report<br>• The report will be sent to me and my GP |
| | • The report will include a care plan<br>• The care plan will include advice on what will help me |
| <br> | I can contact the Autism Assessment team if:<br>• I need help to understand my report<br>• I have questions about the assessment<br>• phone: 01189 044600<br>• email: neuropsychology@berkshire.nhs.uk |