

## Autism assessment service video transcript

0:00:00.480,0:00:06.880

We are the adult autism assessment team. We can help if you're having challenges that may suggest

0:00:06.880,0:00:13.680

you are autistic and would benefit from a formal autism assessment to enable access to support and

0:00:13.680,0:00:20.720

reasonable adjustments. Assessments are carried out face-to-face at our base in Reading. If you

0:00:20.720,0:00:27.920

are very anxious about attending in person, we can discuss the possibility of a video call.

0:00:27.920,0:00:34.480

During an assessment, we will ask you about your childhood, education, personal history,

0:00:34.480,0:00:40.160

family circumstances, mental health, and your interests. We will also ask about

0:00:40.160,0:00:44.640

your strengths and the challenges you are facing. And then we will assess your social

0:00:44.640,0:00:51.280

communication skills. We are not a treatment service. However, as part of the assessment,

0:00:51.280,0:00:56.960

we will work with you to develop a care plan that directs you to information, services,

0:00:56.960,0:01:05.120

and organisations which may help with areas you find challenging. If you're diagnosed with autism,

0:01:05.120,0:01:11.920

we may also offer you a place in our post diagnosis group. To access our service, you will

0:01:11.920,0:01:18.240

need to be referred by your GP or mental health professional. We do not accept self-referrals.

0:01:18.880,0:01:24.560

When we have received your referral, we will send you online questionnaires to complete.

0:01:24.560,0:01:29.280

Based on the answers you give, you will then be told if you've been added to the waiting

0:01:29.280,0:01:35.840

list or not. You can find out more information about the adult autism assessment team on our

0:01:35.840,0:01:43.600

web page. Our web page also gives information on other avenues of support available locally.