



Choosing the autism  
assessment that's  
right for you



# The path to self-discovery can begin at any time



Going through life without an autism diagnosis is more common than you might think. Many autistic people reach adulthood, simply accepting that they don't fit in with most people, teaching themselves different methods to cope with life's challenges. For many, this can be an extremely exhausting experience.

The path to self-discovery can begin at any time. You might have read something or seen something on TV that relates to your own challenges. Your child may have been diagnosed. Someone you know may have suggested you have autistic traits, or you might have taken an online test that indicated you could be autistic.

The only way to know for sure is to get a professional assessment. And while some people are happy to remain undiagnosed, for others, a diagnosis can be a helpful sign of recognition and a long-overdue validation for feeling different. It can provide clarity, belonging, peace of mind and support.

“Getting answers to questions you might have spent years wondering about can be genuinely life changing. Whether you receive a diagnosis or not, you'll always come away with an answer and a clear plan.”

**Karen Ashwood**

Postdoctoral Neurodevelopmental Specialist,  
Clinical Partners

## Choosing the right path

Receiving the right diagnosis and support is essential. But we know how hard it can be to make the right choice. Some options may seem unreliable and untrustworthy. Others might take too long and not provide you with the necessary support after your assessment. Ultimately, the right option has to be the one that gets all the details right and opens the door for meaningful change.

This guide will explain our procedures and diagnostic methods in detail to provide you with everything you need to confidently choose the path that's right for you.

## The most reliable and well-validated diagnostic measures available

Our autism assessment process brings together the two most trusted, accurate, and widely used diagnostic procedures available: the Autism Diagnostic Interview – Revised (ADI-R) and the Autism Diagnostic Observation Schedule, Second Edition (ADOS-2). These are the diagnostic tools of choice for leading clinicians when professionally assessing autism.

Using these two measures together enables us to make a diagnosis and produce comprehensive recommendations at the level of detail required for you to make changes that can make a positive impact on your life.

## The Autism Diagnostic Observation Schedule, Second Edition (ADOS-2)

The ADOS-2 is a standardised observational assessment of:

- Communication
- Social interaction
- Play or imaginative use of materials

It differs from the other diagnostic tools as it is not based on developmental information and instead only looks at your current behaviour and skills. It can be used to evaluate individuals of all ages across different developmental levels, from those with no speech to those who are verbally fluent.

## The Autism Diagnostic Interview – Revised (ADI-R)

The ADI-R is a comprehensive interview between a clinician and someone who has known you from an early age. The purpose is to assess your developmental history and current behaviour, and can be used to assess both children and adults. As an assessment method, the ADI-R has proven highly effective for making a formal diagnosis, as well as producing detailed recommendations for further support and planning.

The ADI-R focusses on three main areas:

- Qualities of social interaction
- Communication and language
- Restricted and repetitive, stereotyped interests and behaviours





# What's included in your assessment?

- Six pre-appointment questionnaires
- An online interview (ADI-R) between someone who knows you well and a clinician to discuss your experiences in childhood and as an adult
- Access to your personalised patient portal, allowing you to track progress and manage your assessment throughout
- An appointment (ADOS-2) between you and a specialist clinician to explore your strengths, experiences and difficulties
- Collaborative analysis of your results by a team of specialist senior clinicians
- A feedback appointment to discuss results and plan any detailed recommendations
- A personalised written report that may include a formal diagnosis and clear recommendations for any necessary support

Pre-assessment questionnaires

Informant's ADI-R interview

Your ADOS-2 assessment

Analysis of results by clinical team

Feedback appointment

Detailed written report with recommendations and advice



## What happens in the ADI-R interview?

Where possible, information about your experiences both in childhood and as an adult is collected from someone who has known you from an early age.

This person is referred to as your “informant”, but please do not worry about their involvement - they are here to support you throughout your assessment. Your informant could be a parent, partner, friend, or companion. Please remember this isn't about judging you or your behaviour – it's about helping your clinician understand your developmental history and reach the most accurate and reliable conclusion.

## Who is a suitable informant?

Your informant will ideally have known you from an early age and will have an understanding of your behaviours during key developmental stages. That's why, where possible, we recommend that people choose a parent. If that's not possible, another family member, former teacher or long-time friend could be a suitable informant.

If you're struggling to find a suitable informant, please call us on **0203 326 9160** and a member of our team will be more than happy to help.

## What is their role?

Your informant will have two tasks to complete before your assessment:

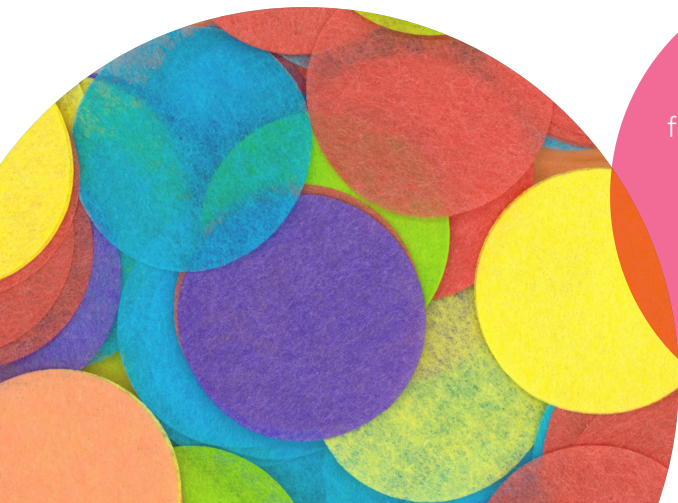
1. Complete and return a brief online questionnaire
2. Attend their online ADI-R interview via Zoom

Please note, your informant will be asked for your date of birth and your full-name before they complete their online questionnaire. Please make sure this information is available for them beforehand.

## How we use this information

The information we receive from your informant's questionnaire and interview is very important for helping us build a complete picture of your development, strengths and behaviours. It's mainly intended to supplement the information you provide and to obtain an accurate account of both your current and childhood behaviour. Many people have difficulty recalling their own behaviour retrospectively, so this information is particularly useful in helping us understand your behaviour when growing up.

While it's possible to receive a diagnosis without the support of an informant, evidence shows that the most accurate results come from this diagnostic approach, and we want to ensure you come away with the most reliable answers.







## Preparing for your ADOS-2 appointment

Once your appointment is confirmed, you will receive your pre-assessment questionnaires. These forms are carefully designed to aid our understanding of you before your assessment and will help your clinicians understand your current strengths and difficulties, allowing us to make the most accurate diagnostic decisions.

You will receive a link to your informant's questionnaire via email, along with clear instructions. Please make sure you forward this to your informant promptly to avoid any delays to your assessment.

## On the day of your appointment

After your informant has completed their ADI-R interview, you will attend your ADOS-2 assessment with a specialist clinician matched to your specific requirements. This appointment will be to explore your current strengths and difficulties, discussing areas such as relationships, employment and everyday life. It has standardised activities and questions, and provides the clinician with an opportunity to observe certain behaviours directly relevant to an autism diagnosis.

## Your feedback appointment

Once your clinicians have analysed and discussed their findings, you will have a remote 30-minute feedback appointment with the clinician your informant saw in their ADI-R interview. The clinician will use this meeting to explain their findings, answer any questions, and plan detailed recommendations for further support.



## A gold standard report recognised by GPs, workplaces and local authorities

After your assessment, you will receive a detailed written report outlining the findings your clinical team has reached. This will include an explanation of whether the findings are consistent (or not) with a diagnosis of autism

Your report may help you access local support groups, national charities, other autistic people and your college, university or workplace.

We recommend checking with your local GP before having your assessment. Please note, the report cannot be used within legal proceedings.



## Further questions and resources

If you have any questions about the assessment process, please call us on

**0203 326 9160**

and we'll be happy to help.

## Fees and payment

The cost of our autism assessments is £2,250. This includes:

- Six pre-assessment questionnaires
- An ADI-R interview with your informant conducted by a senior clinician
- An ADOS-2 assessment appointment to explore your current strengths and difficulties
- Collaborative analysis of your results by a team of specialist senior clinicians
- A feedback appointment to discuss your results and plan any detailed recommendations
- A comprehensive written report that may include a formal diagnosis and clear recommendations for ongoing support, where necessary

We require payment in full within 48 hours of booking your assessment. Payments can be made by credit or debit card online through your patient portal. Please be aware that assessments cannot be confirmed until we have received your payment.



### About Clinical Partners

We are a leading provider of mental health services who work both privately and with the NHS to help people of all ages achieve better mental health outcomes. In just over a decade, we've grown to become the country's leading private mental health partnership, along the way establishing a highly experienced team of clinicians with expertise in a variety of conditions including autism and ADHD.

Speak to us in confidence today

**0203 326 9160**

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