



CHILDREN AND PARENTS | ADOS-2 OBSERVATION

My Visit to The Chill Out Centre

A social story to read together

A gentle, picture-led story about what happens on the day of an ADOS-2 observation, with notes for parents and carers at the end.

What you need next

- 1 Read it together**
A few times in the days before the visit works best.
- 2 Use your child's name**
Swapping 'I' for their name can make the story easier to hold on to.
- 3 Bring a comfort item**
A favourite toy, blanket or snack is always welcome.
- 4 Tell us what helps**
Sensory needs, worries or routines. We will plan around them.

A REASSURANCE FROM OUR TEAM

Your child does not need to prepare or practise anything. The session is built around play and conversation, and a familiar grown up stays in the building throughout.



My Visit to The Chill Out Centre

A social story to read together before an ADOS-2 observation with Sensational Minds. Read it a few times in the days before the visit. You can change 'I' to your child's name if that helps.

1. Soon I am going to a place called The Chill Out Centre. It is a quiet building where people go to talk, play and do activities together.



This is the building. There is parking right outside.

2. When we get there we look for the sign by the door, so we know we are in the right place.



The Chill Out Centre sign is next to the door.



3. A grown up I know will come with me. We go in through the front door, and they will stay in the building the whole time.



This is the front door we go in through.

4. Inside there is a calm waiting area with soft chairs. We might wait for a few minutes. That is okay.



Soft chairs, blankets and cushions in the waiting area.

5. A person called a clinician will come and say hello. Their job is to get to know me. They are friendly and they will explain what we are going to do.

6. We will go into a room with chairs, a rug and some space to move. There are toys, books, pictures and puzzles in the room.



The room where we will play and chat together.



7. The clinician will ask me to do some activities. We might play with the toys, look at a picture book, tell a story or chat about things I like.



Books, puzzles and games are set out ready.

8. There are no right or wrong answers. This is not a test. I do not need to revise or get anything correct. I just need to be me.

9. Sometimes the clinician will watch and write things down. That is part of their job. It does not mean I have done anything wrong.

10. If I feel worried, I can say so. I can ask for a break. I can have a drink of water or sit somewhere quieter for a little while.

11. The visit usually lasts about one hour. Some visits are a bit shorter and some are a bit longer.

12. When we have finished, I can say goodbye and go home with my grown up.

13. Afterwards the team will think carefully about everything they have learned, so they can help the people around me understand what I need.

14. Going to The Chill Out Centre is a way of helping people understand me better. It is okay to feel excited, calm, unsure or a bit nervous.

Notes for parents and carers

How to use this social story, and what to expect on the day.

Before the visit

- ☐ Read the story together two or three times in the week before the appointment, in a calm moment rather than at bedtime if bedtime is difficult.
- ☐ Use your child's own name as you read. The photographs in this story are the real rooms your child will see.



- ☐ Keep the language you use consistent with the story. Avoid words like test, exam or checking whether you are autistic.
- ☐ Bring familiar comfort items, a drink and a snack. Ear defenders and fidget items are welcome.
- ☐ Plan the journey with extra time so nobody arrives rushed.

What the ADOS-2 observation is

The ADOS-2 is a structured, play based observation used worldwide as part of an autism assessment. The clinician offers a series of everyday activities and conversations, and records how your child communicates, plays and interacts. It is one part of a wider picture that also includes your developmental history interview, school information and a multidisciplinary team review. Nothing is decided on the strength of this session alone.

On the day

- ☐ The session usually takes about an hour, depending on your child's age and the activities used.
- ☐ The Chill Out Centre is a shared space, so appointments are by appointment only and the building will be calm and quiet for your visit.
- ☐ You will normally wait nearby rather than in the room, so your child's responses are their own. The clinician will explain this beforehand.
- ☐ Breaks are always allowed. Tell us in advance about sensory needs, communication preferences or anything that helps your child settle.
- ☐ Where a clinic visit is not the right setting, the observation can sometimes take place in your child's school. Ask us if you think that would suit better.

After the visit

Many children are tired afterwards, so plan a low demand rest of the day. The clinical team then brings the observation together with the ADI-R developmental history and school information at the multidisciplinary review, and you will receive a feedback session and written report within four to six weeks.

Questions before the visit? Email **hello@sensationalminds.co.uk**, call **01206 586027** or visit **www.sensationalminds.co.uk** and we will talk it through with you.