



ADULTS | AUTISM ASSESSMENT

Adult Autism Assessment

Preparation Checklist

Everything to have in place before booking your online adult autism assessment, set out in plain steps so nothing is left to guesswork.

What you need next

- 1 Ask for your referral**
A GP, health professional or SENCO referral, or a copy of your GP Summary if a letter cannot be obtained.
- 2 Choose your informant**
Someone who knew you well in your younger years, ideally a parent or older sibling.
- 3 Complete your forms**
Take your time. There is no deadline and nothing you write can be wrong.
- 4 Talk to us if you are stuck**
One call is usually enough to unblock any of the steps above.

A REASSURANCE FROM OUR TEAM

You do not have to have everything ready before you get in touch. Most people start with a conversation, and we work through the list together from there.



Adult Autism Assessment: Preparation Checklist

Everything you need to have in place before booking your online adult autism assessment with Sensational Minds. Tick each item off in your own time; there is no deadline attached to any of this.

1. Before you book

- ☐ Request a referral letter from your GP, another health professional or a SENCO.
- ☐ If a GP referral letter cannot be obtained, request a copy of your 'GP Summary' from your GP receptionist instead.
- ☐ Gather any previous professional letters, earlier assessments or relevant medical history.
- ☐ Check you have a quiet, private space and a reliable internet connection for online appointments.

2. Pre-assessment forms and questionnaires

- ☐ Set aside unhurried time to complete the questionnaires and pre-assessment forms we send you.
- ☐ Cover your experiences, developmental history and current presentation as honestly as you can.
- ☐ Note down what is hard, what helps and what you want to understand from the assessment.
- ☐ Consider keeping a short sensory and daily-living diary in the weeks before you start.

3. Your informant (required)

- ☐ Identify an informant who knew you well during your younger years. This is a clinical requirement.
- ☐ A parent, mother or father, is preferred. Older siblings who remember your early childhood can also be very helpful.
- ☐ A partner or close friend can add useful current information but cannot replace someone who knew you as a child.
- ☐ Confirm your informant is willing to attend part of the clinical interview or complete a detailed supporting questionnaire.
- ☐ Without a suitable informant the assessment cannot proceed, so talk to us first if you are unsure.



4. What to prepare on the day

- ☐ Your completed questionnaires and pre-assessment forms, submitted as instructed.
- ☐ Any old school reports, photographs or records that help tell your early story.
- ☐ A written list of questions you want to ask at your feedback appointment.
- ☐ A piece of paper and a pencil, water, comfortable clothing and anything that helps you feel at ease online.

5. What happens next

- ☐ Our multidisciplinary team screens your information at a weekly clinical meeting before the assessment proceeds.
- ☐ Your assessment interview uses the ADI-R, ACIA or RAADS-R, chosen by the clinical team.
- ☐ All findings are reviewed together by the multidisciplinary team, no single clinician decides alone.
- ☐ You receive verbal feedback at a dedicated appointment, then a written report within four to six weeks.

Adult autism assessment: £2,250, fully online across the UK. Most pathways complete in six to ten weeks.

Questions before you book? Email **hello@sensationalminds.co.uk**, call **01206 586027** or visit **www.sensationalminds.co.uk**.