



INFORMANTS | PARENTS, PARTNERS AND SIBLINGS

Informant Preparation Guide

Supporting someone through their assessment

What to share, how to prepare and what to expect when you are asked to be the informant for an autism or ADHD assessment.

What you need next

- 1 Read this through once**
There is nothing to revise and nothing to memorise.
- 2 Gather early memories**
School reports, photographs and family stories from the early years are all useful.
- 3 Answer honestly**
Everyday examples help far more than clinical language.
- 4 Ask us anything**
If you are unsure whether a detail matters, tell us. We would rather hear it.

A REASSURANCE FROM OUR TEAM

Being an informant is not a test of your memory and it is not a judgement of your parenting or your relationship. You are simply helping us see the whole picture.



Informant Preparation Guide

For parents, family members, partners and friends supporting an autism or ADHD assessment with Sensational Minds. Thank you, your contribution makes the assessment stronger.

Why your role matters

A reliable assessment depends on developmental information from across a person's life, not only how they describe themselves today. As an informant, you provide the independent, historical evidence the clinical team needs to reach a robust, defensible decision. You do not need any special knowledge, just honest recollection.

What information you may be asked to share

- ☐ **Early development:** pregnancy and birth, milestones such as first words and walking, and any concerns raised at the time.
- ☐ **Play and imagination in childhood:** how they played, alone or with others, pretend play, repetition.
- ☐ **Social communication:** friendships, eye contact, conversation style, understanding of social rules.
- ☐ **Routines and repetition:** rituals, distress at change, intense or unusual interests.
- ☐ **Sensory responses:** reactions to noise, light, touch, textures, food or clothing.
- ☐ **School and learning:** teacher comments, school reports, strengths and difficulties.
- ☐ **Everyday life then and now:** what you noticed in their younger years, and what you notice today.

How to prepare

- ☐ Take some quiet time to reminisce before the interview. Old photographs, school reports and baby records can jog memories.
- ☐ It is fine to say "I don't remember". Honest gaps are more useful to clinicians than guesses.
- ☐ Answer from what you genuinely observed, not what feels like the "right" answer.
- ☐ If other family members remember things differently, mention it. Differences in perspective are valuable.

What to expect during the assessment

Depending on the pathway, you will either be invited to attend part of the clinical interview (held online over Microsoft Teams) or asked to complete a detailed supporting questionnaire in your own time. For children, the developmental history is taken through the ADI-R, a structured



online conversation lasting around three to four hours. There is nothing to rehearse; the clinician will guide you through each question.

Confidentiality

Everything you share is used only to inform the assessment. It is stored securely on encrypted, access-controlled systems in line with UK GDPR, and is discussed only among the assessing clinicians during the multidisciplinary team review. It is never shared outside the team, and it is not passed to GPs, schools or employers without explicit consent.

Questions? Email **hello@sensationalminds.co.uk**, call **01206 586027** or visit **www.sensationalminds.co.uk** and a member of the team will be happy to talk it through with you.