

## Preparing for your autism assessment - adults

At your assessment, the specialist team will ask questions to find out more about you now and when you were a child. You may find this resource helpful to prepare for your autism assessment.

Please note that this resource cannot determine whether you will receive a diagnosis and is not an exhaustive list of everything the specialist team may request information about. It can help you to prepare for the types of questions they may ask and the types of information they may request from you.

The left column has some questions to consider that may help you explain your experience. The right column has space for notes, to give examples and detail any evidence you have to help explain your answers.

Questions to consider	Your answers, examples and evidence
<p><b>What were you like as a child?</b></p> <ul style="list-style-type: none"><li>• Do you know if there were any differences in your development or behaviour compared to other children your age?</li><li>• Were any concerns raised about your development or behaviour as a child?</li><li>• Did you experience any specific challenges growing up?</li></ul>	
<p><b>How do you communicate?</b></p> <ul style="list-style-type: none"><li>• Are there any differences with how you communicate compared to other people?</li><li>• Have others ever commented on how you talk (eg your accent or tone, or the speed or volume of your speech)?</li><li>• Have others ever commented on how directly or honestly you express yourself (sometimes described as being 'blunt')?</li><li>• What are your preferred forms of communication and why?</li><li>• Are you able to follow conversations and instructions? Does this differ talking to someone one-to-one vs talking in a group?</li><li>• Are there things that you feel you may misunderstand when talking with others?</li><li>• Do you feel people frequently misunderstand you?</li></ul>	

**Do you have sensory sensitivities or seek out sensory experiences?**

- Are you sensitive to smells, sounds, touch, tastes and/or visual stimuli? Do you avoid any sources of these or often seek them out?
- Are there sources of sensory discomfort in your environment (such as bright lights, noises or smells) that cause you distress?
- Do you sometimes find it difficult to think or respond to others when there are lots of things going on around you all at once?

**Do you have focused and dedicated interests?**

- What passions, hobbies and interests do you have now, or have you had over the last few years? How often do you engage in activities related to your interests or talk to others about them?
- Are these interests a comfort to you and does engaging in them have a calming effect?
- Are your interests so intense that they can distract you from everyday tasks?

**Do you engage in routines, repetitive actions or movements?**

- How important is routine to your well-being and do you find sticking to a plan helps you?
- Is change and uncertainty difficult for you to manage? Can you give examples of how this affects you?
- How do you manage with switching from one task to the next?
- How important are rules and guidelines to you, and how do you deal with grey areas and unclear rules?
- Do you have a clear idea of right and wrong, and a strong sense of justice?
- Are there certain physical movements or actions you like to do a lot, or use to calm yourself or express emotion?

**How do you manage in social situations?**

- What things do you find difficult or confusing in social situations?
- Do you have any preferred social situations or social situations you find very challenging?
- Do you ever have to take time out before or after a social event, for example to prepare yourself and/or to recover?

**Do other people ever comment on the way you behave or react?**

Consider things like:

- Do other people notice and comment that you do some things differently?
- Have other people commented on whether they consider your behaviour to be different or unconventional?

**How do you manage in daily life?**

- Consider how you manage everyday activities at home, at work and/or in education.
- Do you need support with any tasks?
- Are there any examples of things that you manage well and other things that you find difficult to manage?

**Do you have any existing health conditions, diagnoses or previous assessments?**

For example:

- physical or mental health conditions
- previous assessments for autism, or related conditions such as ADHD
- speech and language assessments
- paediatric reports
- occupational therapy reports
- psychology assessments
- CAMHS summaries
- childhood school reports.

Do you have reports or letters that summarise any diagnoses or assessments you have had? Providing copies of these may help the clinicians carrying out your assessment.

**Is there any other information you think is relevant to share?**