

Questions you could ask at your GP appointment

If you think that you or your child may be autistic, you can go to your GP and request a referral for an autism assessment.

It can be helpful to prepare some questions to ask before you go to your GP. Here is a list of questions you may like to ask, with space to write down any further questions and add the answers.

Can you outline the autism assessment options that are available to me (or my child)?

You could ask about:

- Right to Choose - if you live in England, this is an option to request an assessment through the NHS from an independent provider
- Assessments from independent providers, including private services, outside of the NHS. Will a diagnosis from these services be accepted by the NHS and local authority?

What are the current waiting times for these assessment options?

Note that there may be a waiting time for an initial appointment to meet the specialist team, and a further waiting time before the actual assessment appointment/s.

How will I know the referral has been made? How and when should I expect to hear from the assessment service?

Who should I contact if I don't hear anything for longer than expected?

What support can I/my child get while waiting for an assessment?

Use this box for any other questions you may have:

Please note: your GP may not be able to answer all of these questions, but they may know who you can contact to find out more information about local autism services. This resource is designed to help you prepare for a GP appointment - it does not mean you or your child will definitely be referred for an autism assessment or receive a formal diagnosis.

If you are speaking to the GP about your child and live in England, it may help to look up the 'SEND local offer' in your area beforehand (your local authority should have a web page), so you are aware of the autism services in your area.