

Tips for Preparing for A Diagnostic Assessment

- Read “Autism in under 18s: Recognition, Referral, and Diagnosis (NICE clinical guidelines)”. This document outlines evidence-based recommendations and outlines what should happen during the diagnostic process and when.
- Tap into autism services and support groups. Hearing from other parents/carers about their experiences may help.
- In some cases, you don’t need a diagnosis to be able to apply for extra support and benefits. Your first initial diagnostic appointment may be a while away, looking at options available to support you in the meantime is important.
- Prepare information in relation to you child’s history so that you have this available at the appointment.
- Research what to expect on the day, this can help decrease any anxieties you may have.
- Arrange for someone to come along with you. The appointments can be overwhelming, and you may not take in some of the information you are being given so having an extra pair of ears there to listen and help take notes can be useful.
- Talk to someone about your feelings and fears in relation to the appointment.
- Prepare a list of questions you have for the clinician.