

## Assessment of Autistic Spectrum Disorder

### What should I expect at my appointment?

The assessment will involve answering questions about your **childhood development** and past and current experiences of:

- **Social communication** such as:  
Conversation skills e.g. small talk  
Non-verbal communication  
Face to face versus online/telephone communication
- **Social interaction** such as:  
Making and keeping friends  
Engagement in structured versus unstructured activities  
1:1 versus group interactions
- **Sensory processing**  
This is your experience of the five common senses (sight, sound, touch, taste, smell) as well as:  
Proprioception: awareness of your body in space e.g. being clumsy  
Interoception: awareness of what is happening inside your body e.g. pain threshold, noticing being ill
- **Flexible thinking** which involves:  
Use of routines and structures  
Coping with change  
Interests and collections.

If you have copies of any previous assessments or relevant reports it may be useful to bring these.

The assessment typically takes between 2 and 3 ½ hours but very occasionally will need more than one appointment. You will be able to take a break if needed and drinks and snacks are available to purchase at a small cost.

It may be helpful to bring a family member or friend who can provide information on the above areas.