



HAVEN MEDICAL

Adult Autism Assessment Patient Guide

A Haven Medical autism assessment is carried out by an **experienced Consultant Psychiatrist**, an expert in adult mental health and neurodevelopmental conditions. Our assessments are **NICE guidelines** compliant, which is important for ensuring that your diagnosis is **recognised by the NHS**, education settings and in the workplace.

Why choose Haven Medical?



Our comprehensive reports are **recognised by the NHS**, places of education and workplaces.



We are a **CQC registered clinic** and operate to the highest standards of effective and safe care.



Our clinicians have years of experience assessing autism and other neurodevelopmental conditions. They understand how autism can present differently in females and are adept at working with those who mask symptoms or have other mental health conditions.



We follow gold standard guidelines for autism assessments, recommended by **NICE** and the **Royal College of Psychiatrists**.

The Adult Autism Assessment Process

1. Free telephone consultation



Before booking your appointment, you will receive a **free telephone consultation** with a **Clinical Psychologist** to run through the assessment process, answer any questions and confirm that the process is a good fit for your needs.

2. Face to face assessment



You will meet with a Consultant Psychiatrist for an **in-depth and thorough clinical interview**, based on the Royal College of Psychiatrists guidelines. This typically takes place over **two sessions**, depending on the time it takes to cover the questions. As part of the process, it is very helpful to have a **parent or close relative** who knew you as a child to provide information that will assist in the diagnosis process.



3. The assessment report

Within approximately two weeks, you will be emailed a **comprehensive report**, based on all of the findings and mapped against the **autism diagnostic criteria**. The report includes:


- A detailed analysis of the assessment process and findings
- A clinical formulation
- An outcome
- Recommendations for **next steps, tailored to you**

The clinician may recommend you have further assessments, for instance if it is thought that you may have ADHD or another mental health condition.

Psychological therapy or support can be a very important part of making changes after receiving a diagnosis. We offer **psychological therapy sessions** with our expert clinicians here at Haven Medical. We know that with Autism, the same as with many other conditions, the support after the diagnosis can be key to making positive changes in life.

If you have any questions regarding an ADHD assessment and treatment options, please don't hesitate to get in touch and we will be delighted to help.

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