

The Isle of Wight Adult Autism Assessment Clinic

Sandown Civic Centre
Building, Barrack Block,
The Broadway,
Sandown, Isle of Wight,
PO36 9EA

Who works for the Service?

Clinical psychologists provide the assessments. We can refer to other clinicians as needed.

For further information, please contact the team administrator using the contact details overleaf.



Tel: 01983 534243



Email:
iownt.AdultAutismAssessmentService@nhs.net

Office hours

Monday to Friday

9am to 5pm

The Isle of Wight Adult Autism Assessment clinic



Reviewed October 2019

Next review due October 2021

Who can make referrals to the service?

Referrals to the service can be made by:

- your GP
- other healthcare professional (e.g. Community Nurse).

What is the assessment process?

- We offer an assessment and diagnosis service for Adults (18+) on the Isle of Wight.
- To start with, we will send you some short questionnaires to complete.
- Depending on the results of the screening questionnaires, we may then need to do some more in-depth assessments. These can take several sessions. We will also need to ask for some information from others, usually a parent.
- A full report will be made available to you and your referrer following any assessment.
- If a diagnosis is given, tailored advice will be given to you and other important people in your life in relation to any core difficulties. The aim in the final session is to help people identify sources of support, understand the diagnosis, and develop coping skills.
- If a diagnosis is not given, we will 'sign-post' you to other support services that might be able to help

What services do we offer?

- We can make referrals to other agencies where necessary. This is based on an individual's needs, and could include support for a range of social care, employment, education, or health care issues
- The Team also aims to support other services in developing skills to work with people with ASC.

What are the benefits of having a diagnosis?

A diagnosis of ASC can help a person and their family to understand their own strengths, weaknesses, and support needs.

A diagnosis can help people to access the support that is right for them, and which they are entitled to, under the Autism Act 2009.

A diagnosis can help other support organisations to tailor the support they provide so that it is most helpful.

What is Autism Spectrum Condition (ASC)?

ASC is a term covering a range of conditions, including:

Autism, Classic Autism, Asperger Syndrome, High Functioning Autism, Pervasive Developmental Disorder (PDD-NOS) and Atypical Autism.

It is a lifelong, developmental condition (starts in childhood).

Core features include:

Social and communication difficulties.
These can be verbal or non-verbal
Difficulties in coping with change
Restricted or repetitive behaviours or interests

People with ASC can experience a wide range of related difficulties, including anxiety, low mood, social exclusion, and limited life opportunities.

What ASC is **not**:

It is not a mental illness
It is not a learning disability*

* Although a significant number of people with ASC also have a learning disability.