



EMPOWR

- Health Collective -

Connection. Growth. Mental Health Care.



Autism Assessments



Psychology-led, neuro-affirming assessment process



WHEN TO CONSIDER AN ASSESSMENT

- Differences in social communication
- Sensory sensitivities or overwhelm
- Emotional regulation challenges
- Masking, burnout or difficulties coping
- Concerns raised by family, school or services



WHY SEEK AN ASSESSMENT

- Gain clarity and understanding
- Access supports (NDIS, school, therapy)
- Identify strengths and needs
- Guidance for next steps



WHATS INVOLVED

- Developmental interview
- Structured observation (ADOS-2 / MIGDAS-2)
- Questionnaires (home & school)
- Feedback session + comprehensive report



OUR APPROACH

We use a neurodiversity-affirming, person-centred approach, focusing on understanding the individual rather than labelling. Our assessments are collaborative, respectful and designed to provide practical recommendations that support meaningful outcomes across home, school and daily life.

Come chat with us today



02 4071 9390



www.empowr.com.au



Nelson Bay | Port Stephens



HOW YOU CAN ACCESS SUPPORT

NDIS | Medicare | Private

Empowering your wellbeing...Inspiring your growth



Understanding your Autism Assessment

A guide for children, teenagers, adults and their families

We're glad you're here.

Seeking an autism assessment is often the beginning of a journey towards greater understanding. Whether you are seeking an assessment for yourself, your teenager, or your child, our goal is to provide a respectful, collaborative and neuro-affirming experience. At Empowr, we don't simply look for a diagnosis. We aim to understand the whole person, including their strengths, differences, support needs and the unique way they experience the world.

Our Neuro-affirming Approach

We recognise autism as a naturally occurring form of neurodiversity. Our assessments explore communication, sensory experiences, executive functioning, relationships, interests, strengths and support needs. Every person's profile is different, which is why every assessment is individualised.

Why do we sometimes ask about ADHD too?

Autism and ADHD commonly occur together.

Many autistic people also experience differences with attention, executive functioning, impulsivity or activity levels. We routinely consider whether ADHD characteristics may also be contributing to someone's presentation.

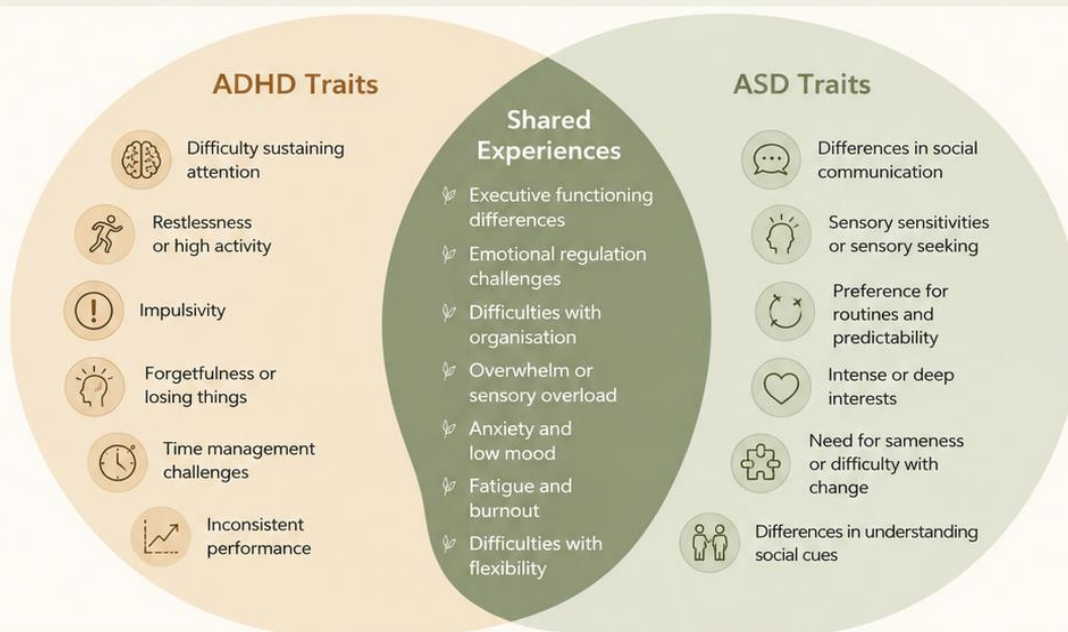


ADHD and Autism (ASD) often co-occur.

Research shows that up to 50–70% of autistic people have ADHD traits, and many people with ADHD have autistic traits.



Understanding both gives the clearest picture of a person's strengths, challenges and support needs.



Your Assessment Journey

Stage	What happens	Who is Involved
Initial Enquiry	We'll talk with you about your concerns and whether an ADHD Assessment is the right next step.	Phone Call with Reception
Initial Appointment	Your psychologist will spend time understanding your concerns, background history, and goals.	Parent/ carers or Adult
Your Assessment Plan	Following the initial appointment, your psychologist develops an individual Assessment Plan tailored to your referral questions and selects the most appropriate assessment tools.	
Questionnaires & Information Gathering	Questionnaires will be sent out to be completed by parents, teachers, partners or the individual. Previous reports and relevant background information are reviewed	Sent out via email
Clinical Interview (ADIR)	We will ask questions to explore developmental history, strengths, sensory profile and current concerns	Parents/carers or Adult
Assessment Sessions (ADOS/ MIGDAS)	Assessment activities and observations are selected specifically for you or your child.	Person being assessed
Report	A comprehensive report will be written which explains the findings, strengths, challenges and practical recommendations.	
Feedback	We'll discuss the results together and answer your questions and talk through the next steps and recommendations.	Parents/carers or Adult

Frequently Asked Questions

Is there a pass or fail?

No. The assessment helps us understand strengths, support needs and whether experiences are consistent with autism

What if my child masks?

We combine interviews, questionnaires and observations across settings rather than relying on one interaction.

When is the report ready?

Usually within approximately 10 business days after the feedback session.

Next Steps

Your report may help guide school supports, therapy planning, workplace adjustments, NDIS applications (where eligible) and greater self-understanding.

Autism Assessment Fee Guide

Understanding Fees & Funding

Every Autism Assessment at Empowr is tailored to the individual.

Common Assessment Pathways

Assessment Pathway	Typical Investment
Autism Assessment - Psychologist	From \$3190
Autism Assessment – Provisional Psychologist	From \$2750
Suitable for individuals requiring assessment for autism spectrum disorder	
Combined Autism & Cognitive Assessment	Personalised Quote
Suitable for where learning intellectual functioning or academic achievement also needs assessment	

Funding Options

Funding	Available
Medicare (where eligible)	Yes
Private Health	Depends on Policy

Payment Schedule

Stage	Payment
Initial Appointment	Deposit required to confirm appointment
Assessment Plan & Service Agreement (quote)	Provided after the initial appointment
Assessment Appointments	Invoice/payable as appointments occur
Report	Released once final invoice has been paid

Every assessment is unique. Following your initial appointment your psychologist will develop an **Assessment Plan** outlining the recommended assessment components, expected timeframe and a personalised quotation before any further appointments are booked.

Frequently Asked Questions

Do I have to pay everything up front?

No. Assessments are invoiced progressively throughout the assessment process

Can the quote change?

If additional assessment is recommended, this will always be discussed with you before proceeding.

Will Medicare cover my assessment?

Eligible appointments may attract Medicare rebates where a valid referral pathway applies. Report writing is not rebatable. We are happy to discuss what kind of Medicare referral may be available to you.

When will I receive my report?

Usually within 2-4 weeks of the final assessment session, depending on complexity or within 10 days after your feedback appointment.

Questions?

Please email contact@empowr.com.au or call 02 4071 9390
to discuss availability, suitability and next steps