

Thinking about an autism assessment?

A gentle guide to help
you think things through



AUTISM
SERVICES

Empower - Educate - Embrace

How to use this guide

This guide is intended as a calm companion if you are thinking about an autism assessment.

It is designed to support reflection and understanding, not to tell you what to think, feel, or do.

You do not need to read this booklet in order, and you do not need to complete every section. You may find that some parts feel more relevant than others. You are welcome to dip in and out at your own pace.

There is no expectation to finish it.

There is no requirement to reach a decision.

Some people find it helpful to read slowly and reflect internally. Others like to make notes, write a few words, or talk things through with someone they trust.

This is not a diagnostic tool.

This booklet does not assume that you want to make changes, seek assessment, or take any particular next step. You are in control of how you take from this booklet, and when. If at any point you find the booklet unhelpful or overwhelming, it is okay to step back and return to it later.

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Thinking about an autism assessment

Many people consider an autism assessment after a long period of questioning, waiting, or feeling unsure.

It's common to feel overwhelmed by information, worried about making the wrong decision, or uncertain about whether now is the right time.

This guide is intended to help you think things through calmly. It is not designed to push you towards an assessment, but to support informed decision making.



Why people seek an autism assessment

People seek autism assessments for many different reasons. These can include:

- making sense of lifelong patterns or current difficulties
- understanding differences in communication, sensory processing, or social interaction
- supporting education, university, or workplace adjustments
- helping others understand needs
- guiding support planning
- gaining clarity, whether or not a diagnosis is given

There is no right or single right reason.



Differences in how autism presents

Autism does not present the same way in everyone.

Some people learn to mask or compensate for their difficulties. Others may not fit common stereotypes of autism.

This can be especially relevant for adults, girls, and people who were not identified earlier in life.

Appearing to cope does not mean support is not needed.



Reflecting on your experiences

You may find it helpful to reflect on the questions that follow.

There are no right or wrong answers. These are simply prompts to support your thinking.

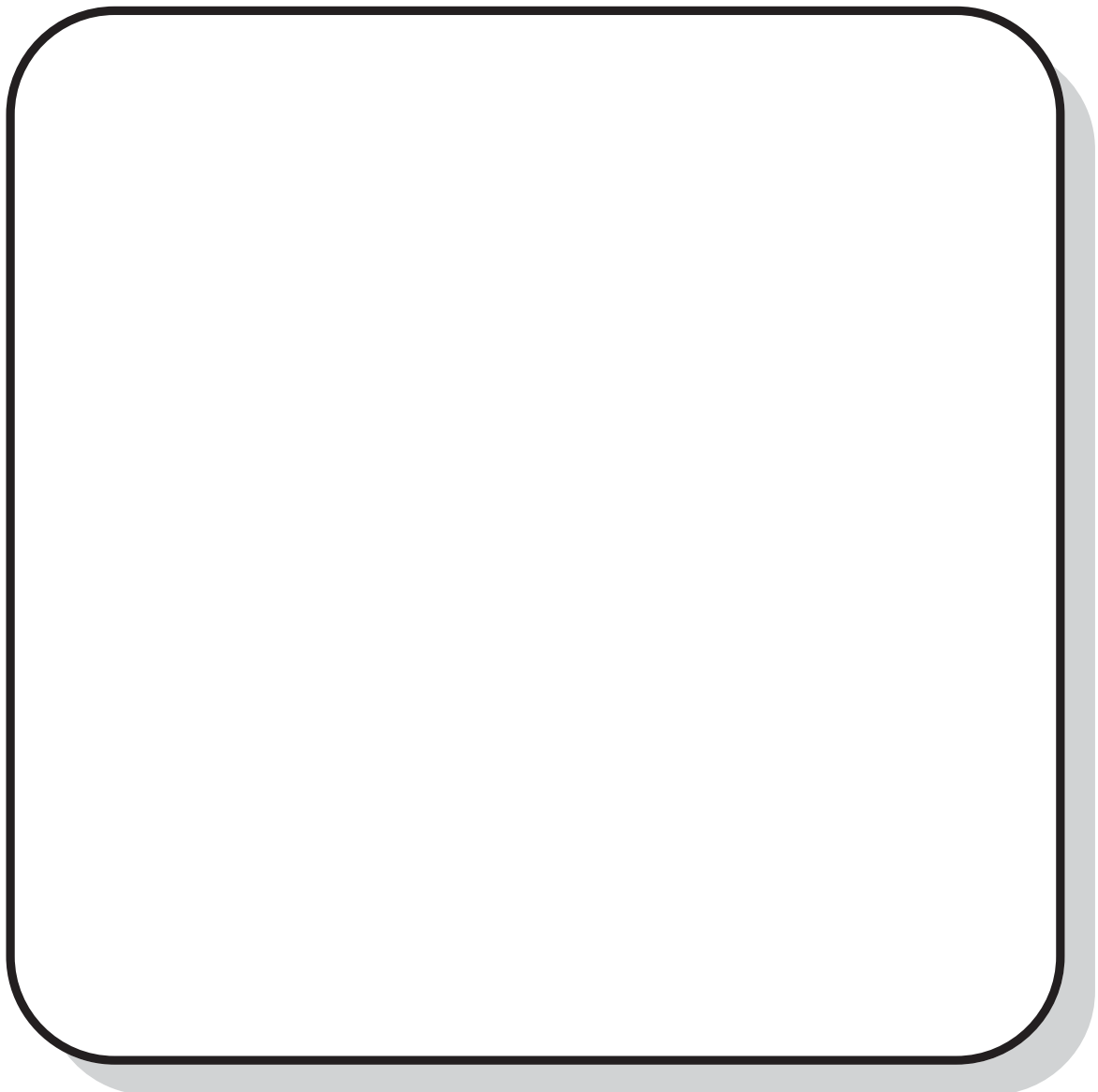


Social experiences and relationships

Have you often felt different in social situations, even if you learned how to manage or mask this?

You might find it helpful to reflect on:

- how social situations feel internally, rather than how they appear externally
- whether interactions feel effortful, even when they go well
- whether you need time to recover after social situations

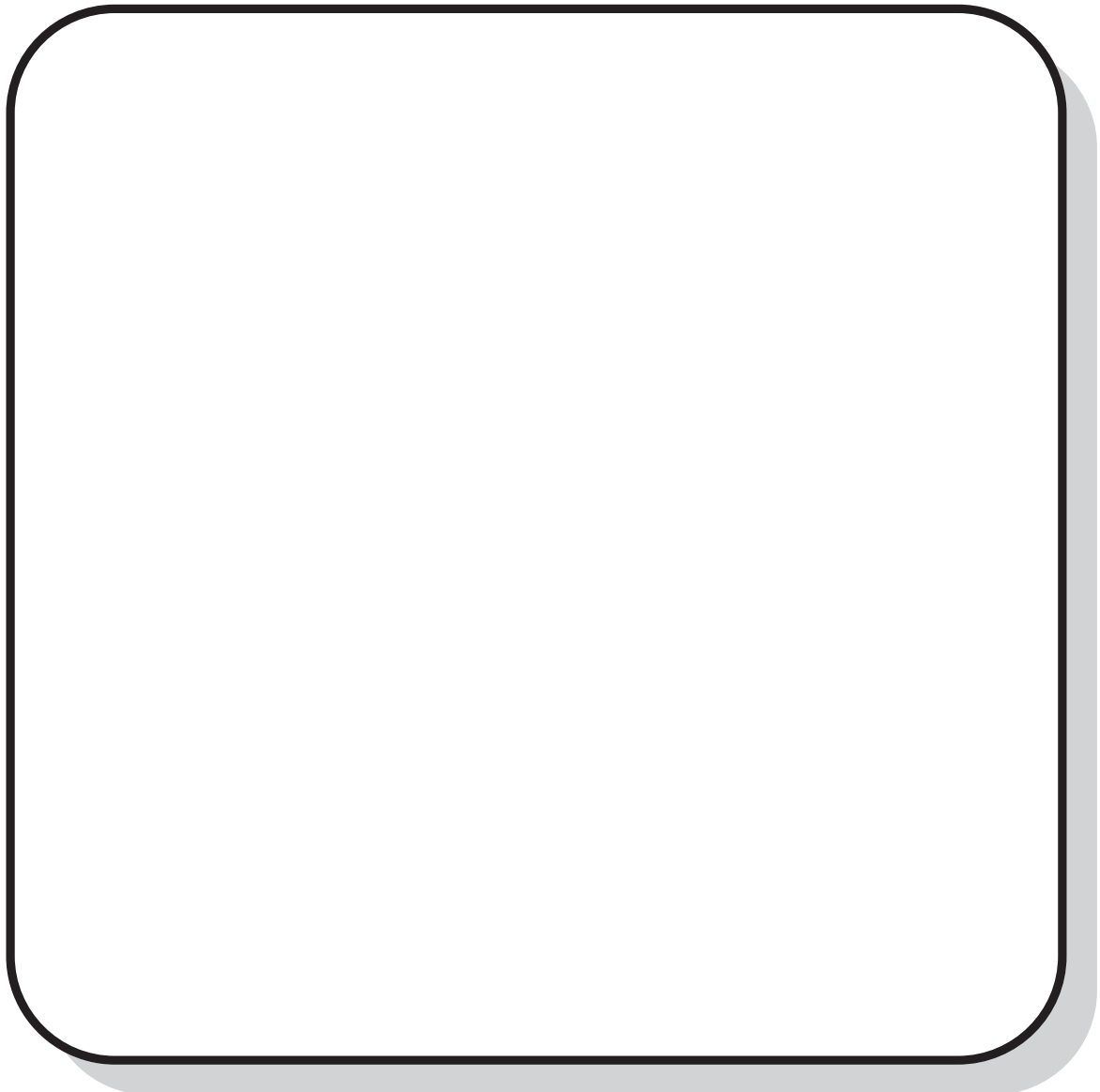


Masking and effort

Do you spend a lot of energy masking, fitting in, or managing how you come across to others?

You might find it helpful to reflect on:

- whether you consciously or unconsciously adjust your behaviour around others
- how much effort it takes to “keep up” socially
- whether this changes depending on the environment or people you are with

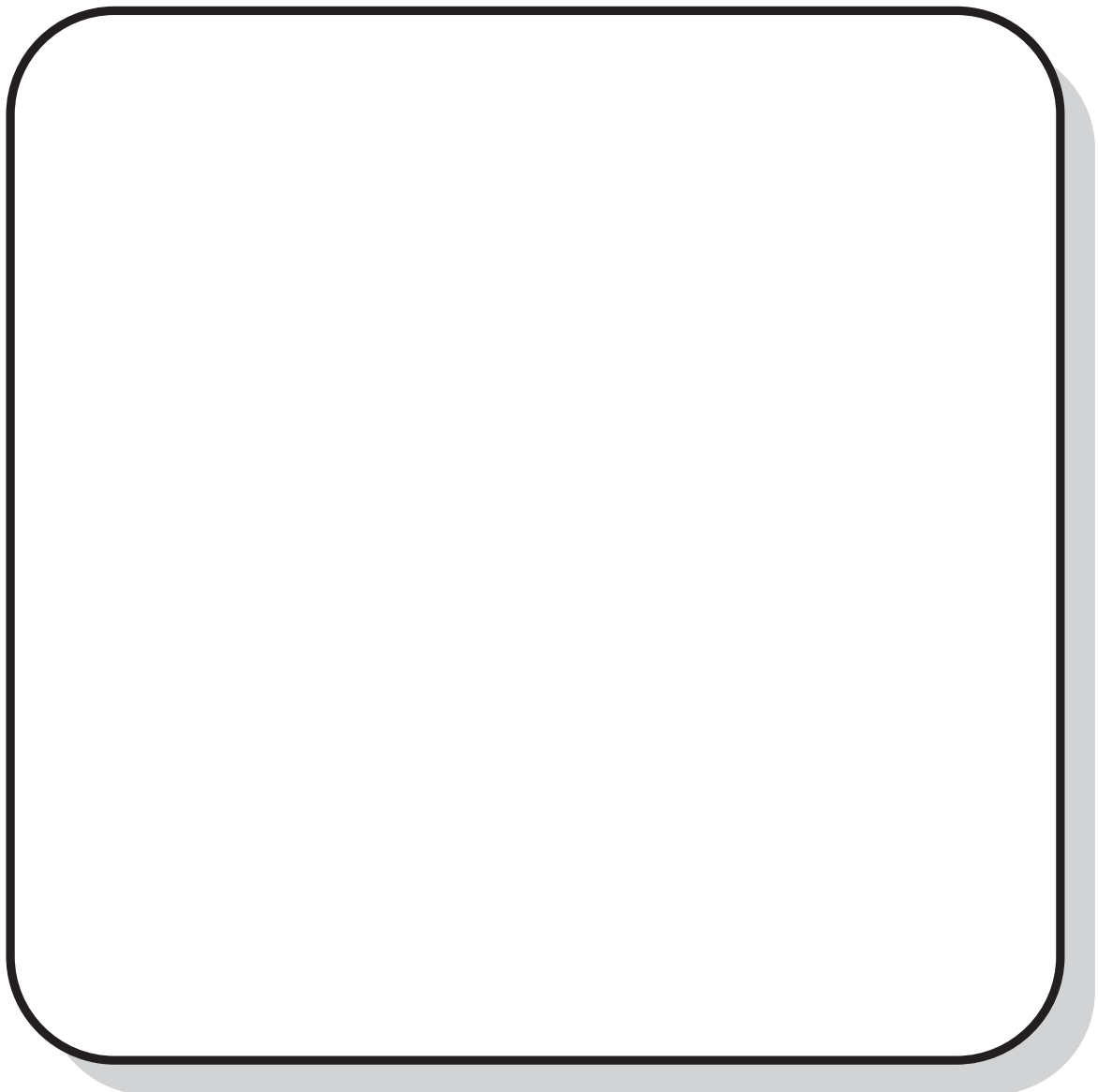


Energy and overwhelm

Do everyday demands leave you feeling exhausted, overwhelmed, or needing significant recovery time?

You might find it helpful to reflect on:

- how your energy levels change throughout the day or week
- whether certain environments or expectations increase overwhelm
- what helps you recover when things feel too much

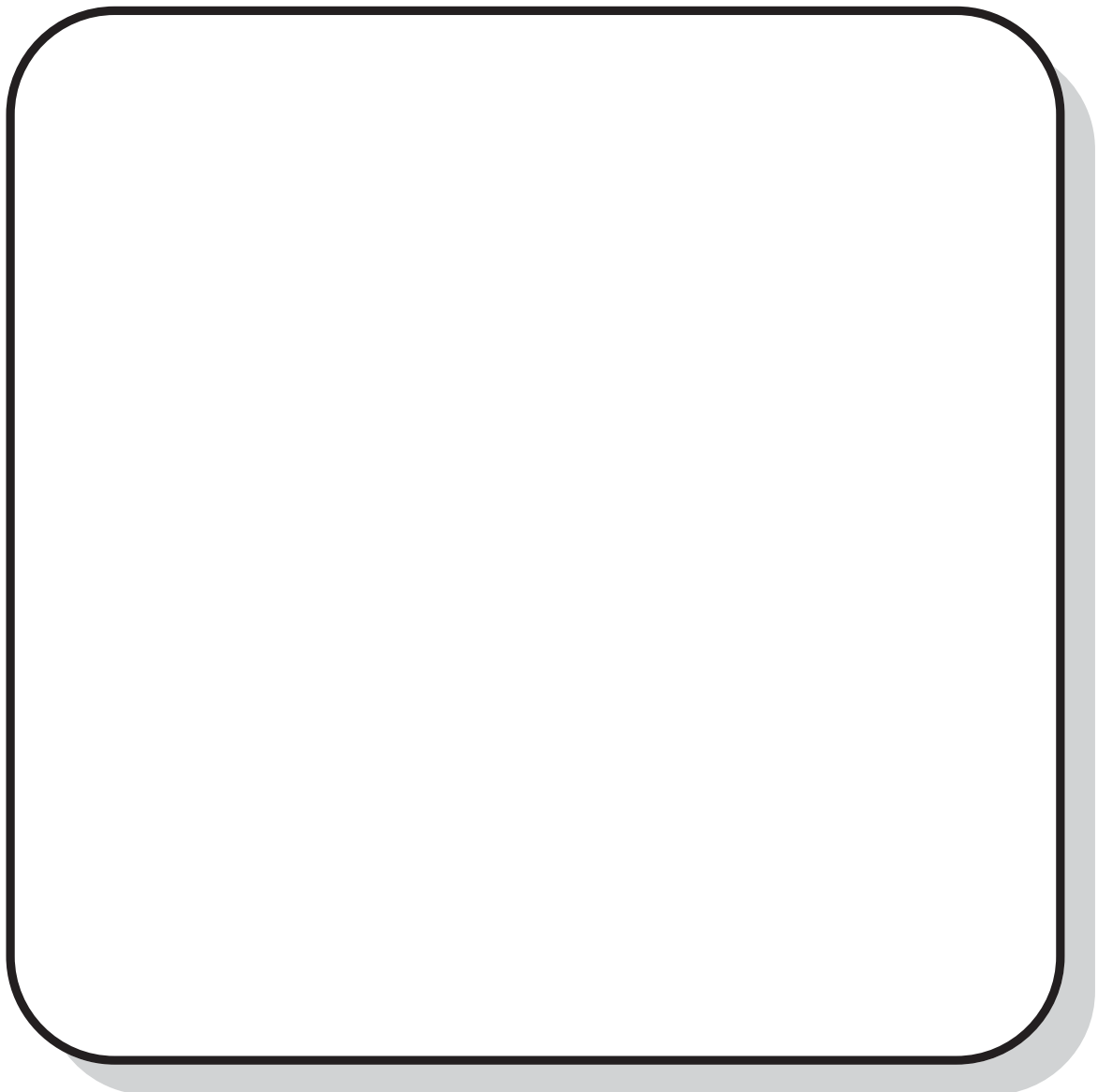


Sensory experiences

Have sensory experiences, such as noise, light, textures, or environments, affected your wellbeing?

You might find it helpful to reflect on:

- whether certain environments feel comfortable or uncomfortable
- how your body responds to sensory input
- whether you avoid or seek out certain sensory experiences

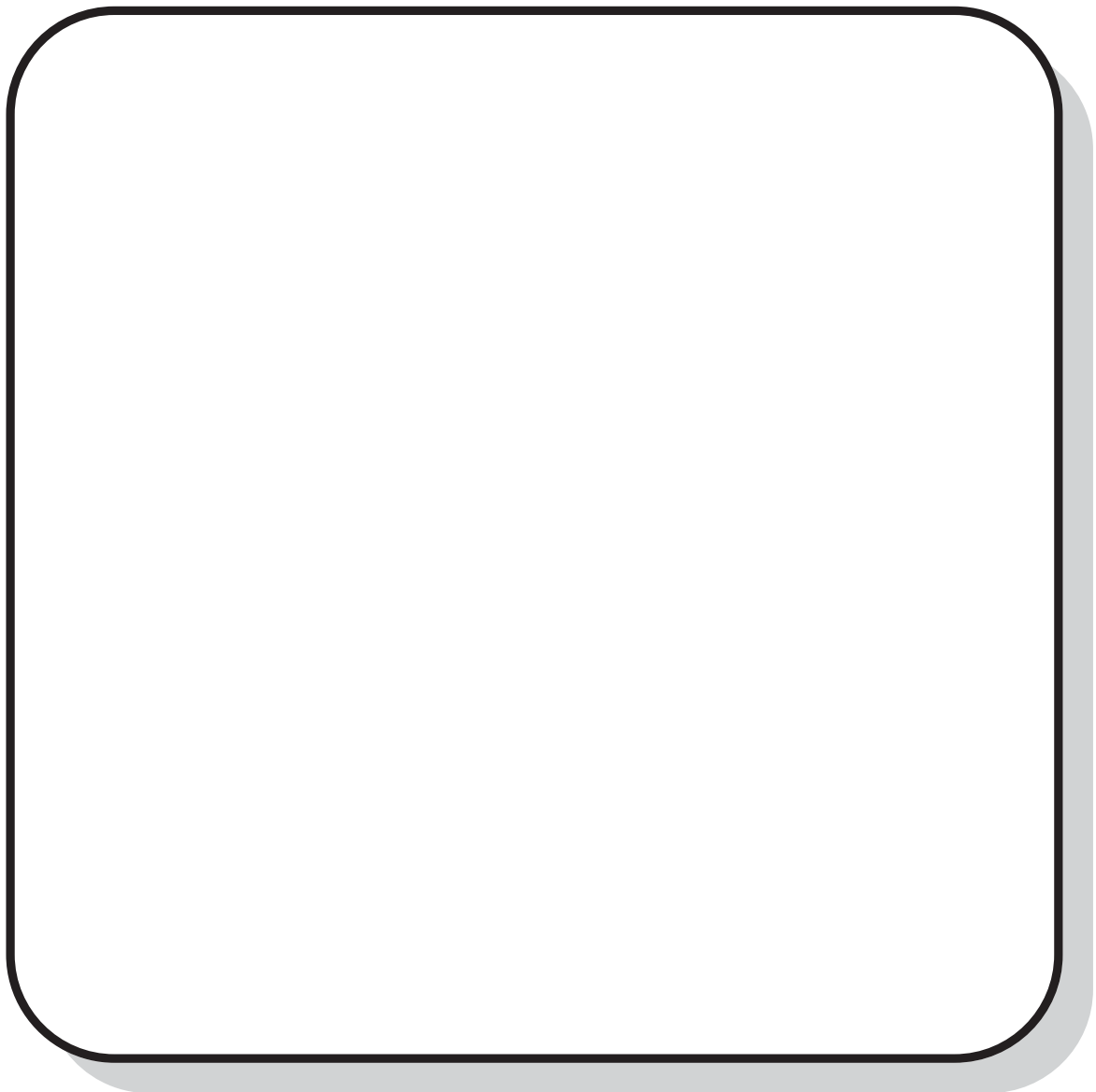


Patterns over time

When you look back, do patterns in your life begin to make more sense when viewed through an autistic lens?

You might find it helpful to reflect on:

- whether similar challenges or experiences have appeared at different points in your life
- how you have adapted or coped over time
- whether understanding these patterns brings any new clarity or perspective



Thinking about the next steps

If reflecting on these questions raises further thoughts, you may wish to consider:

- what you are hoping an assessment will provide
- whether now feels like the right time
- who a report might need to be shared with
- whether you have preferences about how an assessment is carried out (eg: online or face to face)

Choosing an assessment provider

If you decide to explore an assessment, it may be helpful to ask:

- do assessments follow recognised guidance
- who is involved
- how decisions are reached
- what the report includes
- whether you can talk things through before committing

Our approach

If you do decide to explore an assessment, our approach is:

- We offer supportive, neuro affirming autism assessments carried out by experienced clinicians.
- Our assessments follow recognised guidance and involve multidisciplinary clinical judgement.
- We aim to provide clear, detailed reports suitable for education, work, and support settings.

Practical considerations

We recognise that a private autism assessment is a significant financial commitment.

If helpful, we are happy to talk through options during an initial consultation.

Talking things through

If you are unsure whether an autism assessment is right for you or your child, we offer free initial consultations.

You are welcome to get in touch even if you are still thinking things through.

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