

## Adult Diagnostic Assessment Information

### Step 1: Registration of interest

To get started, we require a copy of your registration of interest (referral) form, which you can complete and submit yourself. All submitted registration of interest forms will be carefully considered by the team to determine whether our service is able to meet your individual needs.

We will consider multiple factors, including whether assessment for possible conditions other than autism (e.g., ADHD) is more appropriate. If this is the case, another service might be more suitable, and we will help you to access an alternative service if this is needed.

Please be aware that given the high level of demand for assessment services, we will likely receive a greater number of referrals than our service can accommodate.

### Step 2: Gathering more information

If we can provide you with an assessment, we will book an appointment for you and will email/mail you the required consent forms and questionnaires. We may request copies of/access to records of your development, relevant health reports and school information. This information will be used to guide the assessment. You will have opportunities to discuss your queries with us face to face during your assessment appointment.

We will also call you prior to your assessment appointment to get any further information, let you know what to expect and to answer any questions.

### Step 3: Assessment appointment

You will meet with our lead psychologist for a comprehensive interview at the Autism Resource Centre. You are welcome to bring a support person.

During the interview, we may discuss areas such as your developmental, family, occupational and relationship history. We will also enquire about your likes and interests, relationships with others, your strengths and any concerns you might have.

In some instances, it may be appropriate to include additional assessment to identify or rule out other possible conditions, sensory needs, and/or learning needs. Our team will discuss this if they feel this is needed and arrange an additional appointment/s.

### What should I bring to the appointment?

- You are welcome to bring snacks or any items/fidgets that may help you feel comfortable during the appointment
- It's sometimes useful to bring notes about what motivated you to initiate this assessment



Entrance to Autism Resource Centre



Reception



Entrance to transition/waiting room



Inside transition/waiting room



Entrance to main assessment appointment room



Inside main assessment appointment room

#### Step 4: Information from someone who knows you well

A member of our team will also gather information about you and your development from another person such as a parent(s), partner, close friend, or work colleague. We will discuss with you who the best person to contact is. We will collect this information either by a questionnaire or a video/phone interview.

#### Step 5: Feedback appointment

You will meet with one or two members of our assessment team to provide feedback on the assessment outcome. They will also provide recommendations for next steps. You are welcome to bring a support person.

The Autism NZ Wellington Outreach Coordinator may also attend the appointment. The Outreach Coordinator provides support, information, and

education on autism. This includes linking you to the right support services. Our assessment team can also help with referrals to appropriate support services.

### **Step 6: Diagnostic report**

You will receive a detailed report which may be necessary to assess if you are eligible to receive funding for supports.

### **Step 7: Follow-up**

If the assessment results in a diagnosis of autism, follow-up support from the Outreach Coordinator is available. This is a free service.

### **How long will it take?**

**Registration of interest:** Our team will respond to your registration of interest within 3 weeks of receipt to let you know the outcome.

**Wait list time:** Our wait list time varies. From the time of your first appointment, we aim to complete the assessment in 3-4 weeks. It can take longer depending on your needs and service capacity.

**Week 1-2:** Assessment appointment. The appointment will take about 2 hours.

**Week 2-3:** Information from someone who knows you well.

**Week 3-4:** Feedback appointment. The appointment will take about 1 hour.

Please note, depending on your individual situation we may need to schedule additional assessment appointments prior to the feedback appointment.

**Week 7-8:** Diagnostic report. We aim to provide the report within four weeks of the feedback session.