

A Children and Young People's Guide to the Autism Assessment Process



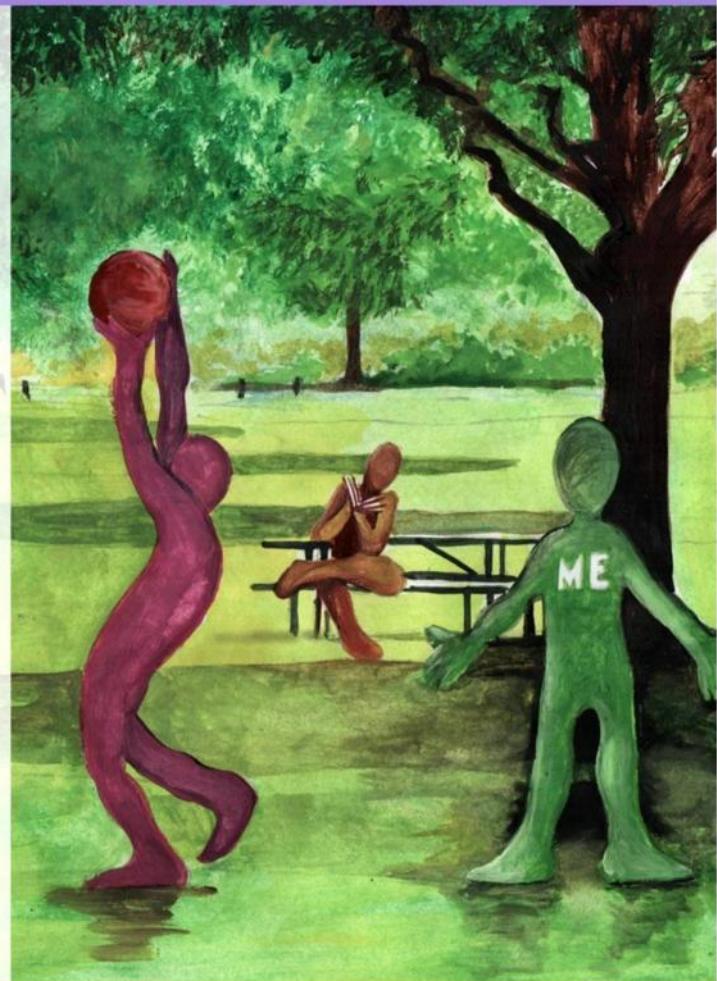
What is Autism?

Autism is a developmental disorder and affects how we see, hear and feel the world around us. This can be confusing for some people.

Autism is sometimes shortened to ASD (Autistic Spectrum Disorder).

Autism is a condition that people are born with but which doesn't always get diagnosed straight away.

Each and every one of us is different which makes us all individuals.



Having a referral made to CAMHS



Someone who knows you, such as your GP or Teacher, will talk to you about making a referral to Calderdale Children and Adolescent Mental Health Service (CAMHS) who oversee Autism assessments.

The person referring you to CAMHS will tell them about you and any difficulties you may have.

The specialist CAMHS worker will read the information and decide if you should go onto the waiting list for an assessment.

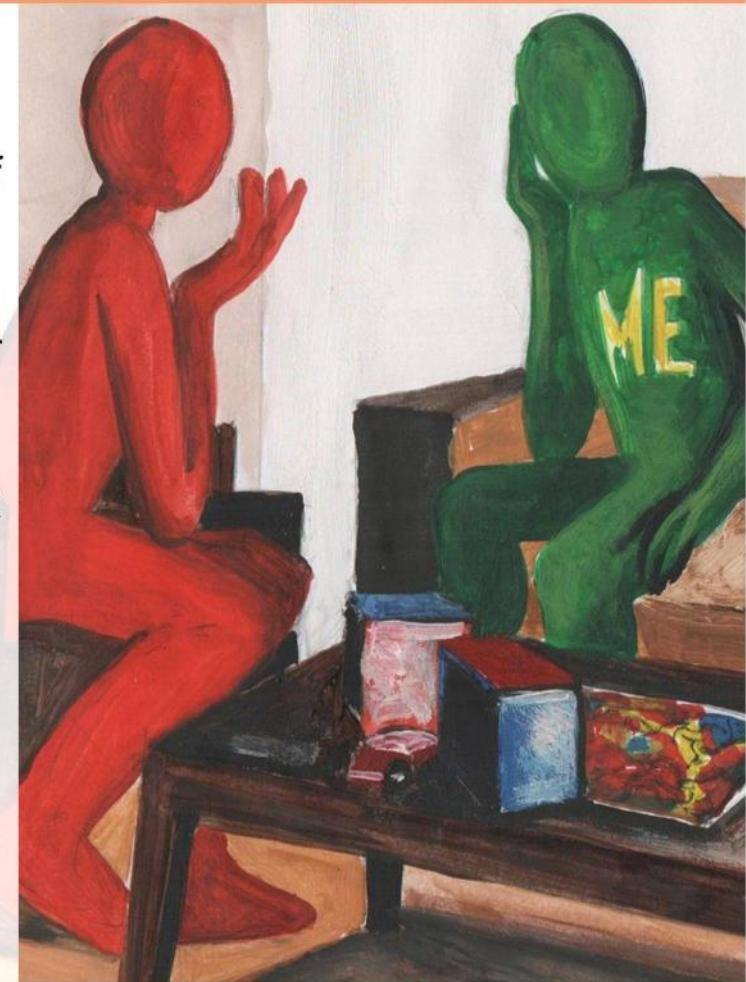
If they don't have enough information they may ask for more.

Having an assessment

You and your parent/carer will receive a letter inviting you to come to an assessment meeting. As part of the assessment process a specialist CAMHS worker will come into school and observe you during your lessons.

In the assessment meeting you will talk to a Psychologist and a Speech and Language Therapist who will ask you about your life, feelings, thoughts, school, friendships and family. You will be asked to do some activities in the room, do not worry about this, this is not a test.

Your parent/carer will meet with another Psychologist at the same time in a separate room.



Diagnosis



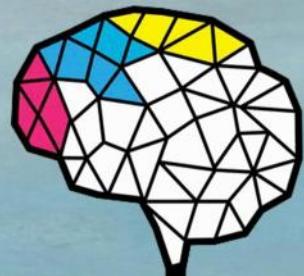
You and your parent/carer will receive a letter inviting you all to come to a meeting with the Psychologist.

It is up to you if want to attend this meeting or not.

At this meeting the Psychologist will say if you have Autism or not.

Either way don't worry, you will be advised as to what happens next.

Don't forget, it's good to be an individual.



Open Minds

For Children and Young People in Calderdale

For further information about Autism please visit

Calderdale's Local Offer website

or

Calderdale's Open Minds website

www.calderdale.gov.uk/localoffer

www.openmindscalderdale.org.uk

**Many thanks to all the young people who
have helped design this leaflet alongside
the illustrator Howard Priestley.**

Calderdale
Council

NHS
Calderdale
Clinical Commissioning Group