



# Adult Neurodevelopmental Assessments

Oakdale offers neurodevelopmental assessments for autism, ADHD or both combined.

This guide will help you to understand all the parts of the assessment, what will happen and who will be involved.

## 1. REFERRAL RECEIVED BY OAKDALE



## 2. INITIAL CONTACT FORM



You will receive a short form to fill in.

- This provides us with up to date contact details and important information that will help us support access to the assessment.

## 3. WAITING LIST

Up to date information about estimated wait times from referral is on our website.



- If anything changes we will contact you.

## 4. INFORMATION GATHERING

Your assessment begins by gathering up to date information.



- We will send you and your chosen observer some online questionnaires to complete. If you would prefer a paper copy, this can be arranged instead.
- Your detailed responses are recorded in our electronic clinical records and are an important part of the assessment.
- They tell us about your current circumstances, your background and are a chance to share your strengths as well as your concerns and worries.
- If you need help with the questions, we encourage you to seek support from a friend, family member or someone you trust.
- Any further relevant reports, letters or information that may assist the assessment may also be requested at this stage.
- When all information requested has been returned, we will contact you to progress and book the next available appointment.

## 5. INITIAL APPOINTMENT

An appointment with one of our clinical team.



- This is usually a virtual appointment for you to attend.
- If you have an advocate or require support for the appointment from someone you trust, please let us know so we can arrange this.
- This is an opportunity for the clinician to find out more detailed information about you and for you to ask questions.

## 6. OBSERVATIONAL ASSESSMENT APPOINTMENT

This may take place online or you may be asked to attend one of our centres for a face to face appointment.

- Assessment appointments are carried out in accordance with NICE guidelines (National Institute of Clinical Excellence).
- For autism assessments, all our practitioners are qualified and experienced in delivering the ADOS-2 (The Autism diagnostic Observation Schedule-2).
- For ADHD assessments, there are several ways that the observation aspect can be offered, depending on the person being assessed. You may be offered a Qb Check. The Qb Check is delivered in one of our clinics and is the only CE marked and FDA approved aid for assessing and evaluating ADHD. It is designed to give objective and unbiased information to clinicians, supporting reliability in assessing ADHD.
- Our team includes Psychologists, Speech and Language Therapists, Occupational Therapists, Clinical Nurse Specialists and Senior Mental Health Practitioners who work collaboratively to provide comprehensive assessment and support.



## ADDITIONAL APPOINTMENTS OR FURTHER INFORMATION

At Oakdale, each assessment is unique because we tailor to the individual person. Some cases require more appointments or information gathering.

## 7. FORMULATION BY THE CLINICAL TEAM

Formulation is the stage where all the information is considered together and a decision is made about whether a diagnosis of autism and / or ADHD is agreed or not.



- You do not attend this stage but it is a key part of the assessment.
- Once all appointments are complete, the multi-disciplinary team meet and review all the information gathered. They consider all the information against the DSM-V\* criteria and decide whether there is enough to make a clinical decision about whether you meet criteria for a diagnosis of autism and / or ADHD.
- This is sometimes called a panel meeting. It can take between 4-6 weeks to arrange and, following the meeting, further information may be required if a decision cannot be reached. If more information is required, this will be gathered and the team will need to meet again at a later date.

JARGON BUSTER: The DSM-V is the clinical manual we use.

*"Thank you for being so helpful and approachable and making the whole experience a stress free and positive experience."*

*"I often find new people alarming but everyone has been kind and understanding. I have felt understood, validated and valued in all respects throughout the process. I would highly recommend the clinicians I have interacted with."*

## 8. FEEDBACK APPOINTMENT

A virtual appointment to share the outcome of your assessment.

- This is a virtual appointment is for you. You are welcome to invite a family member or someone else you trust to support you.
- The clinician will explain the outcome, the reasons for the outcome and agree recommendations with you. We will send recommendations to you after the appointment.
- This is a good opportunity to ask questions.
- Usually this appointment is with the lead clinician. Typically the lead clinician is the person who carried out the initial appointment.



## 9. WRITTEN REPORT

After the feedback session, our clinical team will spend time putting together a detailed written report.



- The assessment report includes a summary of all the information gathered and the outcome. More specific recommendations may also be included.
- The written report will be sent to you a few weeks after the feedback session and will reflect the discussion you had in the feedback appointment.
- We normally advise that a copy of the report is shared with your GP and that you share the outcome of your assessment with anyone you are comfortable with. This might include your employer, education setting or anyone who supports you. If you have any questions about this, please ask at the feedback session.

*"I particularly appreciate that the report is largely positive and neutral about my differences, rather than stressing them as "deficits", which I believe is common in such reports. So thank you for all the consideration."*

