

UNDERSTANDING DIFFERENCE

Autism is a neurodevelopmental difference. We refer to the 'autism spectrum' because each autistic child is different and has a different set of strengths and needs. There is no biological test for autism, and therefore diagnosis is made based on patterns of behaviour. Within the spectrum these behaviours (or signs of autism) can vary between one child and another and can change with age.

Some children have very clear patterns of behaviour that are associated with autism, and maybe identified at an early age. Other children have less obvious signs of autism but are experiencing clear signs of anxiety or other difficulties.

Some children, particularly girls, are known to 'mask' their differences and may copy social behaviours to fit into a non-autistic world. However, many non-autistic children display some behaviours associated with autism, this does not mean they are autistic. When assessing for autism we look for the patterns in which these behaviours occur. Our autism specialists are skilled in assessing the wide-ranging spectrum of autistic difference.



ABOUT HEALIOS

Healios is a leading UK digital healthcare company specialising in online neurodevelopment services. Our family-based solutions cover autism assessments, ADHD assessments and Post-Diagnostic Support. There is growing evidence to suggest young people respond better to online assessment than to face to face sessions, because you can have your sessions at home, in a familiar environment.

All our Healios neurodevelopment clinicians work only on autism, ADHD and Post-Diagnostics. They are experts in their field and they are providing '**Gold Standard**' assessments nationally.

What parents say about Healios

"It's actually been so much better having the online sessions from Healios. My son has been able to get involved, he's also had his teddy, which helps calm him. He wouldn't have been able to do these things with an appointment in a clinic. I would recommend Healios to anyone looking for their child to be assessed for autism."

Mum to an 11 year old boy

Please contact us

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**Identifying Needs
Supporting Lives
Embracing Diversity**



**HEALIOS
AUTISM
ASSESSMENT**

*Information for parents
and carers*

IS OUR ASSESSMENT RIGHT FOR YOU?

Setting up for a Healios assessment is straightforward, all you need is a PC or laptop and a Wi-Fi connection.

Our staff will welcome you with a call or email and guide you through the process.

Your assessment will be undertaken via our secure online platform from the comfort of your home (or any other location you choose). Your clinicians will link with you and your child via a video link.

Many children find this less anxiety-provoking than having to attend appointments in an unfamiliar environment.

The National Institute for Care Excellence (NICE) sets the guidelines for best practice in autism assessments. Our assessments meet these guidelines, and are of extremely high quality.

All of our clinicians have extensive experience of undertaking autism assessments and trained in 'gold standard' assessment tools. We use the most recent (DSM-5) diagnostic criteria, and are skilled in understanding the different ways in which autistic children present.



www.healios.org.uk

STEPS OF OUR AUTISM ASSESSMENT

What you can expect to happen

01



Questionnaires - home and school

After your welcome call you will be asked to complete some questionnaires via your Healios platform. We will also contact your child's school so they can also contribute to your child's assessment.

02



Initial Session

Next, you and your child will attend an initial session with one of your Healios clinicians. In this session we will gather some information about your current situation.

03



Observation & Interaction

Following this, a clinician will undertake an observation with your child. This is a semi-structured assessment and involves some interactive activities.

04



Developmental Interview

The fourth step is a developmental interview. A Healios clinician will ask in depth questions about your child's behaviours, focusing on the 4-5 year period. This session can take up to 3 hours.

05



Team Review

We will have gathered a substantial amount of information about your child. Our team will review this information and come to a conclusion about whether your child meets diagnostic criteria or not.

06



Feedback

After you have been advised of the outcome of your assessment, one of our clinicians will meet with you to explain the assessment, outcome and advise you about next steps.