

UNDERSTANDING DIFFERENCE

Autism is a neurodevelopmental difference. We refer to the 'autism spectrum' because each autistic person is different and has a different set of strengths and needs.

Some people may present with significant levels of autistic traits but may not meet the criteria for a diagnosis; in all assessments, your clinician will be able to discuss the findings and make recommendations tailored to your needs.

Many people find receiving a diagnosis to be helpful; it can explain why someone may find situations or experiences challenging; it may enable access to services and benefits, and it can support participation in the autistic community, sharing experiences and identifying with other autistic people.

A diagnosis may lead to reasonable adjustments being made in the workplace or educational setting, however please seek guidance if you are considering a career in the UK armed forces.



ABOUT HEALIOS

Healios is a leading UK digital healthcare company specialising in online **neurodevelopment** services. Our family-focused solutions cover autism and ADHD assessments, post-diagnostic support and neurodevelopment screening.

There is growing evidence to suggest people respond well to an online assessment, because they can have the 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 help others that are questioning neurodevelopmental difference and seeking support for psychological difficulties.

What people say about Healios

"Doing the assessment online made it quicker and Conor my clinician, explained everything in detail. The structure of the session was very good and everyone I had contact with at Healios was very friendly."

Stewart, aged 28 following his assessment

Please contact us

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Identifying Needs
Supporting Lives
Embracing Diversity

HEALIOS
ADULT
AUTISM
ASSESSMENT

IS ASSESSMENT RIGHT FOR YOU?

Setting up for your assessment is straightforward, all you need is a PC/laptop.

Our staff will welcome you with a call or email and guide you through the process. Your assessment will be undertaken via our secure platform, and your clinicians will link with you via video.

Many people find online assessments less stressful because they can speak to their clinician from home, in a familiar environment.

The National Institute for Health and Care Excellence (NICE) sets guidelines for the standard of best practice in autism assessments. Our assessments meet these guidelines, and are extremely high quality. All of our clinicians have extensive experience in assessing for autism and are trained in NICE recommended assessment tools.

We use the most recent (DSM-5) diagnostic criteria, with the possible outcomes of autism or not autism, and our clinicians are skilled in understanding the different ways in which autistic adults present.

All Healios assessments are reviewed by senior members of our multi-disciplinary team. Our autism experts ensure that our high standards are consistently met.



STEPS OF OUR AUTISM ASSESSMENT

What you can expect to happen

01



Questionnaires

After your welcome call you will be asked to complete some questionnaires via your Healios platform

02



Initial Session - approx. 1hr

You will have an initial session with one of your clinicians online. It is usual to include an 'informant' in your sessions, this can be a family member or a friend who can provide details of your early life

03



Observation & Interaction - approx. 1hr

Following this a clinician will undertake an observation with you; this is a semi-structured assessment and involves some interactive activities.



04

Developmental Interview - approx. 3hrs

A Healios Clinician will ask you about your early life and development, a family member or friend who knew you as a child can be really helpful here. This session can take up to 2 hours.



05

Team Review

Our team has gathered a substantial amount of information from your assessment, they will review this and come to a conclusion about whether you meet diagnostic criteria or not.

06



Feedback - approx. 1hr

A clinician will explain your assessment and outcome. They will advise you on next steps and answer any questions you have. They will explain the report and you will receive a copy to keep, which you will be able to access and download for the Healios portal.

www.healios.org.uk