



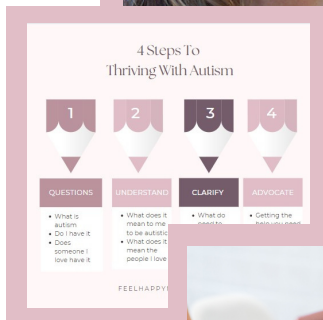
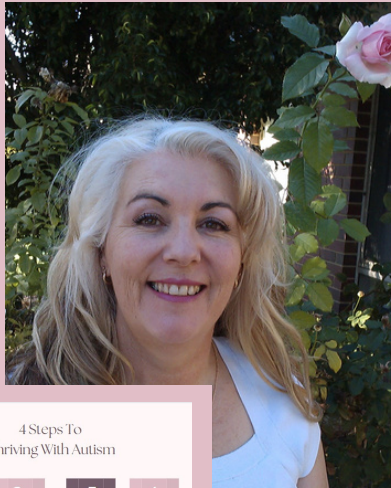
What To Expect

with an autism and ADHD
assessment

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Hello

My name is Liz Smalley. I'm a psychologist who does autism and ADHD assessments for kids over 5 years old and adults.

I've written this short ebook to answer many of the commonly asked questions we get. It helps you to know what to expect and what is included in your assessment.

I hope you find it helpful. If you have more questions then you can call or email us and we'll be happy to help. We want to make this a positive experience for you and give you as much support as we can before, during and after the assessment.

Warmest regards

Liz

Psychologist, Researcher & Author
www.feelhappynow.com.au

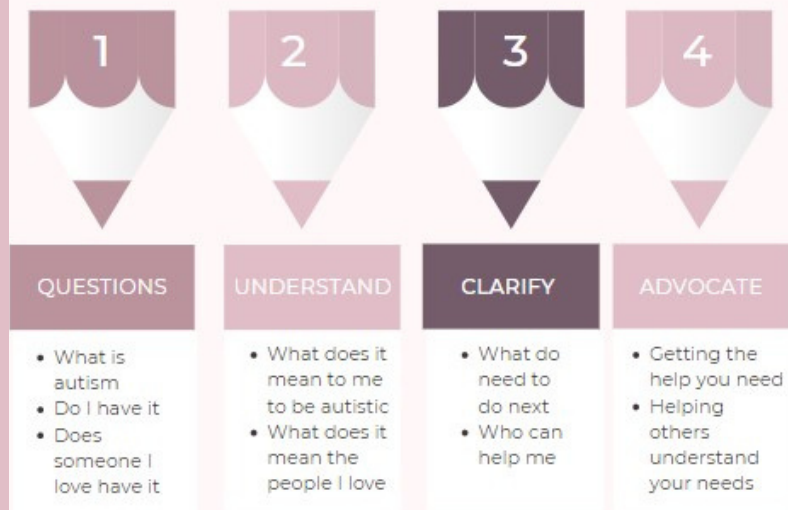
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Having an assessment is a big deal

4 Steps To Thriving With Autism



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You want to feel safe on your journey from questioning and confusion to clarity and confidence.

“

Having an assessment and getting a diagnosis is life-changing.

”

We understand

1.

SAFE

It can feel scary talking to a stranger about your life and having an assessment. You might feel anxious about what will happen and how you will feel. This is one reason we do assessments over zoom. You are in your safe place with access to your favourite things.

2.

HEARD

I can promise that I will listen to you. I will hear your concerns, fears, hopes and dreams for the future.

3.

VALIDATED

You might wonder if you are over reacting. You might be getting good grades at school, have a job, a family. Life is just really hard and you think it might be autism and/or ADHD. You may have had your concerns dismissed - sometimes more than once! You are right to ask the question.



I do understand - really

I've been in your shoes. Our son is in his 30s now. I have experienced the process of diagnosis although it has changed over the years. I understand NDIS as a parent and as a provider. I hope you will feel safe, heard and validated with your concerns.

We will
send the
zoom link
by email on
the morning
of your
assessment



Before

Before booking your assessment you can take some of the free quizzes on our website to screen for autism and ADHD.

Screening quizzes can be helpful if you're not sure an assessment is needed. They are reasonably reliable at indicating autism and/or ADHD.

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Maybe...

Ask your parents, grandparents and others who knew you when you were younger what you were like e.g. What happened at your birth? Were you early/late, caesarean, fussy/content, eating. When did you talk and walk.

If you're not able to speak with your parents or others, it won't be a problem.

These help us to do the developmental interview.

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After you make your appointment, Paul will send you an invoice for the 50% deposit. After that has been paid by direct deposit, Paul will send you a receipt and your appointment is confirmed.

What are the assessments

1



ADI-R

The ADI-R is the Autism Diagnostic Interview - Revised. It's an interview with a caregiver or yourself about what life was like at age 4-5 years and what life is like now. Children can join in as much as they want to. As long as they are there and I can see them, they don't have to sit through the whole 2 hours.

2



VINELAND 3 or WHODAS 2.0

These are both adaptive behaviour assessments. The Vineland is for children and the WHODAS is for adults. These show your daily living skills e.g. making food, accessing the community, self care. NDIS need this to help them decide on your level of funding if or when you apply. *NDIS does NOT support ADHD. It does support autism Level 2 or 3.

3



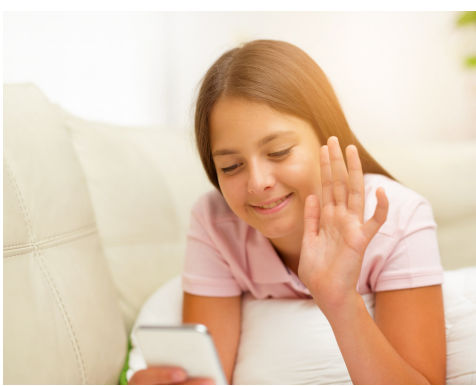
SENSORY PROFILE

A sensory profile can be very helpful because sometimes meltdowns happen when there is too much sensory stuff going on e.g. going to the shops with lots of people, noise and bright lights while wearing scratchy clothes. It gives good insights into how you feel.

Other assessments we might do

- Executive Function
- Pathological Demand Avoidance
- CAT-Q Masking Quiz

Some assessments are sent to you after the interview session, over email, with a link to click on.



After your assessment



Receiving your report

Usually 2 weeks after your assessment we have another zoom meeting. We will talk about the results, I will show you your report on the screen and explain the results. You can ask questions.

What's in the report

The report includes the results to all the assessments we did. There will be tables with numbers, graphs and paragraphs explaining what everything means.

At the end will be a list of helpful resources like phone numbers and websites where you get support and find out more information.

There will be list of recommendations in NDIS terminology

Forms I can help with

- NDIS application
- Carer payments
- Disability Support Pension
- Assistance for Isolated Children (homeschooled children)

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Self-care before and after an assessment



Before your assessment

A lot of people feel very anxious before an assessment. We understand. You can have a support person with you, have a coffee, fidget toys, blankets, pets - whatever is going to help you feel safe, comforted and calm.

After your assessment

It's helpful to realise that an assessment is going to change your life forever. You might feel relieved, angry, sad, confused, overwhelmed or numb. Try noticing your feelings and accept them without judging yourself for feeling that way. Think about what will help you recover after an assessment. Two hours of talking and answering questions can be very draining. Make a plan to take care of yourself after the assessment. You might want to sleep or have a quiet cuppa.



Be kind and compassionate to yourself - just like you would be to someone else you care about.



Congratulations! You made it to the end.

Are you ready to make an enquiry or make a
booking for your assessment?

It's easy.

You can call or email.

We're open Monday - Thursday

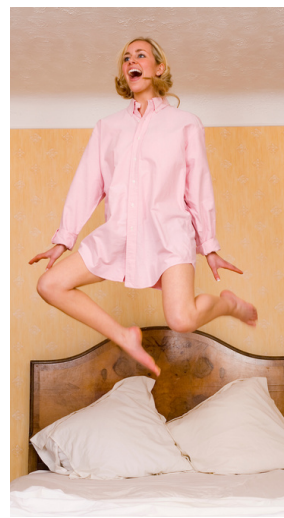
10am - 5 pm

[YES! I WANT TO MAKE AN ENQUIRY NOW!](#)

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THANK YOU FOR BEING HERE!

Thank you for taking the time to read my ebook about what to expect with an assessment. I appreciate being considered in your process of getting an assessment and diagnosis for autism and/or ADHD for yourself or someone you love.

I hope I have answered many of your questions and addressed your concerns and anxieties about the process.

Please do reach out if you have questions or want to make an appointment.

We look forward to keeping in touch with helpful hints, tips and useful information. You can unsubscribe any time.

You can also keep in touch on facebook (Sunshine Psychology Perth) and instagram (@thrivingwithautism7)



[Enquire Now!](#)

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MAKE AN ENQUIRY
TODAY

