

Autism and ADHD Assessment – Easy Read

What is this?

We want to understand how your brain works.

This is called an autism and ADHD assessment.

Autism and ADHD mean some people think, focus, move, communicate, and experience the world differently.

Why are we doing this?

We want to understand what helps you, support you better, and help other people understand your needs.

What will happen?

We may talk with you, ask simple questions, watch how you do things, and talk to people who know you well.

You can ask for breaks, ask us to slow down, or ask us to explain again.

How long will it take?

It may take one or more meetings.

We will tell you what is happening and what will happen next.

Do you have to do this?

You do not have to take part.

If you say no, look upset, or try to stop, we will listen to you.

Who decides?

You can decide to take part.

If you find it hard to fully understand or decide, other people may help decide what is best for you.

Your wishes and feelings still matter.

Will it hurt?

No, it will not hurt.

If something feels uncomfortable or upsetting, we can stop or take a break.

What happens after?

A report is written.

It may say whether you are autistic and/or have ADHD.

It helps plan the right support.

We can explain this in an easy way.

Who will see the information?

Your information is kept private.

Only people who need to know will see it.

Remember

You are important.

You deserve to be understood.

We will treat you with respect.