



WHAT TO EXPECT FROM YOUR AUTISM ASSESSMENT (ADULTS)

INTRODUCTION

This document outlines the standard components of the assessment process at The Owl Centre, however there may be variations depending on your individual needs.

Our autism assessment pathway typically consists of 3 appointments:

- Developmental History
- Clinical Observation
- Feedback

HOW TO PREPARE AHEAD OF YOUR APPOINTMENTS

- Please ensure you have completed the pre-assessment questionnaires prior to the appointments.
- It's important an informant also completes their questionnaire and returns it to us before your assessment.
- Please use a laptop or tablet (not a phone).
- Make sure the device is fully charged or plugged in. It's important that all tech is functioning well.
- Test your internet connection, camera, and microphone.
- Please find childcare arrangements for any children, to avoid disruption.

DEVELOPMENTAL HISTORY

WHO SHOULD ATTEND

- The person being assessed should attend.
- Choose a quiet, private space.
- If possible, a parent, relative or friend who knew you in early childhood can join too. However, if you don't have anyone that knew you then, someone that knows you well currently will be very beneficial.

WHAT TO EXPECT

- We'll explore lifelong patterns in behaviour, communication, and social development.
- You'll be asked about early childhood, so it may help to look back at photos, videos or school reports beforehand.

HOW LONG IT TAKES

- This appointment lasts up to 2 hours.

WHERE IT TAKES PLACE

- Held online via Microsoft Teams - the link will be in your confirmation email.
- Set a calendar or phone reminder.
- Be ready to join the call 5-10 minutes early.



OBSERVATION APPOINTMENT

WHO SHOULD ATTEND

- The person being assessed must attend.

WHAT TO EXPECT

- This session includes structured tasks to observe communication, social interaction, and imagination. It supports the diagnostic process.
- Set up your camera so you're visible from head to hips.

HOW LONG IT TAKES

- The session usually lasts 45 - 60 minutes.

WHERE THE APPOINTMENT TAKES PLACE

- Check your appointment confirmation carefully:
 - If in person, the venue address will be provided.
 - If online, you'll receive a secure link to join.
- Set a calendar or phone reminder.
- Be ready to join the call 5-10 minutes early.



FEEDBACK APPOINTMENT

WHO SHOULD ATTEND

- For adults, the person assessed should attend

WHAT TO EXPECT

- The clinician will explain the assessment outcome, how the decision was made, and what happens next.
- You'll also have time to ask any questions.

HOW LONG IT TAKES

- Usually 15-30 minutes.

WHERE IT TAKES PLACE

- Held online via Microsoft Teams.
- Please check your confirmation email for the secure link.



NON-ATTENDANCE (UNDER 18'S)

NON-ATTENDANCE (ALL APPOINTMENTS)

We know life gets busy. If you can't make your appointment, please let us know as soon as possible so we can offer the slot to another family or individual.

- If you don't attend without notice, this will be recorded as a DNA (Did Not Attend).
- Late cancellations (less than 24 hours' notice) may also count as a DNA.

FEELING UNSURE OR NERVOUS?

You're not alone.

The Owl Centre is built on the belief that everyone deserves to be understood, supported, and treated with kindness. We take pride in offering professional, evidence-based care in a way that is approachable and human.

Whether you're attending an appointment for yourself or your child, we aim to make the process feel calm, clear, and centred around your needs. We look forward to being a part of your journey.