

GETTING ASSESSED · 3.17

Preparing for Your ADI-R Interview as an Adult, Including When No Parent Can Help

The ADI-R was designed to be answered by a parent. This summary explains who can take part at different stages of adult life, how to rebuild a picture of your childhood, and how the interview is adapted when no parent or sibling can help.

FOR

Adults preparing for their autism interview and the people supporting them

AUDIENCE AGE

18+

REVIEWED

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PART OF

The NeuroFX resource library

IN SUMMARY

Preparing for Your ADI-R Interview as an Adult, Including When No Parent Can Help

The interview

- **Online with Tina Fox, up to three hours.** A structured conversation about your development and behaviour, in childhood and now. One of the tools NICE recommends for adults. Breaks are available and nobody is judged on their answers.
- **Who can take part, in order of preference.** A parent or someone who raised you; another relative who knew you as a child; someone who knows you well now; and you. Combinations work best.
- **Availability changes with age.** In your twenties, parents and records are usually to hand. By your fifties and sixties the interview often draws on your own memories, an older relative, surviving records and someone who knows you now.

When no parent or sibling can help

- **It does not prevent an assessment.** NICE recognises a full developmental history is not always possible. Tina conducts an adult-informed ADI-R, with you as the informant for your own history.
- **The questions are adapted, not dropped.** Phrased for you rather than about you, anchored to the earliest period you remember clearly. Gaps are expected; a guess is less useful than 'I don't know'.
- **Rebuild your childhood deliberately.** A timeline of homes and schools, photographs, school reports, a Red Book, distant relatives, old classmates, and records you are entitled to request from your GP, school or local authority.
- **Bring in someone who knows you now.** A partner, friend or adult child can describe how you come across today. Their view matters most when early history is thin. Involving anyone is your choice.

How to prepare

- **Think in specific examples.** Comfort-seeking, friendships, conversation and small talk, routines and interests, coping with change, sensory sensitivities, patterns across jobs. Jot them down as they come to mind.
- **Gather what you have; none of it is essential.** Previous reports, school records, letters from other professionals, a baby book, occupational health records.
- **Never decided on its own.** The ADI-R is weighed with the ADOS-2, questionnaires and records. Where evidence is thin we say so and explain what would help. The report is yours to share as you choose.

WHEN TO SPEAK TO A PROFESSIONAL

If autism is on your mind for yourself, NHS routes start with a GP referral. NeuroFX offers private autism assessment for adults using both the ADI-R and the ADOS-2. Seek same-day help via 111 (or 999 in an emergency) for any mental health crisis.

SOURCES

Rutter et al. 2003 (ADI-R); NICE CG142; DSM-5-TR; ICO right of access; NeuroFX ADI-R guide for adults v1.0

NEXT STEPS

Speak to NeuroFX

Private ADHD and autism assessment for adults and children aged 6 and upwards.
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