



Preparing for Your ADI-R Interview

A Guide for Parents and Carers

About this guide

This guide will help you prepare for the Autism Diagnostic Interview-Revised (ADI-R), which is an important part of your child's autism assessment at NeuroFX. The ADI-R is a detailed, structured conversation about your child's development and behaviour. Your knowledge and insights are essential to this process.

What is the ADI-R?

The ADI-R is a gold-standard clinical interview used in autism assessment. It focuses on three main areas:

- Social interaction and relationships
- Communication and language development
- Patterns of behaviour, interests, and activities

The interview explores your child's early development and their behaviour both now and in the past. This helps build a comprehensive picture that, combined with other assessments, informs the diagnostic process.

Practical details

Who conducts the interview

The ADI-R will be conducted by Tina Fox, our clinical lead. Tina is experienced in neurodevelopmental assessment and will guide you through the interview process in a supportive and understanding manner.

Format and duration

The interview takes place online via video call. Please allow up to three hours for the session. We understand this is a significant time commitment, and there will be opportunities for short breaks if needed.

The interview is conducted at a comfortable pace. There are no right or wrong answers, and you will not be judged on your responses. We are simply gathering detailed information about your child's development and experiences.

Who should attend

Ideally, both parents should attend if possible, as you may each have different insights and memories about your child's development.

If both parents cannot attend, any primary caregiver who has known the child since birth can participate. This might include grandparents or other family members who have been closely involved in raising your child.

Your child should not be present during the interview. The ADI-R focuses on gathering detailed information from parents and carers, and it works best when conducted without your child in the room.

How to prepare

Taking some time to prepare for the ADI-R will help ensure we gather the most accurate and complete information. Here is what we recommend:

Review developmental milestones

Think back to your child's early development. Try to recall:

- When they first smiled, babbled, or said their first words
- When they started walking or developed other motor skills
- How they played with toys or interacted with other children in their early years
- Any developmental concerns you had when they were younger

Don't worry if you cannot remember exact ages or dates. Approximate timings or age ranges are perfectly acceptable. What matters most is the overall pattern of development.

Think about specific examples

During the interview, you will be asked about specific behaviours and situations. It helps to think of concrete examples, such as:

- How your child seeks comfort when upset
- How they respond to social situations or interact with peers
- Any repetitive behaviours, routines, or intense interests they have
- How they cope with changes to routine
- Unusual sensory responses (for example, sensitivity to sounds, textures, or lights)

Real-life examples help us understand your child's unique experiences and provide the clearest picture of their needs.

Gather relevant documentation

If you have any of the following documents, please have them available during the interview:

- Previous assessments or diagnostic reports (from educational psychologists, speech and language therapists, or other professionals)
- School reports or Education, Health and Care Plans (EHCPs)
- Letters from other healthcare professionals
- Red Book (Personal Child Health Record) or other developmental records, if helpful

These documents can help confirm timelines and provide additional context, though they are not essential. If you do not have these readily available, please do not worry.

During the interview

What to expect

The ADI-R follows a structured format with specific questions covering different areas of development and behaviour. Tina will guide you through each section and will ask follow-up questions to clarify your responses.

Some questions will focus on the present day, while others will ask you to think back to when your child was younger, particularly between the ages of four and five years old. This helps us understand how your child's development has progressed over time.

Be honest and detailed

Please answer questions as honestly and thoroughly as you can. It is important to describe both strengths and challenges. There is no need to downplay difficulties or exaggerate concerns. The more accurate the information, the better we can understand your child's needs.

Take breaks if needed

We understand that discussing your child's development in detail can be emotionally demanding. If you need a short break during the interview, please let Tina know. We want to ensure you feel comfortable and supported throughout the process.

Ask questions

If you do not understand a question or need clarification, please ask. The interview should be a collaborative conversation, and we are here to ensure the process is as clear and supportive as possible.

After the interview

Once the ADI-R is complete, the information gathered will be combined with other assessments, including the ADOS-2 observation and any questionnaires or reports you have provided. This comprehensive approach ensures we have a thorough understanding of your child before reaching any conclusions.

You will receive an outcome letter and a detailed report as outlined in your assessment pathway documentation.

Questions or concerns?

If you have any questions about the ADI-R or need support preparing for the interview, please contact us:

Telephone: 0333 533 3303

Email: info@neurofx.co.uk

Website: www.neurofx.co.uk

We understand that the assessment process can feel overwhelming, but your input during the ADI-R is invaluable. Thank you for taking the time to prepare, and we look forward to working with you to support your child.

Document version 1.0, January 2025

This document follows NICE guideline CG128 for autism assessment and diagnosis.