



NeuroFX
Changing Minds

The ADOS-2 Assessment

A Guide for Adults

About this guide

This guide explains what to expect during the Autism Diagnostic Observation Schedule, Second Edition (ADOS-2), which is an important part of your autism assessment at NeuroFX. Understanding what happens during the ADOS-2 will help you feel more prepared and comfortable on the day.

What is the ADOS-2?

The ADOS-2 is a structured observation that forms part of the gold-standard approach to autism assessment. During the ADOS-2, you will engage in a series of activities and conversations with one of our trained assessors. This allows us to observe how you naturally communicate, interact, and respond in different situations.

The ADOS-2 is not a test that you can pass or fail. There are no right or wrong answers. It is simply an opportunity for us to spend time with you and learn more about how you experience and interact with the world.

Practical details

Who will conduct the assessment

The ADOS-2 will be conducted by Cheyenne Contreras, a Child and Adolescent Developmental Specialist, with Tina Fox observing. Both are experienced in working with adults and will ensure you feel comfortable and at ease throughout the session.

Where does it take place

The ADOS-2 takes place at our Bedford Consulting Rooms in a quiet, comfortable assessment room. The environment is designed to be welcoming and low-key.

Address: Bedford Consulting Rooms, 4 Goldington Road, Bedford, MK40 3NF

How long does it take

The ADOS-2 usually takes around 45 to 60 minutes. Please allow up to 60 minutes for the session. If you need a short break at any point, this can be accommodated.

Can someone accompany me?

You are welcome to bring a trusted person with you to the appointment. They will wait in our reception area while the ADOS-2 takes place. Having someone familiar nearby can be reassuring if you find new environments or appointments difficult. If you have specific access needs or would like to discuss any adjustments, please contact us in advance.

What happens during the ADOS-2

The ADOS-2 involves a series of activities tailored to adults, designed to encourage natural communication and interaction. Depending on your profile and preferences, the session may include:

- Conversation about your interests, experiences, and everyday life
- Activities involving storytelling, imagination, or describing scenarios
- Simple shared tasks that allow you to demonstrate how you approach interaction and collaboration
- Activities that allow the assessor to observe how you respond naturally in social situations

The activities are structured but designed to feel conversational and manageable. The assessor will follow your lead and adapt the session to suit your communication style and comfort level.

Important: The ADOS-2 is not designed to cause distress. If you feel uncomfortable or overwhelmed at any point, please let the assessor know. The session can be paused at any time.

Preparing for the assessment

Knowing what to expect can make the assessment feel less daunting. Here are some things that may help you prepare.

You do not need to prepare specific answers

The ADOS-2 is designed to observe how you naturally communicate and interact. There is no preparation required in terms of revising or rehearsing responses. Being yourself is exactly what the assessment is looking for.

Think about what matters to you

The assessor may ask about your interests, daily routines, relationships, and how you experience social situations. There are no right or wrong things to say. Honest and natural responses give the assessor the most useful information.

Practical preparation

- Familiarise yourself with the location in advance if this helps reduce anxiety on the day
- Bring any comfort or sensory items that help you feel settled

- Bring a drink or snack if you would like one during a break
- Where possible, avoid scheduling stressful activities immediately before or after the appointment
- Arriving a few minutes early gives you time to settle before the session begins

Let us know about any access needs

If you have any sensory sensitivities, communication preferences, or access requirements that we should be aware of before your appointment, please contact us in advance. We want to make the assessment as comfortable as possible for you.

On the day of the assessment

Arrival

When you arrive at Bedford Consulting Rooms, you will be greeted by our team. You will be introduced to Cheyenne, who will explain what will happen during the session in a calm and straightforward way before you begin.

During the session

The session will take place in a quiet room with just you and the assessor, with Tina Fox observing. You are encouraged to communicate in whatever way feels most natural to you. There is no expectation to perform or present yourself in any particular way.

After the session

Once the ADOS-2 is complete, you will have a brief opportunity to ask any questions about the session. The assessor will not provide diagnostic conclusions immediately, as the ADOS-2 is one part of the overall assessment process.

After the ADOS-2

The information gathered during the ADOS-2 will be combined with the ADI-R interview, questionnaires, and any other reports or assessments you have provided. This comprehensive approach ensures we have a full understanding 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 ADOS-2 or would like to discuss any concerns about your participation, please contact us:

Telephone	0333 533 3303
Email	info@neurofx.co.uk
Website	www.neurofx.co.uk

We understand that assessments can feel daunting. Our team is here to make the process as comfortable and supportive as possible. Thank you for trusting us with your assessment.

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