



The NeuroFX Adult Autism Assessment Pathway

What to Expect from Your Autism Assessment

About this guide

This guide explains the complete autism assessment process at NeuroFX, from booking your assessment through to receiving your report. We want you to feel informed, prepared, and supported at every stage of the journey.

Our autism assessments are conducted in line with NICE clinical guideline CG142, using gold-standard diagnostic tools to ensure accuracy and thoroughness.

Our approach to autism assessment

At NeuroFX, we take a comprehensive, evidence-based approach to autism assessment. Our process includes:

- **ADI-R (Autism Diagnostic Interview-Revised):** A detailed structured interview with you (and, if possible, an informant who knew you as a child) about your developmental history and current presentation
- **ADOS-2 (Autism Diagnostic Observation Schedule, Second Edition):** A structured observation session involving conversation and interactive activities
- **Standardised questionnaires:** Screening tools to gather additional information about your presentation
- **Review of supporting documentation:** Including previous assessments, reports from other professionals, and any other relevant information

This multi-faceted approach ensures we have a thorough understanding of your strengths, challenges, and developmental profile before reaching any diagnostic conclusions.

Your clinical team

Your assessment will be conducted by:

Tina Fox, Clinical Lead at NeuroFX, who will conduct the ADI-R interview and contribute to the overall diagnostic formulation.

Cheyenne Contreras, Psychologist and Neurodevelopmental Specialist, who will conduct the ADOS-2 observation with Tina observing (where the assessment is conducted in person).

Who we assess

Our adult autism assessment service is for individuals aged 19 and over. We conduct assessments using age-appropriate approaches tailored to your individual needs and presentation.

Pricing and what is included

The cost of your autism assessment depends on whether you are already a NeuroFX patient:

Autism assessment as an add-on to ADHD assessment: £950

This option is available if you have already completed (or are completing) an ADHD assessment with NeuroFX. The majority of the onboarding and screening will already have been completed, so we focus on the autism-specific assessments.

Standalone autism assessment: £1,200

This is the cost if you are coming to NeuroFX specifically for an autism assessment without a prior ADHD assessment. This includes full onboarding, screening tools, and all necessary documentation.

What is included in the price:

- ADI-R structured interview (conducted online, up to 2 hours)
- ADOS-2 Module 4 observation (conducted in person at Bedford Consulting Rooms or online where appropriate, up to 60 minutes)
- Review and scoring of standardised questionnaires
- Analysis of all supporting documentation
- Outcome letter with diagnostic conclusions
- Comprehensive clinical report

There are no additional costs for follow-up queries or provision of supporting letters for employers or other services.

The assessment pathway

Here is a step-by-step guide to what happens during your autism assessment journey with NeuroFX:

Step 1: Booking your assessment

Once you have booked your autism assessment, you will receive a confirmation email with details of your appointments and what to expect. If you have any questions at this stage, our team is available to help.

Step 2: Completing pre-assessment questionnaires

You will be asked to complete a set of standardised screening questionnaires. These may include:

- **AQ-10 (Autism Quotient 10-item):** A brief screening tool for autism characteristics
- **AQ-50 (Autism Quotient 50-item):** A more detailed version of the AQ-10
- **SDQ (Strengths and Difficulties Questionnaire):** A broader behavioural screening tool

These questionnaires must be completed and returned to us at least 48 hours before your assessment appointments. This allows us time to review the information and prepare for your assessment.

You are also welcome to provide any supporting documentation you think may be helpful, such as previous assessments, reports from other professionals, school records, or letters from healthcare providers. While nothing is mandatory, this additional information can provide valuable context.

Step 3: The ADI-R interview

Format: Online video call

Duration: Up to 3 hours

Who attends: You, and ideally an informant (parent, sibling, or someone who knew you well as a child)

The ADI-R is a detailed, structured interview conducted by Tina Fox. It focuses on your developmental history, early childhood experiences, communication, social interaction, and behaviour patterns. Because autism is a neurodevelopmental condition present from birth, the interview explores your early development, particularly between the ages of 4 and 5 years old, as well as your current presentation.

For detailed guidance on preparing for the ADI-R, please refer to our separate document: *Preparing for Your ADI-R Interview: A Guide for Adults*.

Step 4: The ADOS-2 observation

Format: In-person assessment at Bedford Consulting Rooms or online where appropriate

Duration: Up to 60 minutes

Who attends: You only

The ADOS-2 Module 4 is a structured observation conducted by Cheyenne Contreras, with Tina observing (for in-person assessments). You will engage in conversation and interactive activities designed to encourage natural communication and interaction. The session is tailored to adults and focuses on social communication, interaction patterns, and restricted and repetitive behaviours.

For detailed guidance on what to expect during the ADOS-2, please refer to our separate document: *The ADOS-2 Assessment: A Guide for Adults*.

Step 5: Analysis and formulation

After the ADI-R and ADOS-2 are complete, our clinical team will analyse all the information gathered, including the interview, observation, questionnaires, and supporting documentation. This comprehensive review ensures we have a thorough understanding of your presentation before reaching any diagnostic conclusions.

Step 6: Outcome letter

You will receive an outcome letter summarising the diagnostic conclusions. This letter will clearly state whether the diagnostic criteria for autism spectrum disorder have been met and provide an overview of the key findings from the assessment.

Step 7: Comprehensive report

Following the outcome letter, you will receive a detailed clinical report. This report will include a full analysis of the ADI-R and ADOS-2 results, a synthesis of all supporting information, and recommendations for support and next steps.

What happens after the assessment

If autism is diagnosed

If you meet the diagnostic criteria for autism spectrum disorder, your report will include:

- A clear explanation of the diagnostic conclusions
- Information about your strengths and areas of need
- Recommendations for support, adjustments, and interventions
- Resources and information to help you

We will signpost you to appropriate services and support where necessary, such as local autism support groups, employment support services, or specialist services. If you need letters or documentation to support applications for adjustments at work or access to services, we are happy to provide these.

If autism is not diagnosed

If you do not meet the diagnostic criteria for autism, we will explain the reasons for this conclusion in the report. We may identify alternative explanations for the difficulties you have observed, such as language or communication challenges, sensory processing differences, or other considerations.

We will provide signposting to appropriate services and resources based on the findings, and offer guidance on next steps. However, please note that NeuroFX is an assessment and diagnosis service, not a treatment or ongoing support service.

Important information

NeuroFX does not provide ongoing support

NeuroFX is a specialist assessment and diagnosis service. We do not provide ongoing therapeutic support, intervention, or treatment following diagnosis. However, we will provide clear recommendations and signpost you to appropriate services and resources based on your needs.

Scheduling of appointments

The ADI-R and ADOS-2 may be scheduled on the same day or on separate days, depending on availability and your preferences. Our team will work with you to find appointment times that suit you.

Questions or concerns?

If you have any questions about the autism assessment pathway or would like to discuss your assessment, please contact us:

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

We understand that seeking an autism assessment can feel overwhelming. Our team is here to support you at every step of the process and to ensure you feel informed, prepared, and confident throughout your journey with NeuroFX

Document version 1.0, February 2025 - This document follows NICE guideline CG142 for autism assessment and diagnosis in adults.