



Oxford Health
NHS Foundation Trust



Psychological therapies

Buckinghamshire Adult Autism Diagnostic Service

What is autism spectrum disorder (ASD)?

Autism spectrum disorder (ASD) is a condition that people are born with but often does not become apparent until later in childhood or adulthood. People with ASD usually share a number of similar difficulties such as:

- finding social situations difficult to deal with and understand
- having problems with communicating what they mean
- understanding what other people mean
- finding it difficult to deal with changes in their lives, even small ones
- preferring to follow routines and finding it distressing when they cannot

As a result of these characteristics, people with ASD may find it difficult to get and manage educational and employment opportunities and developing and keeping social relationships.

They may have been referred to specialist health or social care services during childhood or had extra help in school for support with these difficulties.

The referral process

ASD can affect people in different ways. Some people find that it does not have a big impact on their lives while for others it can mean life is more difficult. Some people may decide that finding out whether or not they have ASD will not make much difference to their life and therefore decide not to go ahead with a referral to the diagnostic service.

If you decide that an assessment would be helpful then your GP will write a letter to the ASD diagnostic service. They will ask for an assessment to be carried out to say whether or not an ASD diagnosis is appropriate for you.

Your GP will have discussed your personal history, development and current situation with you to help decide whether a referral to this service is right for you. They will also have asked you to complete a questionnaire about some of your current strengths and difficulties.



What happens next?

Your GP will email the ASD diagnostic service asking for an assessment. You will then receive a letter acknowledging that the referral has been received.

If an assessment is to be offered, you will also receive some questionnaires to complete which will help the service to plan your assessment. You will receive instructions with the questionnaires and a stamped addressed envelope to return them in.



What will happen once I have returned my questionnaires?

You will be sent an appointment date for an assessment. You may have to wait for an appointment.

You will be asked to attend the appointment and where possible, to bring with you a parent or someone who can answer questions about your development from birth. An ASD assessment involves finding out about your current difficulties but also about what you were like as a child. Any information that you can provide about this is very helpful.

You will also be asked to bring along any information you still have from your childhood such as clinic reports and school reports.



What will the assessment be like?

You will meet with a member of the team to talk about how things are for you now. The appointment may last between two and four hours but you will be able to take breaks if you need to.

You may also be asked to complete some tasks which are part of the Autism Diagnostic Observation Schedule (ADOS).

Anyone who comes with you, such as a parent or someone who can answer questions about your development from birth, will spend some time talking to another member of the team to find out more about what you were like when you were younger.

It may not be possible for feedback about diagnosis to be provided on the day as the clinical team might need to gather further information or spend time discussing the information they have gathered in order to come to a decision.

What will happen after the assessment?

You may be offered a follow-up appointment to find out more about ASD and what help might be available to you, if needed.

The team will write to you and your GP after the appointment with a report of the assessment and the outcome.

Contact the Bucks Adult Autism Diagnostic Service

Email: bucksasd@oxfordhealth.nhs.uk

Telephone: 01865 901 620

Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the PALS and complaints team on freephone 0800 328 7971.

**Bucks Adult Autism Diagnostic Service:
01865 901 620**

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

আপনি যদি এই তথ্যাদি অন্য কোন ভাষায় বা মাধ্যমে (ফরমেট) পেতে চান
তবে দয়া করে আমাদেরকে বলুন

જો તમને આ માહિતી બીજી ભાષામાં અથવા બીજા આકારમાં જોઈએ, તો કૃપા કરીને અમને પૂછો

यदि आपको यह जानकारी किसी दूसरी भाषा या आकार में चाहिए हो तो कृपया हम से पूछें

若您需要本信息的另一种语言或格式的版本文本，请与我们联系

ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੀ ਦੂਜੀ ਭਾਸ਼ਾ ਜਾਂ ਫਾਰਮੈਟ ਵਿੱਚ ਚਾਹੀਦੀ ਹੋਵੇ ਤਾਂ ਕਿਰਪਾ ਕਰ ਕੇ ਸਾਨੂੰ ਪੁੱਛੋ

اگر آپ کو یہ معلومات کسی دوسری زبان میں یا کسی دوسرے طریقے سے درکار ہوں تو براہ کرم ہم سے پوچھیں۔۔

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