

BE AT EASE

Talking openly and honestly can be challenging for your child, especially if they're in a strange environment. Through the Healios online video link you can talk face to face with the clinician, at a time that suits you and your child. All you need is a PC/laptop or smart device and access to Wi-Fi.



The system is designed to be flexible, so your child can talk openly in the comfort of their own home.



ABOUT HEALIOS

Healios is a leading UK digital healthcare company specialising in bringing mental health and neurodevelopmental services to those who need them, in the environments where they feel most comfortable. Our family-based solutions have been shown to benefit long-term outcomes and well-being for young people struggling to cope with psychological difficulties and neurodevelopmental conditions.

Healios clinicians are available anytime between 8am and 9pm seven days a week, making it easy to find a time that works well for you.



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Improving lives
Increasing access
Transforming care

YOUR AUTISM ASSESSMENT & OUTCOME

AUTISTIC SPECTRUM
CONDITIONS (ASC)

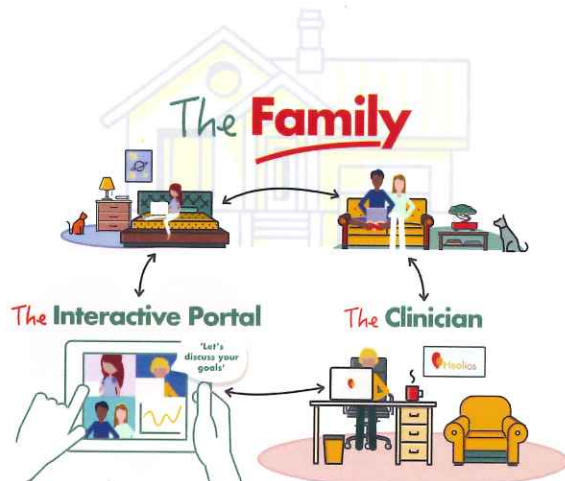
A guide for parents

HOW IT WORKS

Your child's autism assessment will be carried out by a Multi Disciplinary Team (MDT) comprising of qualified clinicians. You and your child will meet online with at least two of these clinical experts, who will lead the autism assessment.

The first session is a question and answer-based assessment carried out with the parents. Questions will focus on your child's behaviour around the age of 4-5 years. It may stretch over a couple of sessions, or it may take one longer session, if that is more convenient for you. The second session is a mix of questions and activities focused on your child. Your child will be asked some questions about home, school, friends, and general life and will be asked to carry out a few simple tasks, such as looking at a book with the clinician and making up a story.

The clinicians will then go away to discuss the findings of the assessment with the Multi Disciplinary Team (MDT) and write a report based on the results. There will be a feedback session to discuss the findings from the assessment and confirmation of what the outcome and/or diagnosis is. We will discuss how best to support your child and what the next steps will be.



STEPS FOR ASSESSMENT *Based on NICE guidelines*



01

Your clinician will take into consideration your child's medical history, including a family history, and past and current physical and mental health conditions. In addition, our clinicians will consider any conditions which may co-exist with autism and screen for some of these if felt to be present. They may also contact your child's school or college to get input from their teacher or Special Education Needs Co-ordinator (SENCO).

02

Your clinicians will ask questions and observe your child, using **specialist tools** to look for features consistent with meeting the diagnostic criteria.

03

Once we have completed the assessment we will write a report **summarising the findings** for you and create a profile of your child's strengths, skills, impairments and needs, and provide guidance on what may be helpful.



04

At the end of the process you will receive a comprehensive report which you can download, email and/or print, to share with people you feel are appropriate.

05

The lead clinician will schedule a feedback session with you to discuss the findings from the assessment and confirm what the outcome or diagnosis is. We will discuss how best to support your child, what the next steps are and signpost useful resources

