

Still have questions?

Here are a few websites which have some good information about ASC:

- www.autism.org.uk
- www.autismspeaks.com
- www.autismafter16.com
- www.nhs.uk/conditions/autistic-spectrum-disorder/pages/introduction

If you have any more questions about ASC, please ask your mental health professional.

Contact

The Emotional Health Service

42 York Street, Twickenham TW1 3 BW

T: 020 8487 5470

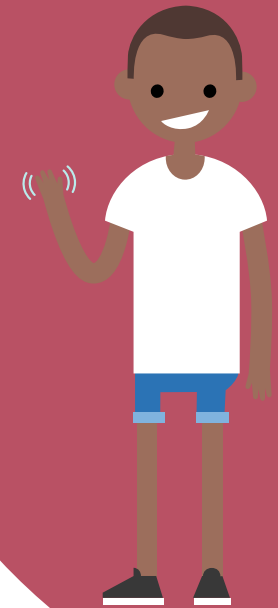
Opening hours:

Monday to Thursday: 8.45am to 5.00pm

Friday: 8.45am to 4.45 pm

W: www.afcinfo.org.uk/emotionalhealthservice

Emotional Health Service



Autism Spectrum Condition (ASC)

Going for an assessment

You have probably been given this leaflet because you are going to be assessed for an ASC. This leaflet will tell you a little bit about what ASC is and what the assessment process for it is like.

What is Autism Spectrum Condition?

ASC is caused by a difference in the way that the brain develops over time. Everyone's brain is different, but children with ASC have particular skills and differences that they may be especially good at or need extra support with. An assessment for ASC helps the people around you to figure out if you have these particular skills or needs and how you can be helped with them.

What are the signs?

Children with ASC usually:

- struggle with understanding social situations (like making friends or talking to adults)
- have difficulty communicating what they think or need
- are either under or over sensitive in specific ways, for example: they might be under-sensitive to noise and need to listen to music really loudly or may have a super sensitive sense of smell which can sometimes be useful or sometimes be uncomfortable
- have a specific topic area or activity that they love to talk about or do over and over (which they might be really amazing at)
- feel better or safer when they know what is going to happen next, for example in a well-known routine

Sometimes these signs are noticed at a very young age and sometimes they are only noticed later in life. Everyone is different in the way that they experience ASC.

What happens in an assessment?

You will meet with one or two different people who know lots about ASC. You will probably do a bit of talking and a few activities with them. There will be some talking with your parent or caregiver and some talking with you by yourself. You will probably also have to fill out some questionnaires which you can have help with if you need.

What happens after an assessment?

You will be told what the result of the assessment is in your last appointment. They will talk to you about why they decided that you do or don't have an ASC and what the next steps are. Here are a few of the things that could happen after your assessment.

- A meeting with your school or college about how you can be supported
- A meeting with your family about how they can support you
- You could go to a few more meetings about what ASC means for you and how you can look after yourself
- You could meet with the Emotional Health Service to get help for things you are struggling with

