



What to expect Child ASD

We have come up with this handy guide to your assessment so you know exactly what to expect. If there's anything we've missed out, please don't hesitate to get in touch.

Before your Assessment

Your pre-assessment questionnaires

Once your assessment has been confirmed, we will send you some pre-assessment questionnaires. There will be some questionnaires for the parent / guardian, the school, and the child themselves to complete. These questionnaires are really important to give some extra information about your child's symptoms.

Reminders for your appointment

If you have consented to text communication, we will send you a text reminder for your appointment 2 hours before it is due to start.



Assessment

Assessment

Connecting with your virtual appointment

Once we have received all the pre-assessment questionnaires, we will send you an email containing the links you can use to connect to your appointment. This is usually sent the day before your appointment.

The subject of the email will be "Appointment Links - S E I K Psychiatry".

There are 3 link options:

- 1 to use with a google chrome browser on any device,
- 1 to download an app on an android phone to use,
- 1 to download an app on an iphone.

We always recommend using a large device where possible, such as a laptop or tablet, as these tend to run more smoothly and are more comfortable to use for a video consultation.

During your Assessment

For the Child ASD Assessment, it is important that the child attends both Part 1 and Part 2. Depending on the child's age, they may also be required to attend Part 3. This can be confirmed during the first appointment.

Part 1 - with a psychologist

Part 1 is a 90 minute appointment used to complete the ADI-R which is a clinical diagnostic tool that needs to be administered by a qualified practitioner. This is recognised for assessing ASD symptoms across the UK and Europe. The ADI-R focuses on behaviour in three main areas: qualities of reciprocal social interaction; communication and language; and restricted and repetitive, stereotyped interests and behaviours.

We recommend only the parent / guardian attends this appointment, as it is not interactive with the child in any way.

They are mostly "yes" or "no" questions which means they often don't give much room for discussion about the effect of these symptoms on your child, or the family. You will have time for this in the Part 2 and 3 appointments!

Part 2 - with a psychiatrist

This appointment is important for the psychiatrist to get to know your child. They will have reviewed all the pre-assessment questionnaires, and the psychologist report to prepare, and will carry out behavioural observation of your child to confirm the symptoms reported, as well as look out for any symptoms that may not have been reported.

The doctor will collect information about symptoms, feelings, experiences, and history. In addition, the psychiatrist will use this appointment to carry out a clinical examination to assess for any conditions that may exist alongside ASD, and any conditions that may have overlapping symptoms.

It is very common for children to struggle to sit through the full appointments. One of the great things about having the assessment in the comfort of your own home is that they can get up and go for a wander if needed!

Support Options

Recommendations for at school, or home are sometimes discussed during this appointment if there is time. If there isn't time, they will be discussed at the Part 3 appointment.

Medication

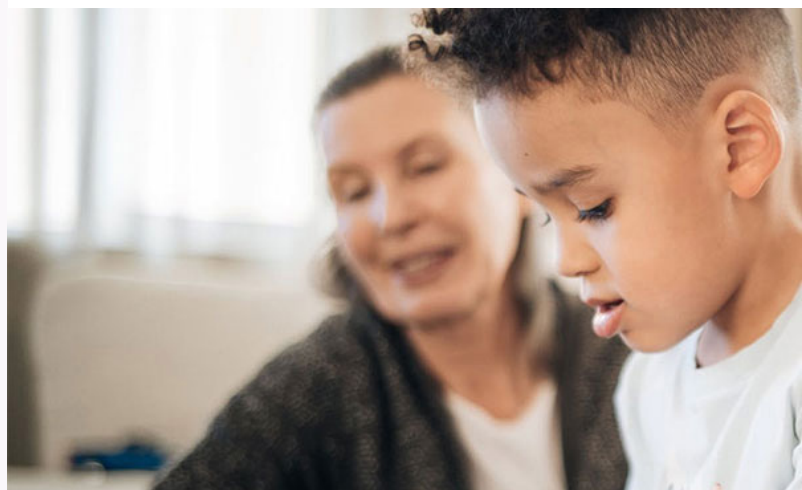
If there are any symptoms that may need medication to treat, such as issues with sleep, treatment options will be discussed. The psychiatrist may request some extra medical information about your child to check it is safe to prescribe. This could include (but is not limited to) blood pressure, heart rate, blood tests and/ or an ECG.

Part 3 - with a psychiatrist

In some cases, the psychiatrist will have had a meeting with the psychologist to discuss the case to prepare for this appointment.

This 30 minute appointment is used to feedback any diagnosis that has been reached. You will also discuss or commence treatment options and / or recommendations that can help at home/ school.

You and your child will be given the opportunity to ask any questions about the outcome of the assessment.



After your Assessment

Your report

Once your child's assessment has been completed, we will send you a full report including sections from the psychologist and psychiatrist. Where specific recommendations for school or home life have been discussed, these will be included in the report.

The report will be sent to you in a password protected zip-folder. The password will be your date of birth in ddmmyyyy format. This will be explained in the email we send to you.

Extending your assessment

On some occasions, where there is a particularly complex history, or multiple conditions presenting together (comorbidities), the psychiatrist may recommend you extend your assessment plan to ensure your child's condition can be fully assessed.

You will be able to speak with the admin team about the cost for this extra assessment to decide what is best for you and your family. As an organisation that strives to be affordable and accessible, we always offer the extra assessment time at a reduced fee.

Treatment - medication

Where you and the psychiatrist have decided to try medication to help with your child's symptoms, we will send a prescription to your nominated pharmacy.

We use a Royal Mail tracked service and you will be notified when the prescription has arrived at your pharmacy. We will email you the tracking number and details of the prescription the day that it is due to be collected from the psychiatrist.

Your psychiatrist will tell you what follow up appointments will be necessary to review your progress on the medication and you can discuss this further with our admin team.

Treatment - therapy

If the psychiatrist has recommended therapeutic treatment, we have qualified psychologists that are able to offer a range of therapeutic services. You can choose how often your child has therapy sessions, and this can be discussed in more detail with your psychologist as you discuss your child's goals for the sessions. If you are interested in pursuing therapy, please get in touch with our admin team who will talk you through the options.

