

# Autism assessment team

## Your referral

### What is autism?

We all have things we are good at and things we find difficult. People with autism may be good at noticing details, remembering things and, if they are really interested in something, they can become an expert on the subject. They may also find some things difficult such as understanding other people, joining in with groups and being flexible about things.

Not everyone with autism is the same and it affects people in different ways. Although having autism can make some things harder, it does not limit what people can achieve.

### What does an autism assessment involve?

#### Initial referral and assessment

All referrals go to our Common Point of Entry (CPE) team. Sometimes, a member of the team may call your family or carer if they feel they need more information. In some cases you may be referred to the autism assessment team by someone you already know within the service. If you or others think it would be helpful for you to have an autism assessment they will make a referral to the team for you.

As we have a lot of people waiting for an autism assessment, this may mean you have to wait longer than we would like. While you are waiting, we will be in touch to provide help and support that can be accessed while you are waiting for your assessment.

#### The process

Initially, questionnaires will be sent to your family and school teachers. These enable us to see where you are doing well and where you are having difficulty. We then arrange an appointment for you and your family/carer to come in. There will be two members of the team involved in the assessment; one to talk to you, while another talks to your family/carer in a different room. This helps us to find out more about you and to think of ideas that might help. We will then put all the information together and decide whether you have a diagnosis of autism or not.

## What happens next?

If you do receive a diagnosis of autism, it is normally helpful for you and others to know this. This is because it will help you and other people to understand more about your strengths and difficulties and to know more about the best ways to support you.

When we finish our assessment, we write a report which helps others to understand you better and shares our ideas about the best ways to support you. We do this whether you are diagnosed with autism or not.

We are an assessment only service, so we will decide together with you and your family or carers where the best places would be to get support and any other help you might need after our assessment.

## How to contact us

### If you feel that your mental health issues are getting worse...

- Call 0300 365 1234
- Email [bks-tr.hub@nhs.net](mailto:bks-tr.hub@nhs.net)
- Or fill out the form on the website <https://forms.berkshirehealthcare.nhs.uk/cyfp>

### If you feel you need immediate and urgent help...

- Contact your GP
- Dial 111 to contact your GP out of hours service
- Or go to A&E

### If you require further information...

**Call: 0118 909 6425**

9am-5pm, Monday to Friday.

**Email: [CAMHSAAT.admin@berkshire.nhs.uk](mailto:CAMHSAAT.admin@berkshire.nhs.uk)**



**[www.berkshirehealthcare.nhs.uk/autism](http://www.berkshirehealthcare.nhs.uk/autism)**