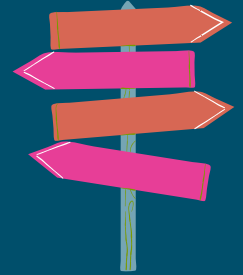


Adult Autism Diagnosis Process- Information Leaflet

This leaflet is designed to help you understand the stages you would need to take to be considered for an adult NHS Autism diagnosis . This information is for people living in the Sheffield area.



What is Autism?

- Autism can affect the way a person communicates and how they experience the world around them.
- Autism is not an illness or a disease , there is no treatment or cure.
- Nobody knows what causes autism, or if it has a cause.
- Sensory issues can affect autistic people which can be linked to sight, sound, taste, touch, smell, movement, balance and position of body.
- Autistic people are unique , no two people are the same.



Is a diagnosis right for me?

It is up to you whether you decide to seek a diagnosis, some people are happy to remain self-diagnosed however the only way to know for sure whether you are autistic is to get a formal diagnosis. Some people make the decision to obtain a diagnosis so that it can help them gain access to the support that they may need.

It is believed that in Sheffield 3.2%-3.8% of the population is Autistic . For people living in Sheffield the waiting time could take up to 3 years to receive a formal NHS diagnosis . There is an option to have a private assessment undertaken however this method would involve a cost.



The information below will help you take the necessary steps if you feel that an NHS diagnosis is the right decision for you

Step 1- Book a GP appointment.

Book an appointment to speak with your GP. You may want to ask someone to go with you to support you whilst attending your appointment. This could be someone in your support system.



Step 2- Before your appointment

Try and prepare for your appointment and be ready to present your case to your GP. Your GP will want to ask you questions to understand why you feel that you have autism. It is better to be prepared and think of some reasons why- you may find it helpful to write the reasons down and take some notes with you to the appointment. You could write down some examples of the difficulties you may have experienced as a child or an adult.

This could be examples relating to:

- Communication
- Friendships/ social interaction
- Employment
- School/ college/ university
- Sensory difficulties
- Difficulties with change.



Step 3 – At the GP appointment

Remember to refer to the preparation you did before your appointment in Step 2. If you do take someone with you they can be there to help and support you if you need it. If your GP decides not to refer you ask for their reasons why. You could always make another appointment to talk it through. If you feel that the reasons for not being referred are unfair you could ask to see another GP at the practice or you may want to make a complaint.



Step 4 – Referral

If your GP refers you and you live in Sheffield you will be referred to SAANS – Sheffield Adult Autism and Neurodevelopmental Service. When you reach the top of the waiting list for SAANS they will make an appointment with you which may be in person or via live video call. The team at SAANS will then carry out an assessment which will help you to better understand your needs and abilities. The assessment is the first step of the diagnosis process.



Sources of support and further information – websites and QR codes

The link below will take you to the SAANS (Sheffield Adult Autism website which provides further information about the diagnosis process and has some useful videos about autism:

<https://www.shsc.nhs.uk/services/sheffield-adult-autism-and-neurodevelopmental-service-saans>



Sheffield Autistic Partnership Network (SAPN)

<https://sapn.org.uk/>



The National Autistic Society

www.autism.org.uk/



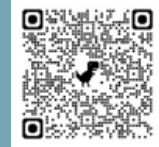
Sheffield Autistic Society

<https://sheffieldautisticsociety.org.uk//>



Disability Sheffield

www.disabilitysheffield.org.uk/



Autism Plus

<https://autismplus.co.uk/>



The Autism Centre for Supported Employment

<https://ac4se.org/>



Sheffield Occupational Health Advisory Service

<https://www.sohas.co.uk/>



Healthwatch Sheffield

Mobile: 07415249657

Main office: 0114 2536688

 Follow @HWSheffield

 LikeHealthwatchSheffield