Hello,

The information below is about a paid opportunity to contribute to research exploring how to support adults waiting for an autism assessment. Please read through the different sections and consider if you’d like to take part.

**What this work is about:**

We would like to find out:

* What could help people who are waiting for an autism assessment.
* What waiting well means for different people.
* What changes for people if they are waiting well for their autism assessment. For example, does it mean improved anxiety, quality of life or wellbeing?

**Waiting well** refers to the health and wellbeing of people waiting for an assessment, test or treatment. NHS England says that adults waiting for an autism assessment should be given support packages to help them wait well. It is unclear if autistic adults want the support packages, and if they do, what they should look like and what the content should be. We want to ask autistic adults about this to see if we can help others wait well for their autism assessments in the future.

This work is led by Dr Lauren Powell, a lecturer in Psychology and Education at the University of Sheffield, and a late diagnosed autistic woman with Attention Deficit Hyperactivity Disorder (ADHD) with lived experience of a NHS autism waitlist.

**Who can be involved?**

We are looking for:

* Five adults who have received an autism diagnosis from the NHS within the past five years

and

* Two carers of adults who have received an autism diagnosis from the NHS within the past five years

We will include people who represent **diverse groups** such as those with different sexual orientations and cultural backgrounds. This is because their support needs can be different and unique, so it is important to make sure their voices are heard.

**Where, when and can I be involved?**

We would like to invite autistic people and carers to submit an expression of interest to take part in an online activity (around 90 minutes). We will hold an online meeting at **2.15-3.45pm on Wednesday 12th February, 2025**. If you want to be involved but are unable to make this date/time, please get in touch so we can arrange to speak at a convenient time.

We will offer **different ways to get involved** to include people with different communication needs such as:

* Online group
* 1-1 online meeting
* Email conversation

**How can I be involved?**

If you want to express an interest in contributing to this work, be kept up to date and or to hear about future involvement opportunities, please complete [**this expression of interest form.**](https://forms.gle/QJ3TPuyzcn8pqUHb7)

If you have any questions or would prefer an easy read version of the form, please contact Dr Lauren Powell: L.A.Powell@sheffield.ac.uk

Thank you for taking the time to read this message.

Dr Lauren Powell