

Seeking a diagnosis of autism/Asperger's

How to seek a diagnosis in Bradford

Please find information below about how to seek an Autism Spectrum Condition (ASC) diagnosis.

The steps to getting referred for a diagnosis:

- 1) Visit your GP
- 2) It might be helpful to take someone with you, who knows you well and can offer another perspective in addition to yours.
- 3) You might want to make a list of your difficulties (why you think you may have an Autism Spectrum Condition).
- 4) You can also complete the AQ test (Autism Quotient) before you visit the GP, and take that with you. This was designed by Simon Baron Cohen and can be found on the internet at <http://archive.wired.com/wired/archive/9.12/aqtest.html>. Again, this can help the GP to understand your areas of difficulty and give a general guide to the level of your autistic tendencies.
- 5) The GP can then refer you on to an autism specialist for a diagnosis.
 - The **Sheffield Adult Autism and Neurodevelopmental Service (SAANS)**. The GP can refer you to this service.

At the diagnostic appointment you will meet with a Clinical Psychologist. You can choose to take someone with you but the psychologist will want to hear your answers to questions to accurately assess you. It is unlikely that you will get a diagnosis on the day, but will instead need to wait for the full diagnostic report.

After diagnosis some individuals can struggle with the knowledge of having a diagnosis, whereas for others, it can be a positive experience, enabling them to access services, and/or have reasonable adjustments made at work/college, should they wish to.

For more information or guidance around seeking a diagnosis you can get in touch on the below contact details. *You may also want to learn more about what to expect during the diagnostic appointment and what to do afterwards by visiting the National Autistic Society website;* <http://www.autism.org.uk/about-autism/all-about-diagnosis/>

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