

## Referral & Assessment Process: Mid & West Essex Autism Spectrum Disorder Diagnostic Service

People can be referred for ASD assessment if they:

- (a) Are 18 years old and over
- (b) Are not open to the Community Mental Health Team (CMHT) or the Community Learning Disability Team (CLDT) or in crisis
- (c) Are showing clear signs that they may be on the Autism Spectrum



### **1. Referral is made via the person's GP -**

- The person should visit their GP and explain to the GP why they want an ASD assessment
- The GP will ask them to complete a short questionnaire
- The GP will use the information gathered in order to decide what should happen next



### **2. If the referral is passed to the ASD team they may -**

- Request more information
- Accept the referral
- Decide that ASD assessment is not appropriate and write back to explain why



### **3. If the referral is accepted by the ASD team –**

- An Independent Advocate Navigator will help the person referred to complete a selection of screening questionnaires, if they wish
- If the screening questionnaires indicate further assessment, an appointment will be offered with one or more members of the ASD team for an assessment
- The assessment will be carried out using one or more standard measures recommended for assessment of ASD
- When the assessment has been completed, the information gathered will be discussed within the ASD team
- A report will be written for the person referred in order to explain whether or not ASD was confirmed and will include recommendations
- The person referred will be invited back for an appointment to discuss the report
- An Independent Advocate Navigator will offer time-limited support to help signpost and assist with any recommendations that have been made