



Autism (ASD) and ADHD Assessments

What are the options?

An increasing number of parents and families are noticing characteristics of ADHD and/or Autism (ASD) in their children and are looking for further advice or to potentially explore a diagnosis.

Please read through the different options you have below if you have concerns or if an assessment for ASD or ADHD is something you are considering for your child.



Advice Services

Paving the Way

This is not a diagnostic service. However, a referral to the Paving the Way team in Sutton can be made if a child has difficulties with social communication, attention and concentration, anxiety and/or emotional regulation and you would like further advice on whether an ASD or ADHD assessment might be appropriate.

You can find more information on this service here:

<https://www.cognus.org.uk/services/early-intervention-and-identification-paving-the-way/>

The team triage all new referrals and, if accepted, a case worker will be allocated when there is availability. The case worker will observe your child and meet with school and the family for a detailed discussion into the child's developmental history. They may also ask for screeners to be completed. The case worker will then compile all this information into a report.

If it is felt that there is enough evidence for an ASD assessment, the child can be referred to the clinical psychologist within the team or to one of the options below.

If it is felt that there is enough evidence for an ADHD assessment or an assessment for both ASD & ADHD, a referral to another service (such as those below) could be made with the Paving the Way report as supporting evidence.

If it is felt that there is not enough evidence for any further assessment at that time, the case worker will outline 'exit strategies' and may arrange to come back and review the case at a later date. The exit strategies may include parenting courses, groups/workshops for the child and family or other strategies to use to support their needs.

How to access this service - Speak to your child's class teacher or contact the SENDCo. A simple referral form will need to be completed by both school and the family.

* Please note, referrals through this pathway must be for children and young people with a London Borough of Sutton GP only.



Diagnostic Services

CAMHS (Child & Adolescent Mental Health Service)

<https://swlstg.nhs.uk/sutton>

A referral can be made directly to CAMHS by school or a GP for a potential ASD or ADHD assessment via the SPA - Sutton Single Point of Access. The assessment team based in the Sutton Single Point of Access will request the school and family to complete further screening tools if appropriate. These are usually sent out via a link and completed electronically. The deadline for completing these forms is 4 weeks.

If the threshold for diagnosis is met and reflected in the screening measures, the child will be referred to either COGNUS or the Trust's dedicated service for Neurodevelopmental difficulties, so that a more comprehensive assessment can be undertaken.

The waiting time for this can be lengthy and is usually at least a year.

How to access this service – Make an appointment with your GP, speak to your child's class teacher or contact the SENDCo.

Right to Choose

NHS patients now have a legal right to choose their mental healthcare provider. This important right means that, for instance, should you decide the waiting time for your ADHD or ASD assessment is too long via CAMHS, then you can choose an alternative provider to suit you. Right to Choose within mental health is a relatively new scheme (since 2018) and as such, many patients are not aware of the options. Please follow this link for more information:

<https://www.eastwickpark.nhs.uk/about-us/news/1642/>

Through this service, some providers are able to facilitate assessments for ASD or ADHD in as little as a few months. For more information on providers of ADHD and ASD assessments and potential waiting times, please follow these links:

<https://adhduk.co.uk/right-to-choose/>

<https://www.autism.org.uk/advice-and-guidance/topics/diagnosis/before-diagnosis/how-to-request-an-autism-assessment#What%20is%20'Right%20to%20Choose'?>

How to access this service – Make an appointment with your GP and ask to be referred to your chosen provider. If your child has been seen by Paving the Way, you can take this report with you or submit it later to the provider as evidence.

* As this is a relatively new option not all GPs or other clinicians are aware of it and how it works. If your GP is not aware of this option, you can direct them to the links above or you can download a letter to take with you here: <https://adhduk.co.uk/wp-content/uploads/2021/04/ADHD-UK-Letter-to-GPs-on-Right-to-Choose-v2.pdf>



Further Information

Screeners

The following screeners may be useful to complete if you are concerned about your child's needs or are wondering if they may have a neurodiversity. You can also bring these to your child's class teacher, the SENDCo or to the GP:

EYFS (Ages 4 - 6) - https://www.patoss-dyslexia.org/write/MediaUploads/Resources/NDTCombinedchecklist_EYFS.pdf

KS1 & KS2 (Ages 6 - 11) - https://www.patoss-dyslexia.org/write/MediaUploads/Resources/Combined_checklist_Primary.pdf

Support Services

Sutton Autism Service

<https://www.cognus.org.uk/services/autism-and-social-communication/>

Playwise

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

Adapt to Learn

<https://adapttolearn.com/>