



Just Mind

ASD Assessment process

1st stage of assessment:

- **Initial assessment session (90 minutes)**

This session is essential to gather relevant information about the young person background and personal history, early developmental, symptoms and signs, specific behaviours noticed and reasons for the assessment.

As possible this session should be held with young person and one or both parents.

Specific screening questionnaires will be provided to gather clinic evidence to complement the assessment depending of the age:

CAST

AQ

EQ

RQ

Short Sensory Profile

Complement questionnaire about difficulties and stereotyped behaviour noticed

Questionnaire to gather relevant information from school, as applicable.

Cost of this session:

£150.00 (without report) or £200.00 (with report)

- If scoring results meet the threshold, we can proceed for the 2nd and 3rd stage of the process.
- If scoring results don't meet threshold, specific support to difficulties can be provided.

2nd stage of assessment:

- ADI-R (can take up to **3 hours**, can be done face-to-face or online) – applicable to children, adolescents or adults cases, to be done with parents.
- RADS (between **1 to 2 hours**, can be done face-to-face or online) – applicable to adults.

(The cost of this stage is included in the total cost of the ADOS-2 – 3rd stage)

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+44 (0) 7375120775

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EMAIL ADDRESS
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3rd stage of assessment:

- **ADOS-2**

Time for administration:

60 minutes (when person does not present communication difficulties and is verbal).

90 minutes (When person presents communication difficulties, finds difficult to express self or is non-verbal).

For children, it is suggested that one of the parent or caregiver should be present in the room, during the assessment.

Consent for video recording is usually asked to parents/caregivers for scoring purpose exclusively and will be password protected and will be deleted after the process is completed.

Report:

It can take up to one week to score, interpret and write the report, which once completed, will be sent to individual/parents via email for their reading and will be jointly reviewed on the feedback session.

Feedback session:

A 30 minutes session will be arranged to discuss outcome of the assessment and clarify the interpretation of the report, advice parents about what could be next steps to take and the need to liaise with other professionals as appropriate. This can be done face-to-face or online.

Cost of the ADOS-2: £800.00

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- **Further support after assessment:**

A number of sessions and a review will be agreed with the client (this might vary according to each client needs and difficulties).

Follow-up sessions can be suggested after the review session, as necessary.

Specific guidelines, templates and exercises might be provided during sessions to help consolidate learning and improvements of skills.

We can also liaise with school/work or other professionals involved to best support individual with a plan as appropriate.

An example of the therapeutical plan can include:

- exploring triggers for anxiety or challenging behaviour and possibly sensory sensitivity
- exploring and understanding different emotions and feelings and learn how to express them (self and to others)
- learning coping strategies and distress techniques for emotional regulation (anxiety, anger, frustration, low mood or when facing changes)
- improving social skills (how to interact with others in different environments and understand social rules)
- learning how to structure and plan meaningful and pleasant routines
- learning how to cope with changes
- learning how to manage specific worries, fears or negative thoughts
- Improve self-confidence