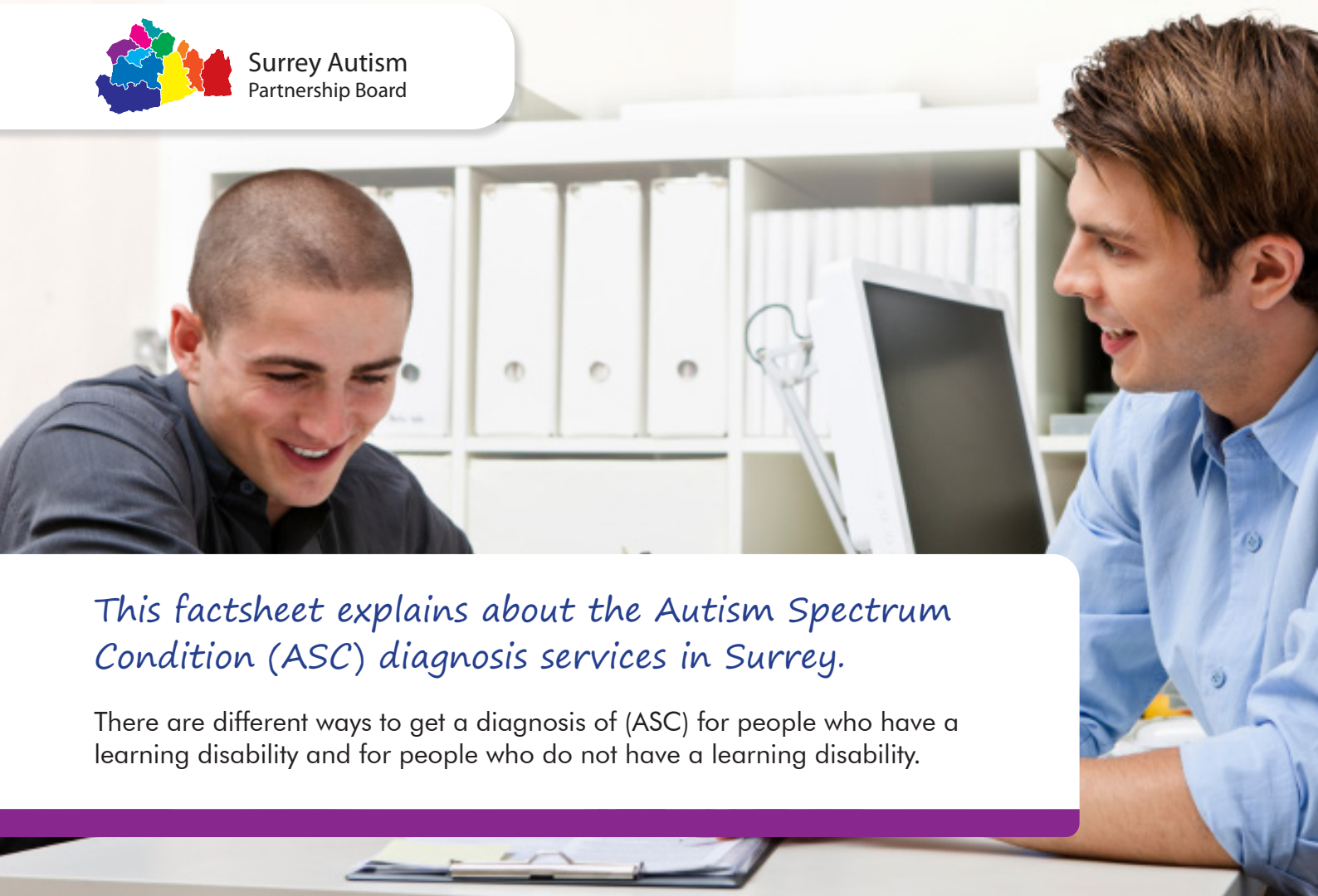


Diagnosis for adults in Surrey



Surrey Autism
Partnership Board



This factsheet explains about the Autism Spectrum Condition (ASC) diagnosis services in Surrey.

There are different ways to get a diagnosis of (ASC) for people who have a learning disability and for people who do not have a learning disability.

Why ask for a diagnosis?

Many people say a diagnosis of Autism Spectrum Condition (ASC) has helped them understand why they have difficulties with some things and are good at other things.

Having a diagnosis of ASC can make it easier for social care services to understand what help you may need.

A diagnosis does not necessarily lead to social care services being provided.

Judy's diagnosis

Judy was diagnosed with an ASC in 2013, she told us:

'The diagnosis took a lot of guilt off of my shoulders as I understood why I can't do certain things. It made my self expectation a lot clearer which made me feel less of a failure.'

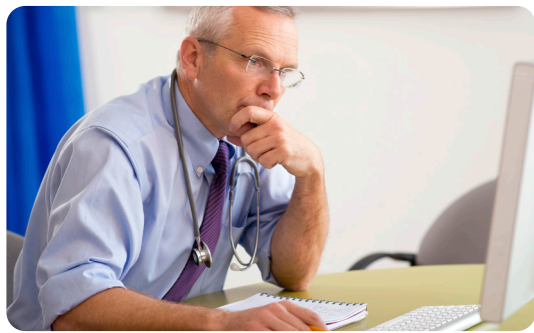


Diagnosis for people who do not have a learning disability

Surrey and Borders Partnership **NHS**
NHS Foundation Trust

The Surrey Neurodevelopmental Service is run by Surrey and Borders Partnership NHS Foundation Trust.

How to get referred to the Surrey Neurodevelopmental Service.



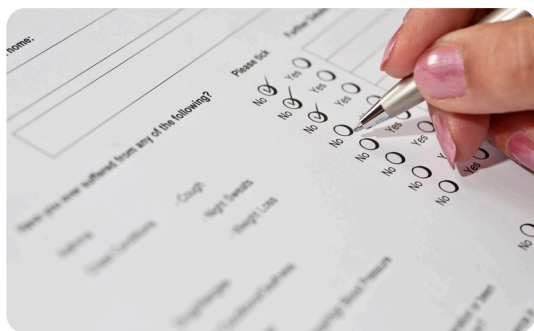
Your GP will need to refer you to the Surrey Neurodevelopmental Service. It is a good idea to take a copy of this factsheet to show to your GP.

The Surrey Neurodevelopmental Service is based at: Ramsay House, Richmond Crescent West Park, Epsom, Surrey. KT19 8PB.

Your name will then be put on a waiting list until it is your turn to be seen by the Service.

When it is your turn to be seen by the service you will be invited to a meeting with an autism specialist.

The autism specialist is supervised by a Consultant Psychiatrist.



You will be sent questionnaires to fill in before your meeting with the autism specialist.

You will need to bring the questionnaires to the meeting. The meeting with the autism specialist will last for two to three hours.

It is really helpful to bring someone who knows you very well to the meeting. Ideally this is someone who has known you since you were very young. This is usually a parent.

What happens at the meeting with the autism specialist

The autism specialist will talk with you about these things:

- what you were like as a very small child
- social interaction
- communication
- restricted and repetitive behaviours
- sensory issues.



The autism specialist will write a report after the meeting.

This report is checked by the Consultant Psychiatrist.

Many people will be diagnosed after having the meeting with the autism specialist.

Some people will be told they do not have an Autism Spectrum Condition.

Some people may have more complex needs and will be referred to the Complex Team for further support. The Complex Team is made up of a Speech and Language Therapist, a Psychologist and a Consultant Psychiatrist.

What happens next if you are diagnosed with an ASC?

You will be sent a letter that confirms your diagnosis. This is usually a five or six page letter.

You will be invited to a Post Diagnosis Group.



The Post Diagnosis Group is run by an autism specialist.

You can bring a family member or supporter to the group with you. Other newly diagnosed people will also be invited to the Post Diagnosis Group.

At the group you will be able to talk about your diagnosis and find out about support for people with autism in Surrey.

Diagnosis for people with learning disabilities

A diagnostic assessment can be carried out by the Surrey and Borders Partnership NHS Foundation Trust's Community Learning Disability Teams.



Ask your local community team for an assessment.

Many people with a learning disability will already get support from their local community team.

If you do not get support from your local team your GP can refer you to them.

Website: www.sabp.nhs.uk/services/ld

Phone: 0300 55 55 222

There are seven factsheets in our series about Autism Spectrum Conditions.

You can download our factsheets from www.surreypb.org.uk

This is the website of the [Surrey Autism Partnership Board](http://www.surreypb.org.uk)



1. Autism Spectrum Conditions (ASC) - An Introduction
2. Diagnosis
3. Communication
4. Useful strategies for life
5. Social care and community life
6. Health services and support
7. Our stories - three stories from people with ASC

Credits

This factsheet was developed by Howard Childs, Tom Moore and Mike Leat.

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Design by Mike Leat of The Clear Communication People Ltd

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