



autism & adhd
assessmenthub

ADULT AUTISM WELCOME PACK



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WHAT DO WE DO?



At Autism & ADHD Assessment Hub, we understand the importance of a supportive and thorough assessment journey. With over 23 years of experience delivering assessments to individuals, families, local authorities, and organisations as part of the Antser Group.

Our team is led by Dr Zoe McGovern and Dr Jessica Donohoe - two highly specialist Clinical Psychologists with over 15 years experience working in the field of neurodiversity.

Our clinicians specialise in assessing for autism, ADHD and further neurodiverse learning differences following a neurodiversity-affirmative approach to provide a positive and empowering experience. All assessments are completed by a multidisciplinary team, using the latest diagnostic tools, fully aligned with NICE guidelines. From the first consultation, individuals and families are supported by their own team of highly specialised and qualified clinicians.

We take pride in ensuring that every report is rigorously quality checked, achieving a 100% recognised rate by NHS, GPs, schools and local authorities.

We are committed to fostering inclusivity and understanding the diverse needs of neurodivergent students, including those from minority backgrounds and the LGBTQ+ community. By working in partnership with schools, we help create environments where every learner feels supported and valued.

We want every individual and family to feel supported from the very start, so we've made our assessment fees clear and offer flexible payment plans helping you manage costs in a way that suits your budget.

Cost: Adult Autism Assessment is £2,095, which includes your £195 initial consultation fee.

You after your initial consultation you can choose to pay the remainder in full or spread the cost over 3, 6, 9, or 12 months (subject to credit checks).

OUR ASSESSORS



Who will be your clinician?

Our lead Autism assessors come from diverse backgrounds and are fully qualified **HCPC-registered** Clinical Psychologists – each has a minimum of 5 years post qualification experience in working with neurodivergent adults and children.

Your secondary clinician will be either a experienced speech and language therapist or an occupational therapist (both are NICE-guideline compliant for adult assessments).

Specialist Training & Experience

Many **women and girls** present differently to traditional diagnostic profiles, often using strategies to “**mask**” or compensate for their difficulties. This can make their traits less visible, particularly in structured or clinical settings.

Our clinicians have specific experience in recognising subtle and masked presentations, including those more commonly seen in women and girls. We take a holistic, multi-method approach to assessment, rather than relying on a single tool or observation.

Supported by our two in-house **Clinical Directors**, Dr Zoe McGovern and Dr Jessica Donohoe, who bring over 15 years of combined experience assessing both adults and children for a range of neurodevelopmental conditions. They have a particular interest in identifying subtle and masked presentations, including those more commonly seen in women and girls.

They have developed our comprehensive assessment framework and clinical pathways, and continue to provide ongoing clinical oversight. This ensures that all assessments are thorough, evidence-based, and fully aligned with national guidelines, including NICE and UKAAN standards.

MEET OUR CLINICAL DIRECTORS

DR. JESSICA DONOHOE



Jessica is a Chartered Clinical Psychologist and accredited Clinical Supervisor, who qualified in 2014 and is registered with the Health and Care Professions Council (HCPC).

Jessica has wide experience of working with young people and families and a particular interest in the assessment and diagnosis of autism and ADHD. Jessica embarked on specialist work in mental health and autism soon after qualifying and along with pre-qualifying placements, has worked in the area of neurodevelopmental assessment for over 10 years in wide-ranging sectors. She has a particular interest in how neurodivergence presents in girls and women and is committed to developing an approach to neurodevelopmental diagnostic assessment that is neuro-affirmative and that promotes a positive neurodivergent identity.

Qualifications:

- Doctorate in Clinical Psychology from the University of Birmingham
- Masters in Clinical Psychology Research from the University of Birmingham
- Bachelor of Science in Psychology from the University of Warwick

DR. ZOE MCGOVERN



Zoe is an experienced Consultant Clinical Psychologist who qualified in 2003 and is registered with the Health and Care Professions Council (HCPC). She has worked in NHS inpatient services with children and young people, in multidisciplinary teams for adult neurodevelopmental services and in Community Learning Disability Services. Over the years Zoe has provided assessment and intervention for a range of mental health difficulties and has worked extensively with neurodivergence. Alongside direct clinical work, she has significant experience of working with staff teams, residential organisations and other care providers offering a range of teaching, training, consultation and supervision. She has been a Consultant for the last two years, leading and shaping the delivery of psychological services for adults with learning disabilities.

Zoe has a particular interest in how neurodivergence is experienced by girls and women and has had additional training in this area. She is committed to a collaborative, neuro-affirming and trauma-informed approach to neurodevelopmental assessments and in supporting individuals and families to find a positive way forward following diagnosis.

Qualifications:

- Doctorate in Clinical Psychology from the University of Leicester
- Bachelor of Science in Psychology from the University of Lancaster

HOW IT WORKS?

1

Step One: Referral

As soon as we receive your referral, we will send you our welcome pack with details about the processes, pricing and next steps which is to complete our self referral form. Once we have your completed self referral form, we'll then send you a secure link to make payment for your initial consultation.

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Step Two: Initial Consultation

Your lead clinician will meet with you via video link. This session is designed to explore your experiences in more detail, helping to determine whether a full assessment would be beneficial and which pathway may be most appropriate.

As part of this, your clinician will consider whether Autism may be present on its own or alongside other conditions, such as ADHD, and will also explore any alternative explanations for your difficulties.

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Step Three: Observational Assessment at our Clinic (ADOS-2)

You will meet with a second clinician, and this session will take place in person at a hub.

The Autism Diagnostic Observation Schedule, more simply known as ADOS-2. The ADOS-2 is a semi-structured, standardised tool used in the assessment of autism. It looks at communication, social skills, play (creativity), and restricted or repetitive behaviours or interests. It helps the clinician gain valuable information about how people communicate and engage with others and the world around them, through play and creativity. The ADOS-2 can be used with people of all ages, abilities, and language skills.

This session usually takes 1-2 hours.

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Step Four: Clinical Interview (ADI-R)

This assessment session will be undertaken by your lead clinician. The session will include the taking of a detailed developmental history and any signs of neurodivergence you may have noted. Alongside the interview, our clinician will note any observations they make. They will complete the autism diagnostic interview – revised, known as ADI-R. This remote session is usually 2-3 hours .

The ADI-R hones in on three functional domains:

- *Language/Communication*
 - *Reciprocal Social Interactions*
 - *Restricted, Repetitive, and Stereotyped Behaviors and Interests*
-

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Step Five: MDT & Report

After all steps 1-4 are complete, our multi-disciplinary team will meet within one week to discuss their findings, based on all assessment sessions and information gathered. Afterwards, you will receive a comprehensive written report, which clearly explains the findings of the clinical team, based on information gathered during the assessments, giving a rich understanding of the young person's experience and lots of information about next steps forward, including potential areas for further support.

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Step Six: Feedback Session

Your lead clinician will contact you after you have received the full report. **This session is usually conducted via telephone or video chat and lasts around 30-45 minutes.** This gives you the opportunity to consider together different aspects of the report and to ask any questions you have. During this session, your lead clinician will explain again how the outcome of the assessment was reached by the multidisciplinary team, considerations to make moving forward and what individualised recommendations they make as you continue your journey with a better understanding.

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Step Seven: Post Diagnostic Support

We offer support both before and after a diagnosis. This may include therapy, practical strategies, or family sessions to help you or your child feel understood and supported at every stage.

YOUR ASSESSMENT EXPLAINED

Observational Assessment at Our Clinic (ADOS-2)

In this session, you will meet with our clinician in person at one of our hubs.

The clinician will use the autism diagnostic observation schedule (ADOS-2), a semi-structured, standardised tool for assessing autism. The ADOS-2 evaluates communication, social skills, play, and restricted or repetitive behaviors and interests. It provides valuable insights into how individuals communicate and engage with others and their environment. This tool is suitable for people of all ages, abilities, and language skills.

Duration: This session is face-to-face and typically lasts 1-2 hours.

Clinical Interview (ADI-R)

This step involves two in-depth clinical interviews that form a crucial part of the diagnostic process, using gold-standard tools to provide a comprehensive understanding of your needs.

The ADI-R focuses on three key areas associated with the presentation of autism:

- *Language and communication skills*
- *Reciprocal social interactions*
- *Restricted, repetitive, and stereotyped behaviours and interests*

Duration: This session is remote and typically lasts 2-3 hours.



POST DIAGNOSTIC SUPPORT



At the Autism & ADHD Assessment Hub, we understand that an assessment is just one part of your journey. Receiving a diagnosis can bring clarity, validation, and new questions about what comes next. Our Post-Diagnostic Support (PDS) service is designed to help you feel supported, understood, and empowered as you move forward.

Our specialist team can work with you to explore what your diagnosis means for you, identify areas where additional support may be beneficial, and provide practical strategies to help navigate everyday life. We recognise that every individual's experience is unique, which is why our support is tailored to your personal needs, goals, and circumstances.

Using a neuroaffirming approach, we focus on recognising strengths, valuing individuality, and helping you build confidence in your identity and future. Support may include a combination of therapeutic and practical interventions delivered by our multidisciplinary team, including psychologists, therapists, counsellors, speech and language specialists, and occupational therapists.

With one of the largest networks of specialists in the UK, we are able to connect you with the right professionals to support your needs. Whether you are looking for guidance, therapeutic support, workplace recommendations, or strategies to support daily life, our aim is to ensure you feel equipped, confident, and supported at every stage of your journey.

If you would like to find out more about our Post-Diagnostic Support services, please speak to a member of our team.

THE PRE-ASSESSMENT QUESTIONNAIRE



The pre-assessment questionnaires can be a useful tool as part of an assessment process for both ADHD and/or autism. These are usually completed at home, prior to the initial consultation, or at any part of the process and then interpreted by one of our specialist clinicians:

- They can save time during the initial consultation by allowing the clinician to focus on more in-depth discussions, rather than gathering basic information.
- They can be helpful in gathering detailed information about other agencies, accessibility, and physical/mental health issues from early childhood to the present day, providing insights into both ADHD and autism characteristics.
- They encourage you to share specific experiences, helping the clinician to understand your perspective and share your experience.

If required your clinician will send you the questionnaires most appropriate for your assessment. Common questionnaires include AQ, CAT-Q, ASRS, SNAP and Wender Utah.

It is also important to provide any supporting documents you may have, such as GP letters, school reports, or previous observations/assessments. These additional documents assist the clinicians in forming a comprehensive view of your strengths and difficulties.

GLOSSARY OF TERMS - ADHD

You'll find answers to common questions about the Hub and our assessments here

How long does the autism assessment take?

In most cases, an assessment can be completed in 6-8 weeks (lead times may vary). You will always be given a clear idea of assessment timescales before booking in with us.

On occasion, timescales may be affected by how soon we can access any supporting evidence you may hold. We will let you know any supporting information we require at your initial consultation.

What are the advantages of gaining an diagnosis?

A diagnosis of ADHD and/or autism can greatly assist individuals in accessing targeted interventions that are beneficial for their specific needs. These interventions can be evaluated based on safety, acceptability, efficacy, and effectiveness, ensuring that they align with the individual's diagnostic criteria.

Additionally, obtaining a diagnosis ensures that reasonable adjustments are made in the care of individuals with autism and/or ADHD. This can lead to more personalised and effective interventions tailored to their unique requirements.

An autism and ADHD diagnosis also plays a crucial role in enabling individuals to access various forms of statutory support. For instance, it may be a significant factor when applying for an Education, Health and Care Plan, helping to secure necessary resources and services.

For many individuals, receiving a diagnosis can provide a sense of validation, enhancing their understanding of themselves and their perspectives on the world. This understanding can alleviate feelings of isolation, boost confidence, and foster connections within the neurodiverse community by facilitating access to broader social support networks.

What is a neuroaffirmative approach?

A neuroaffirmative approach recognises and respects the unique experiences, strengths, and challenges of neurodivergent individuals. Rather than viewing neurodivergence as a deficit, it embraces the diversity of the brain and encourages understanding, acceptance, and support in a way that honours each person's perspective. This approach focuses on working collaboratively with individuals, ensuring that their voices and experiences are at the heart of any assessment or support process. It aims to create a positive, empowering environment for neurodivergent individuals, fostering self-acceptance and well-being.

Do I need a GP referral?

No – you can self-refer for an assessment through the Autism Assessment Hub via our [Make a Referral](#) page.

Can I claim for the assessment through my health insurance?

No. We don't currently accept funding via private health insurance providers.

Do you offer financing options?

Yes, we offer flexible payment options over 3, 6, 9 and 12 months (subject to credit checks).

GLOSSARY OF TERMS - AUTISM

Neurodiversity

The concept that neurological differences are to be recognised and respected as any other human variation

Multidisciplinary

Multidisciplinary refers to involving professionals from different fields or areas of expertise working together to address a particular issue or provide comprehensive support.

HCPC Registered

HCPC (Health and Care Professions Council) registration means that a clinician has met the necessary professional standards for education, training, and conduct. It ensures they are qualified, competent, and adhere to ethical practices in their field.

Screening Tools

Questionnaires or checklists used to identify signs of autism, which may indicate the need for a full diagnostic assessment.

Developmental History

Information gathered about a child's developmental milestones and early behaviors, often used as part of the assessment process.

Diagnostic Assessment

A thorough evaluation process used to determine whether an individual has autism spectrum disorder.

Social Communication

The use of verbal and nonverbal communication skills in social contexts, including understanding and using language appropriately.

NICE Guidelines

NICE (National Institute for Health and Care Excellence) Guidelines are evidence-based recommendations for healthcare and social care practices in the UK.

Stimming

Repetitive movements or sounds often made by individuals with autism to self-soothe or manage sensory input.

Sensory Processing

The way the nervous system receives messages from the senses and turns them into appropriate motor and behavioral responses.

Special Interests

Intense focus on specific topics or activities that are common in neurodivergent individuals.



CHECKLIST FOR ADULTS

STEPS TO TAKE BEFORE THE ASSESSMENT

 Confirm details	• Check the date, and time of your initial consultation
 Prepare yourself	• Read through information given in your welcome pack to remind yourself of what will happen during the assessment process
 Give regular medications	• Administer as usual
 Plan transportation	• Arrange reliable transportation • Allow extra time for traffic
 Write down questions	• Prepare any questions you have
 Inform your support people	• Let your support network know the plan
 Comfort items	• Items that help you stay calm (e.g., fidget toys, headphones)
 Comfort strategies	• Prepare ways to keep yourself calm

CLIENT REVIEWS



"Fantastic service from start to finish. So glad I chose them to help navigate through the minefield. They were professional, approachable and very helpful throughout. From start to finish the process took approx 8 weeks. Super fast and would highly recommend."

"I recently received my diagnosis, and it feels as though aspects of my life have fallen into place. Nicola and Claire have both been fantastic and so supportive during my assessment."

"I had a really positive experience with my autism assessment. The team were very understanding and reassuring, and I felt truly listened to throughout the process. As a woman with trauma, I've often had my concerns brushed aside in the past, but here I felt safe and respected. I was encouraged to share at my own pace, and it never felt rushed or pressured. The assessment itself felt more like a supportive conversation, and the staff were excellent at both listening and observing. Overall, I left feeling reassured, understood, and grateful for the care they showed."



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