



autism & adhd
assessmenthub

CHILDREN'S 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: Child 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.

OUR ASSESSORS



Who will be your clinician?

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

For a autism assessments your child's secondary clinician will be an experienced speech and language therapist.

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?

Step One: Referral

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As soon as we receive your referral via phone, email or through our website, 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 child self referral form, we'll then send you a secure link to make payment for your initial consultation.

Step Two: Initial Consultation

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Your clinician will meet with you & where age appropriate your child (ages 10+) via video link. This session is designed to explore your and your child's experiences in more detail, helping to determine whether a full assessment would be beneficial and which pathway may be most appropriate for your child.

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 concerns.

Step Three: Sensory Profile and CCC2

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At this stage, we gather detailed information about your child's sensory and childhood communication.

The Sensory Profile is a questionnaire completed by parents or caregivers, helping us understand how your child responds to sensory experiences like sound, texture, and movement. While the Children's Communication Checklist-2 (CCC-2) explores your child's communication abilities, including language use and social interactions.

These questionnaires typically take around 20–30 minutes each to complete and are designed to align with NICE guidelines, ensuring the highest standard of care.

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

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Your child will meet with a second clinician, and this session will take place in person at your nearest AAH 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, 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.

HOW IT WORKS?

Step Five: Clinical Interview (ADI-R)

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This assessment session will be undertaken by another member of our clinical team. 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 is completed remotely and can take 2-3 hours .

The ADI-R hones in on three functional domains:

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

Step Six: MDT & Report

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After all steps 1-5 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.

Step Seven: Feedback Session

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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.

Step Eight: Post Diagnostic Support

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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 CHILD'S ASSESSMENT EXPLAINED



Observational Assessment at Our Clinic (ADOS-2)

In this session, your child 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 typically lasts 1-2 hours and is face to face at a hub

Clinical Interview (ADI-R)

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The ADI-R hones in on three functional domains:

- *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 a range of emotions, questions, and considerations for the future. Our Post-Diagnostic Support (PDS) service is designed to help you feel supported, informed, and empowered as you move forward.

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

Using a neuroaffirming approach, we focus on recognising strengths, valuing individuality, and helping children and young people build confidence in their 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 families with the right professionals to meet their needs. Whether you are looking for guidance, therapeutic support, or specialist interventions, 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 helpful part of the assessment process for both ADHD and/or autism. These are usually completed at home, prior to the initial consultation, or at any stage 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 help gather 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 child's 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 child's strengths and difficulties.

FAQs

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 PARENTS/CAREGIVERS OF A CHILD

STEPS TO TAKE BEFORE THE ASSESSMENT

 Confirm details	• Check the date and time of your initial consultation
 Prepare your child	• Explain what will happen in simple terms • You can talk to your child about meeting with someone who wants to understand what makes them unique.
 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 other caregivers	• Ensure everyone involved knows the plan
 Comfort items	• Favorite toys or books to help soothe your child

CLIENT REVIEWS



The Autism Assessment Hub has honestly been a life changing experience for us in the most positive way. We knew from an early age that our daughter had ASD related symptoms, and as she got older she desperately needed an assessment in order to get support. A 2+ year wait list wasn't going to work for us so we turned to this wonderful team for help! Debbie Helen and Jane were absolutely wonderful from start to finish, from the initial appointment to post assessment call we were treated with the upmost respect, given professional advice in a way we would understand, and all of our needs were met. No question was left unanswered, our worries were matched with comfort and support throughout, truly an outstanding process! Our daughter got a full diagnosis, taking less than 4 weeks from initial contact to the end. They also offer support for 3 months post assessment which we found to be wonderful, and offered us a huge range of support, and gave advice on our next steps regarding professionals we needed to contact and workshops that we would find helpful! We would recommend to anybody that is on the fence, the money was 1000% worth going private. Thank you again you wonderful people!

Getting my daughter's diagnosis with the Autism Assessment Hub was amazing they had empathy and understanding. They really had my child's best interests. I was explained about the process and nothing was too much. Matty was amazing and really down to earth. We opted to get a cognition and learning assessment which has really helped with my child's learning.

Thankyou all

"My daughter and we were worried about having to wait too long for an assessment so discovering this service was wonderful and I have no doubt her diagnosis will make all the difference in the world. The final report was thorough with suggestions for school to put in place which were talked through with us first. We feel hugely optimistic about the future now we have a diagnosis and a way forward so thank you!"

CLIENT REVIEWS



We were on the NHS waiting list to see the Autism team for a diagnosis assessment, we were told this would take upto a year or more. Our child was struggling at school and staff were reluctant to help sending her to isolation or even another school. We were told by the deputy of the school that it's behaviour and even with a diagnosis it would not help our child and they would be on their way to being expelled with in the year.

Our child was in year 7.

We found the Autism Hub on line knowing we needed to act fast. Their service was kind and precise. Our child felt safe at all assessment. Now our child is receiving the much needed support at school thanks to a swift diagnosis from the Autism Hub and an extremely precise report for all to refer to.

My mum found and contacted them for me after I had spent 1.5 years on the NHS waiting list. Claire and Zoe were very friendly and made me feel comfortable even during the observation exercises. Would recommend to anyone looking to get a formal diagnosis.

Great experience from start to finish - highly skilled team, excellent communication throughout. Worth every penny.

AUTISM ASSESSMENT HUB

CONTACT US



01623 277 508



hello@autismassessmenthub.co.uk



www.autismassessmenthub.co.uk

Autism and ADHD Assessment Hub



618 Warwick Road,
Solihull
B91 1AA



 part of Autism Assessment Hub