

Neurodevelopmental Assessment Pathway (Autism and ADHD)

If your child is 0-4 years and not yet in school:

1. Referral

If you think your child may be autistic, speak to your 0-19 family Health Visitor (HV) (PHINS) or GP. With your agreement, your Health Visitor or GP can refer to a Paediatrician, Speech and Language Therapy (SLT) and Audiology for further assessment. If a setting has a concern they should speak to you to agree further actions or onward referral.

ADHD cannot be formally diagnosed until the age of 6 years. An onward referral will be made by the Paediatrician if appropriate. Please note waiting times can be very long.

2. Before assessment

When you get to the top of the waiting list, you'll be sent an appointment date for a home visit. This will involve the Complex Communication and Autism Assessment (CCAA) team HV and SLT.

Information will be gathered from all professionals including your child's educational setting.

3. During assessment

CCAA team SLT and HV will visit you and your child at home. We will discuss your child's developmental history and do a play-based assessment. We will then talk about the next steps. If further assessment is needed, we may visit your child in their educational setting or invite you to a clinic appointment.

CCAA professionals involved in your child's care will discuss all the information available and compare it against the autism diagnostic criteria (Diagnostic and Statistical Manual of Mental Health Disorders 5th Ed. (DSM-5)).

4. After the assessment

You will be invited to a feedback meeting to discuss the outcomes of the assessment and make plans for the future. Educational settings and family HV are routinely invited to this.

You will get a report to summarise the assessment and advice. Your child will then be discharged from the CCAA team. SLT support will continue as appropriate.

If your child is school age:

1. Referral to MindMate Single Point of Access (SPA)

Schools, parents and young people can refer a child or themselves to MindMate SPA for an autism and/ or ADHD assessment. ADHD can only be considered from age 6 upwards. Initially you must seek support from the Special Educational Needs Co-Ordinator (SENCO) at your child's education settings. Even when difficulties are not present, they are still best placed to provide advice.

MindMate SPA Triage: MindMate SPA will screen for clinical urgency, with most referrals put on a waiting list for routine triage. Once you're at the top of the waiting list, practitioners will review information from a range of sources, e.g. school, SLT. Following triage, MindMate SPA directs referrals to the most suitable support. Onward referrals will be made to Child and Adolescent Mental Health (CAMHS) for a Neurodevelopmental Assessment (Autism/ ADHD) if appropriate. Please note waiting times can be very long.

2. Before assessment

You will be sent a parent/carer questionnaire to fill out. School will also receive a questionnaire to complete.

3. During assessment

You will be invited to an appointment to share information about your child's early development and any current concerns.

Your child will be invited to an assessment session with 2 CAMHS clinicians. This session is for the child/ young person themselves only.

We may invite your child for further assessment sessions, or visit them in their educational setting, if needed.

The professionals involved in your child's assessment, will meet to discuss all the information available and compare it against the Autism/ ADHD (Diagnostic and Statistical Manual of Mental Health Disorders 5th Ed. (DSM-5)).

4. After Assessment

You will attend a feedback meeting to discuss the outcomes of the assessment and make plans for the future. You will get a report to summarise the assessment and advice. Your child will then be discharged from the CAMHS Neurodevelopmental Assessment team.

