|  |  |
| --- | --- |
|  | **Adult Neurodevelopmental Services** |
|  | **Autism Assessment Service** |
| **Please Ask For:** | 3rd Floor |
| **Team Administrator**  **Tel: 0300 123 4574** | St Andrew’s House |
| 201 London Road |
| Derby |
|  | DE1 2SX |
|  | Team Email: dhcft.autism@nhs.net |

**AUTISM ASSESSMENT SERVICE SELF REFERRAL**

**REFERRAL CRITERIA**

**The Autism Assessment Service is an NHS provision that assesses adults for autism where there is an identified clinical need to do so.**  A clinical need could be where it is suspected that autism may be interacting with or influencing mental or physical health problems. A clinical need could also be where the person is struggling with day-to-day functioning in aspects of their life (e.g. employment, relationships, education, addiction, law breaking etc) where it is suspected that autism is influencing these difficulties. Many autistic people manage very well in life and rarely struggle with these things. While such people may be interested in finding out if they have autism because they would like to understand themselves better, we are unable to offer assessments for this purpose.

If you have an identified clinical need for referral for an NHS assessment for autism, please complete the following referral form.

If there is no identified clinical need you may want to access a private assessment. If you are unsure where to look the following organisations list some of the providers available: National Autistic Society Autism Services Directory, The Autism Directory, or the British Psychological Society Directory of Chartered Psychologists.

If you self-identify as autistic and are seeking support rather than diagnosis there are a number of services you can access, for example:

Autism Information and Advice Service <https://www.autisminformationservice.org.uk/>

NDSA peer support [www.ndsa.uk](http://www.ndsa.uk)

National Autistic Society [www.autism.org.uk](http://www.autism.org.uk)

Autistica [www.autistica.co.uk](http://www.autistica.co.uk)

Embrace Autism <https://embrace-autism.com/>

All NHS therapy and generic counselling services have an obligation to provide reasonable adjustments and you should not need a diagnosis to ask for them.

**AUTISM ASSESSMENT SERVICE SELF REFERRAL FORM**

**Date:** …………………………….

**Referral criteria:**

You:

Please tick:

|  |  |
| --- | --- |
| Are aged **18 years old** or above |  |
| Do **not** have a diagnosed global learning disability |  |
| Do **not** already have a diagnosis of autism |  |
| Have completed an AQ 50 |  |
| AQ50 score: (Leave blank as we will score it) | **Score** |
| **Has an identified clinical need for assessment**. Please provide further details below **(Please note, a referral will not be accepted without this additional information)** |  |

|  |
| --- |
| **Please state what your clinical need/s are for an autism assessment provided by the NHS:** |

If you fulfil the above criteria (i.e. all boxes are completed) please complete the following:

|  |  |
| --- | --- |
| Name: |  |
| Date of birth: |  |
| NHS number: |  |
| Address: |  |
| Telephone number: |  |
| Email address: |  |
| Registered GP Practice: |  |
| Consented to this referral: | Yes / No  (Please note, we cannot accept referrals where consent has not been given) |
| Armed services veteran? | Yes / No |

Please return this form **together with the completed AQ 50** to:

**Team Administrator, Autism Assessment Service, St Andrew’s House, 3rd Floor, 201 London Road, Derby DE1 2SX**

[dhcft.autism@nhs.net](mailto:dhcft.autism@nhs.net)

**PROCESS ONCE REFERRALS ARE RECEIVED**

Once we receive the referral the AQ50 will be scored and the clinical information will be reviewed. If it meets our criteria to be offered an NHS assessment you will be sent a number of questionnaires to complete to aid the assessment process. **Please note: It is important that you complete and return these questionnaires.** We can offer reasonable adjustments for people who struggle with filling in forms.

|  |
| --- |
| **The Autism Spectrum Quotient (AQ)-50: Screening Questionnaire** |

|  |
| --- |
| Full name: …………………………………………….. Date of birth: \_ \_ / \_ \_ / \_ \_ \_ \_  NHS No.: \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ |

This is not a diagnostic test but it will help to determine if you require further assessment

**Instructions**

Enter your personal details into the box above

Read each of the statements very carefully

There are no right and wrong answers

Put a tick in the box to rate how strongly you agree or disagree with the statement

**Do not miss out any statements**

Examples

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| e.g. 1. I am willing to take risks | definitely  agree | slightly  agree | slightly  disagree | definitely  disagree |
| e.g. 2. I like playing board games | definitely  agree | slightly  agree | slightly  disagree | definitely  disagree |
| e.g. 3. I find learning to play musical  instruments easy | definitely  agree | slightly  agree | slightly  disagree | definitely  disagree |
| e.g. 4. I am fascinated by other cultures | definitely  agree | slightly  agree | slightly  disagree | definitely  disagree |

**When you have completed the questionnaire please return it to:**

Paula Merchant, Team Administrator

Autistic Spectrum Disorder Assessment Service

St Andrew’s House, 3rd Floor

201 London Road

Derby, DE1 2SX

[dhcft.autism@nhs.net](mailto:dhcft.autism@nhs.net)

|  |
| --- |
| **The Autism Spectrum Quotient (AQ)-50: Screening questionnaire** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Put a tick in the box to rate how strongly you agree or disagree with the statement | | **Definitely agree** | **Slightly agree** | **Slightly disagree** | **Definitely disagree** |
| 1 | I prefer to do things with others rather than on my own |  |  |  |  |
| 2 | I prefer to do things the same way over and over again |  |  |  |  |
| 3 | If I try to imagine something, I find it very easy to create a picture in my mind |  |  |  |  |
| 4 | I frequently get so strongly absorbed in one thing that I lose sight of other things |  |  |  |  |
| 5 | I often notice small sounds when others do not |  |  |  |  |
| 6 | I usually notice car number plates or similar strings of information |  |  |  |  |
| 7 | Other people frequently tell me that what I've said is impolite, even though I think it is polite |  |  |  |  |
| 8 | When I'm reading a story, I can easily imagine what the characters might look like |  |  |  |  |
| 9 | I am fascinated by dates |  |  |  |  |
| 10 | In a social group, I can easily keep track of several different people's conversations |  |  |  |  |
| 11 | I find social situations easy |  |  |  |  |
| 12 | I tend to notice details that others do not |  |  |  |  |
| 13 | I would rather go to a library than a party |  |  |  |  |
| 14 | I find making up stories easy |  |  |  |  |
| 15 | I find myself drawn more strongly to people than to things |  |  |  |  |
| 16 | I tend to have very strong interests which I get upset about if I can't pursue |  |  |  |  |
| 17 | I enjoy social chit-chat |  |  |  |  |
| 18 | When I talk, it isn't always easy for others to get a word in edgeways |  |  |  |  |
|  | | **Definitely agree** | **Slightly agree** | **Slightly disagree** | **Definitely disagree** |
| 19 | I am fascinated by numbers |  |  |  |  |
| 20 | When I'm reading a story, I find it difficult to work out the characters' intentions |  |  |  |  |
| 21 | I don't particularly enjoy reading fiction |  |  |  |  |
| 22 | I find it hard to make new friends |  |  |  |  |
| 23 | I notice patterns in things all the time |  |  |  |  |
| 24 | I would rather go to the theatre than a museum |  |  |  |  |
| 25 | It does not upset me if my daily routine is disturbed |  |  |  |  |
| 26 | I frequently find that I don't know how to keep a conversation going |  |  |  |  |
| 27 | I find it easy to 'read between the lines' when someone is talking to me |  |  |  |  |
| 28 | I usually concentrate more on the whole picture, rather than the small details |  |  |  |  |
| 29 | I am not very good at remembering phone numbers |  |  |  |  |
| 30 | I don't usually notice small changes in a situation, or a person's appearance |  |  |  |  |
| 31 | I know how to tell if someone listening to me is getting bored |  |  |  |  |
| 32 | I find it easy to do more than one thing at a time |  |  |  |  |
| 33 | When I talk on the phone, I'm not sure when it's my turn to speak |  |  |  |  |
| 34 | I enjoy doing things spontaneously |  |  |  |  |
| 35 | I am often the last to understand the point of a joke |  |  |  |  |
| 36 | I find it easy to work out what someone is thinking or feeling just by looking at their face |  |  |  |  |
| 37 | If there is an interruption, I can switch back to what I was doing very quickly |  |  |  |  |
| 38 | I am good a social chit-chat |  |  |  |  |
| 39 | People often tell me that I keep going on and on about the same thing |  |  |  |  |
|  | | **Definitely agree** | **Slightly agree** | **Slightly disagree** | **Definitely disagree** |
| 40 | When I was young, I used to enjoy playing games involving pretending with other children |  |  |  |  |
| 41 | I like to collect information about categories of things (e.g. types of cars, birds, trains, plants, etc.) |  |  |  |  |
| 42 | I find it difficult to imagine what it would  be like to be someone else |  |  |  |  |
| 43 | I like to plan any activities I participate in carefully |  |  |  |  |
| 44 | I enjoy social occasions |  |  |  |  |
| 45 | I find it difficult to work out people's intentions |  |  |  |  |
| 46 | New situations make me anxious |  |  |  |  |
| 47 | I enjoy meeting new people |  |  |  |  |
| 48 | I am a good diplomat |  |  |  |  |
| 49 | I am not very good at remembering people's dates of birth |  |  |  |  |
| 50 | I find it very easy to play games with children that involve pretending |  |  |  |  |
|  | **Subtotal** |  |  |  |  |
|  |  |  |  | **Total** |  |

**The Autism Spectrum Quotient (AQ)**

The Autism Spectrum Quotient, or AQ, is a questionnaire published in 2001 by [Simon Baron-Cohen](http://en.wikipedia.org/wiki/Simon_Baron-Cohen) and his colleagues at the Autism Research Centre in [Cambridge](http://en.wikipedia.org/wiki/Cambridge), UK as a self-reporting questionnaire.

The AQ consists of fifty statements reflecting personal beliefs, views and preferences and covers 5 different areas: social skill, attention switching, attention to detail, communication and imagination. It aims to investigate whether adults of average [intelligence](http://en.wikipedia.org/wiki/Intelligence) have symptoms of [autism](http://en.wikipedia.org/wiki/Autism) or one of the other [autism spectrum conditions](http://en.wikipedia.org/wiki/Autism_spectrum_condition).(More recently, versions of the AQ for children and adolescents have also been published). It is commonly used for of [Asperger syndrome](http://en.wikipedia.org/wiki/Asperger_syndrome) and [high-functioning autism](http://en.wikipedia.org/wiki/High-functioning_autism).

In the initial trials of the test the average score in the control group was 16.4, with men scoring slightly higher than women (about 17 versus about 15). 80% of adults diagnosed with autism spectrum disorders scored 32 or more, compared with only 2% of the control group.

The authors cited a score of 32 or more as indicating "clinically significant levels of autistic traits". Although the test is popularly used for self-diagnosis of [Asperger syndrome](http://en.wikipedia.org/wiki/Asperger_syndrome) the authors caution that it is **not intended to be diagnostic** and anyone who obtains a high score should only be referred for further assessment if they are suffering from a clinical level of distress as a result of their autistic traits, as many people with mild autism or Asperger’s syndrome have no difficulty in functioning in their everyday lives.

The respondent can agree or disagree with each of these statements using a 4 point Likert scale (1 = “definitely agree”, 2 = “slightly agree”, 3 = “slightly disagree”, and 4 = “definitely disagree”)

**The questionnaire can be used for**[**screening**](http://en.wikipedia.org/wiki/Screening_(medicine))**in**[**clinical practice**](http://en.wikipedia.org/wiki/Clinical_practice)**, with scores less than 26 indicating that a diagnosis of ASD syndrome can effectively be ruled out.**