

Neurodevelopmental Assessment

Information on your first appointment

You are invited to attend the first part of your neurodevelopmental assessment for autism spectrum disorder (ASD) and/or attention deficit hyperactivity disorder (ADHD). We would like to share some information to help you feel prepared and comfortable ahead of the appointment.

What will happen at my appointment?

Duration of appointment: 60 minutes

Focus: This is an introductory appointment designed to get to know you and understand your experiences across different stages of your life.

During the session, we will explore your neurodevelopmental history, including:

- Your early childhood experiences
- School and learning environments
- Employment history and workplace experiences
- Any previous contact with mental health or support services
- Family history, including mental and physical health

Our aim is to build a clear picture of your strengths, challenges, and the contexts that have shaped your experiences. Your perspective is central to this process, and you are welcome to share information in the way that feels most comfortable for you.

Optional Things You May Find Helpful to Bring

You may find it useful to bring:

- A partner, relative, or someone who knew you in childhood
- School report cards
- Employment performance reviews or similar documents.

These can add helpful context, but they are optional. Please do not worry if you do not have them.

If you have any questions, access needs, or would like additional support ahead of the appointment, please feel free to contact us on 01620 642926. We are here to ensure the process feels respectful, accessible, and collaborative.

We look forward to meeting you.