



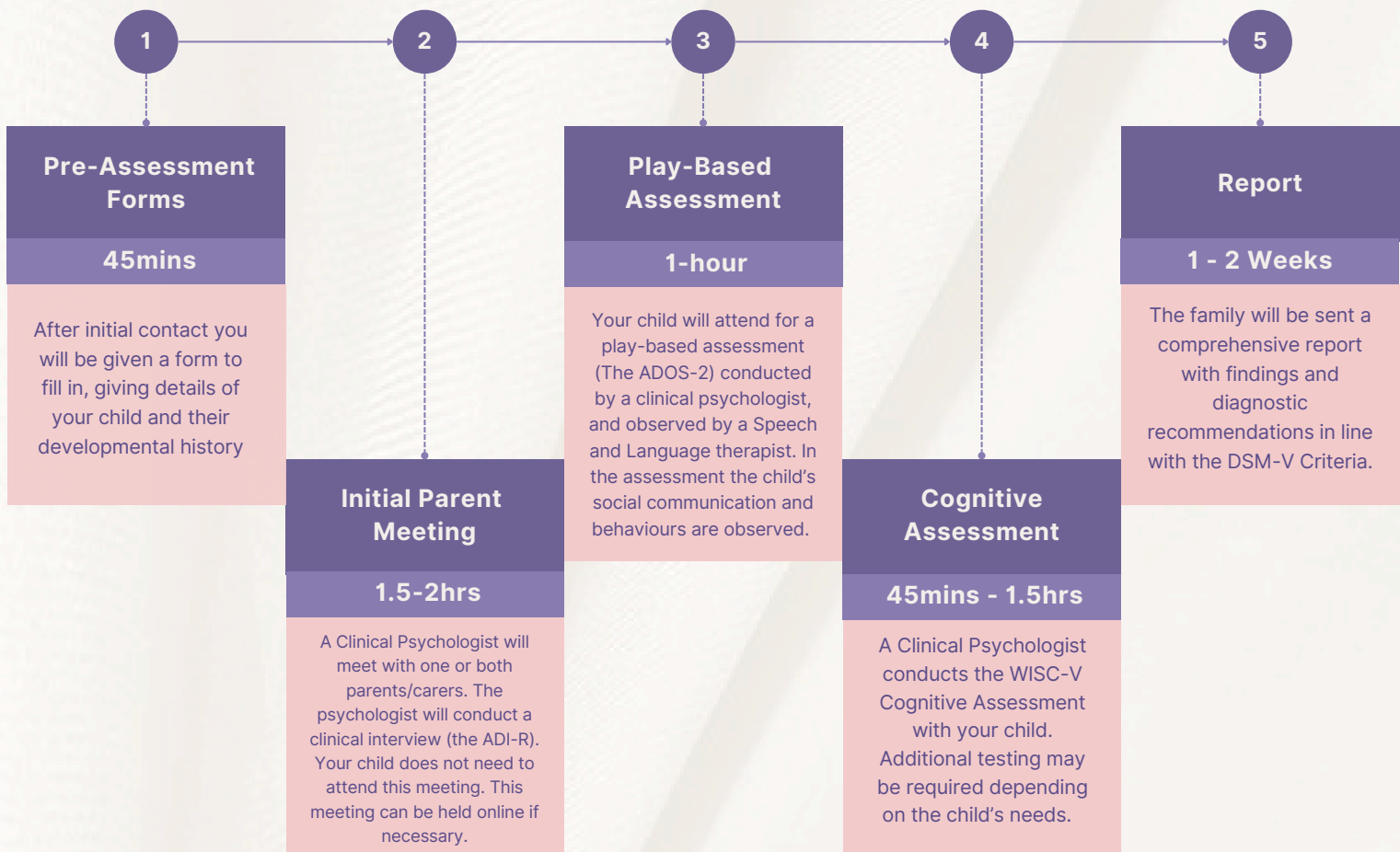
AUTISM ASSESSMENT

OBJECTIVES

At CBT Solutions, our mission is to provide comprehensive autism assessments that offer a complete understanding of each child. We focus on identifying their unique strengths and the areas where they may need additional support, ensuring a balanced and holistic approach.

Our assessments are rooted in evidence-based practices and guided by established best-practice guidelines, ensuring the highest standards of accuracy and care. By combining expert insights with a compassionate approach, we aim to empower families with the clarity and tools they need to support their child's development and well-being.

Timeline



Important Information



PREPARING FOR ASSESSMENT

No special preparation is necessary, however there are some important things to remember for the day.

Parents

- Complete and return the Clinical Intake form before the Assessment
- Gather Relevant Information: Be prepared to provide relevant information about your child's developmental history, medical history, academic performance, and any concerns or observations you have regarding their cognitive abilities and behaviour.
- While parents may be in the room for the assessment, you **cannot** assist or prompt your child in any way. It is understandable you want your child to perform at their best, however, aiding them can invalidate the assessment process.
- Stay Positive and supportive. Maintain a positive and supportive attitude throughout the assessment process.
- Encourage your child to do their best, but also reassure them that there are no right or wrong answers.

Children

- If your child needs **glasses** or any form of **hearing aids**, they **must** be wearing them for the assessment. Any assessment done with a visual/auditory impairment may be invalid.
- Try to keep the day prior to the assessment as normal and routine as possible. Don't introduce any major life/routine changes in the week before the assessment.
- It is important no other children are present during the assessment. If you have other children, they must be at home with another caregiver or minder.
- Depending on their age and developmental level, have an age-appropriate conversation with your child about the assessment. Explain why it's important and reassure them that it's not a test they can pass or fail.

Assessment Tools

PARENT INTERVIEW (ADI-R)

The Autism Diagnostic Interview-Revised (ADI-R) is a gold-standard assessment tool used to gather detailed information about an individual's developmental history and behaviour. It is a structured interview conducted with parents or caregivers, focusing on key areas such as:

- **Communication:** Evaluating both verbal and non-verbal skills, such as speech, gestures, and eye contact, as well as how effectively individuals express their needs and engage in conversations.
- **Social interaction:** Focusing on how individuals form relationships, respond to social situations, and understand social cues, including their interest in peers and ability to navigate social norms.
- **Repetitive and Restricted Behaviours:** Including repetitive movements, strict routines, intense interests, and sensory sensitivities.

By scoring these areas, the ADI-R provides a comprehensive understanding of an individual's strengths and support needs, to provide accurate diagnosis and tailored intervention. The psychologist will also seek insights into family history, educational history, and previous interventions.

PLAY BASED ASSESSMENT (ADOS-2)

The Autism Diagnostic Observation Schedule, Second Edition (ADOS-2), is a widely recognised and highly regarded tool for assessing and diagnosing autism. It is a structured, standardised assessment that involves observing and interacting with the individual in a variety of social and play-based scenarios.

The ADOS-2 can be tailored to a specific age group and language ability, ranging from non-speaking individuals to those with fluent speech. During the assessment, the examiner evaluates key areas such as communication, social interaction, and repetitive behaviours.

The ADOS-2 is a multi-disciplinary assessment, meaning two professionals from two different fields must both be present. In CBT Solutions, the assessment is administered by a Clinical Psychologist, with a Speech and Language Therapist observing. After the assessment, both clinicians will discuss and score the ADOS-2 together.

The ADOS-2 provides valuable insights by eliciting behaviours and responses that are directly relevant to diagnosing autism. Its flexible design allows it to be adapted to suit the developmental level and needs of each individual, ensuring a comprehensive and nuanced understanding of their abilities and support needs.

Assessment Tools

COGNITIVE ASSESSMENT (WISC-V)

The Weschler Intelligence Scale for Children, Fifth Edition (WISC-V), is a trusted and widely used test designed to assess how children aged 6 to 17 think and solve problems. It helps us understand a child's cognitive abilities across different areas, such as:

- **Verbal Comprehension:** How well they understand and use language.
- **Visual-Spatial Reasoning:** Their ability to interpret and organise visual information, like puzzles or shapes.
- **Fluid Reasoning:** How they solve new problems without relying on past knowledge.
- **Working Memory:** How well they hold and use information in their mind.
- **Processing Speed:** How quickly they can complete tasks requiring focus and accuracy.

The WISC-V doesn't just provide an overall IQ score; it also highlights specific strengths and areas where a child might need support. This detailed insight can help parents and educators better understand how a child learns and identify ways to support their growth.



IMPORTANT INFORMATION ON PSYCHOLOGICAL ASSESSMENT

Autism assessments and cognitive testing provide valuable insights into your child's unique strengths, cognitive abilities, and areas where support may be needed. However, it's important to remember that these assessments capture only a small part of who your child is. Your child is a vibrant, multi-dimensional individual with creativity, resilience, empathy, and talents that go far beyond what any test or assessment can measure.

Their curiosity, imagination, and ability to navigate the world in their own way are qualities that cannot be quantified. These traits, along with their unique perspective and individuality, are invaluable. As you engage in this process, take time to celebrate all of your child's accomplishments, both big and small. Their authenticity, kindness, and character are just as important as any skills or milestones.

Embrace their individuality, and cherish the moments that showcase their personality, kindness, and character. Remember, that any diagnosis is just one piece of the puzzle in understanding your child's development. There are many qualities (beyond cognitive/academic skills) that are as, if not more, important for living a happy and fulfilled life.