

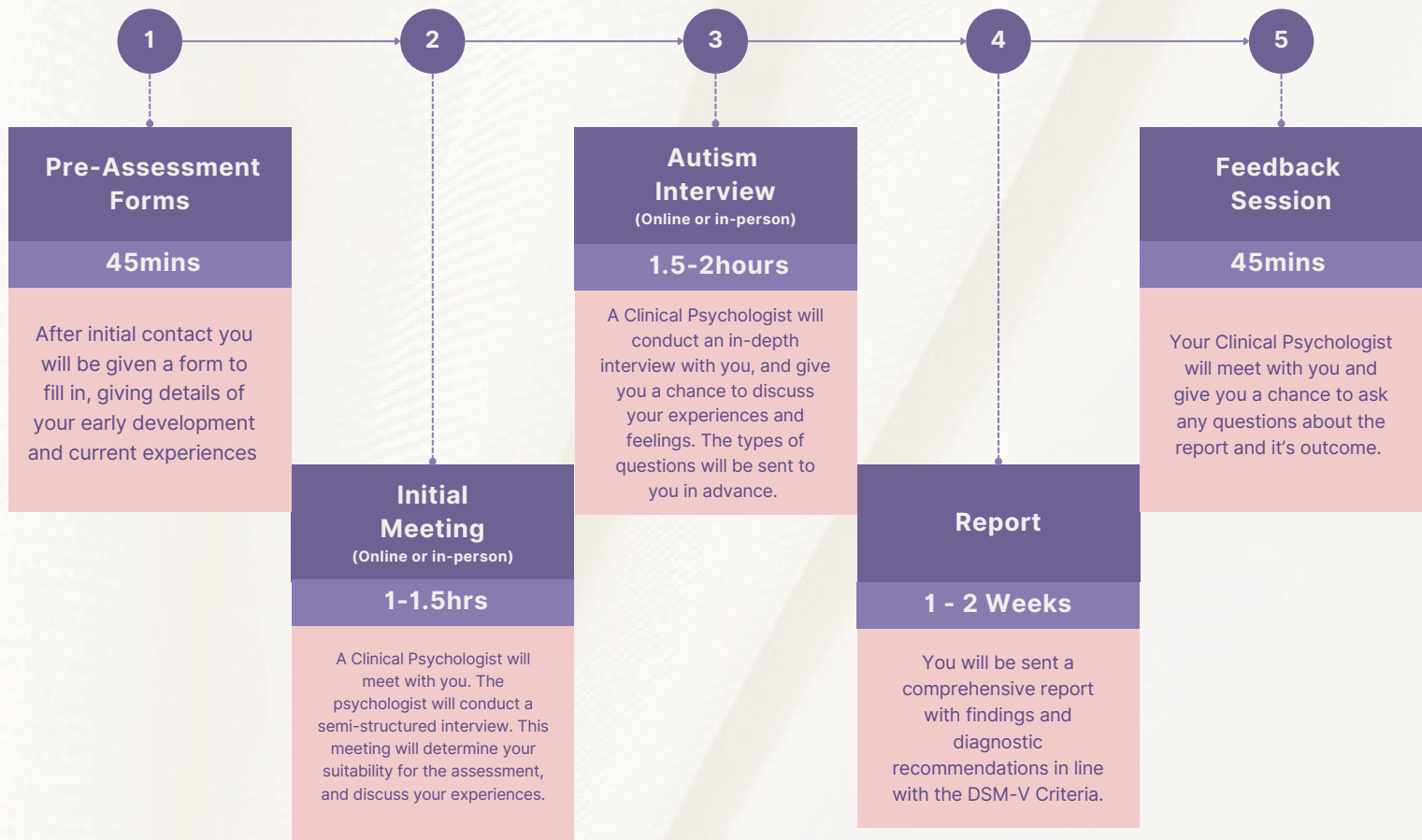


ADULT AUTISM IDENTIFICATION

OBJECTIVES

At CBT Solutions, we aim to provide respectful, thorough, and person-centred autism assessments for adults. Our approach celebrates neurodiversity, recognising that every individual experiences the world in their own unique way. Whether you're seeking better self-understanding, access to support, or simply clarity, our assessments are designed to highlight your strengths and offer personalised insights. We're here to help you navigate your journey with compassion, empowering you to embrace your authentic self and connect with resources that support your well-being and goals.

Timeline



Important Information



PREPARING FOR ASSESSMENT

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

Reflect on Your Experiences:

- Think about your childhood, education, work, and social experiences. Consider any patterns or challenges you've noticed over time.

Make Notes (if you like):

- Jot down specific examples of situations where you felt different, overwhelmed, or struggled with communication, routines, or sensory experiences.

Gather Supporting Information:

- Bring any relevant documents, such as past medical or psychological reports, school records, or feedback from employers, if available.

Ask for Input from Family or Friends (Optional):

- If you feel comfortable, ask someone who knows you well to share their observations. Their insights can sometimes provide helpful context.

Think About Your Strengths:

- Reflect on what you're good at and what you enjoy. Autism assessments don't just focus on challenges—they also explore your unique abilities and interests.

List Any Questions You Have:

- Write down any questions or concerns you'd like to discuss during the assessment. This is your opportunity to understand yourself better.

Consider Sensory Comfort:

- If you're sensitive to certain environments (e.g., bright lights, noises), let us know in advance so we can make your experience as comfortable as possible.

Be Yourself:

- There's no need to prepare 'perfect' answers. The assessment is about understanding your authentic experiences in a supportive, non-judgemental space.

Identification Process

INTAKE FORM

Before your assessment, you'll be asked to complete an intake form. This form is designed to give you a chance to share your experiences in your own words. It includes questions about different aspects of your life, such as:

- **Social interactions** – How you connect with others, build relationships, or navigate social situations.
- **Sensory experiences** – How you respond to sights, sounds, textures, smells, or other sensory input.
- **Routines and behaviours** – Any patterns, habits, or routines that are important to you.
- **Interests and focus** – The topics or activities you're passionate about and how you engage with them.

These are areas often explored when considering autism, and the form helps you reflect on your experiences ahead of the assessment. You don't need to worry about giving 'right' answers—there are none! This is simply an opportunity to start thinking about the kinds of things we'll explore in more detail during your session.

If you find any parts of the form difficult to fill in, that's completely fine. You can leave sections blank or make notes to discuss in person. We're here to support you through the process.

RAADS-R

The Ritvo Autism Asperger Diagnostic Scale-Revised (RAADS-R) is a self-assessment questionnaire designed to help identify traits associated with autism in adults. It includes 80 statements that explore four key areas: social interaction, language and communication, sensory sensitivities, and interests or routines. You'll be asked to reflect on how much each statement resonates with your experiences, both currently and in the past. While the RAADS-R is not a diagnostic tool on its own, it provides valuable insights that contribute to the overall assessment process. Your responses help guide further conversations with your clinician, offering a starting point to explore these areas in more detail during your assessment.

CAT-Q

The Camouflaging Autistic Traits Questionnaire (CAT-Q) is a self-assessment tool designed to measure the extent to which you might mask or camouflage autistic traits in social situations. Many autistic adults, especially those diagnosed later in life, develop strategies to blend in, such as mimicking social behaviours, suppressing natural responses, or overcompensating in conversations. The CAT-Q explores these behaviours across different contexts, helping to identify if and how camouflaging might play a role in your daily life. While camouflaging can help navigate social environments, it can also contribute to feelings of exhaustion or stress. The CAT-Q isn't used for diagnosis on its own, but it offers important insights that help your clinician understand your social experiences more fully during the assessment.

Identification Process

INTERVIEW

The core part of your autism assessment is a relaxed, in-depth interview with one of our experienced Clinical Psychologists. This is a supportive, person-centred conversation where we'll explore your unique experiences in more detail.

We'll talk about different areas of your life, such as:

- Social connections – How you experience relationships, communication, and social situations.
- Sensory sensitivities – How you respond to sounds, lights, textures, and other sensory input.
- Routines and behaviours – Your preferences for structure, routines, or repetitive behaviours.
- Interests and focus – Your passions, hobbies, and how you engage with things that interest you.
- Life history – Reflections on your childhood, education, work, and personal development over time.

This isn't a test, and there's no need to prepare 'perfect' answers. It's about creating a space where you can share your experiences honestly and comfortably. You can take your time, ask questions, and even take breaks if needed.

If you've brought along notes from your intake form, or any thoughts from reflecting beforehand, you're welcome to refer to them. Our goal is to better understand you—not just in relation to autism criteria, but in the context of your strengths, challenges, and how you experience the world.



IMPORTANT INFORMATION ON PSYCHOLOGICAL ASSESSMENT

An autism identification can provide valuable insights into how you experience the world, highlighting both your strengths and areas where support might be helpful. But it's important to remember that this assessment reflects only one part of who you are. You are a multi-dimensional individual with creativity, resilience, empathy, and talents that go far beyond any diagnostic criteria.

Your unique perspective, the ways you connect with your interests, and how you navigate life's challenges are qualities that no assessment can fully capture. These traits are invaluable and contribute to the richness of who you are.

As you go through this process, take time to reflect on and celebrate your journey. The experiences that have shaped you—whether challenges you've overcome or successes you've achieved—are all part of your story. A diagnosis, if it applies, is just one piece of the puzzle in understanding yourself more fully. It doesn't define you, limit you, or take away from everything that makes you, you.

Your individuality, passions, and values are just as important—if not more so—than any formal label. Understanding yourself better is a step towards embracing your authentic self and living a life that aligns with who you truly are.