What To Expect

Autism & ADHD Assessment

With

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Hello!



Let's be honest: no one truly looks forward to an assessment. It can feel overwhelming and confusing, especially since there's no single way to do an assessment. Different places offer different assessments and levels of support and service. Whether your goal is to access the NDIS, secure school funding, arrange workplace accommodations, or simply find validation, understanding the assessment process is essential.

As an endorsed Clinical Psychologist, my assessment is the only one you need to access the NDIS. You don't need a second opinion or to pay for additional assessments. I can save you time and money because an assessment with me is all you need to access NDIS. Sadly the WA Ed Dept does not follow the National Guidelines and still requires 2 assessments.

I've done hundreds of assessments and have lots of experience assessing women and girls. I hope this becomes a valuable resource as you navigate the assessment process.

My heart's desire is to make this journey as positive as possible for you, with guidance and support before, during, and after the assessment. This ebook will answer many of your questions and uncertainties. If you've got more questions, feel free to call or email us—we're here to support you every step of the way.

With kindness







ADI-R The Autism Diagnsotic Interview Revised.

This assessment talks about all the DSM 5 Criteria. The DSM 5 is the guidebook for diagnosis worldwide. You will be given a level between 1-3.

Pathological Demand Avoidance (PDA) Profile

Understanding PDA is useful for tailoring interventions and support.

Vineland Adaptive Behaviour Assessment

This assesses how a child functions in every day life socially, with communication and daily living skills like shaowering and making a sandwich, getting dressed. This is NDIS preferred. This is essential to access the NDIS.

WHODAS 2.0 Adult

This is the Word Health Organisation Disability Assessment Scale and is preferred by the NDIS. It assesses communication, daily living, community participation, work and mobility. This is essential to access the NDIS.

Sensory Profile

This assesses sensory senstivities such as noise, smells, lights, food preferences, touch including scratchy clothes for example. This is important for children who can't wear their school uniform, or workers who can't tolerate the office environment.

ADHD Assessment

These assessments talk about the diagnostic criteria for ADHD and help decide which type of ADHD is present - inattentive/dreamy, hyperactive/wriggly, or both - combined.

Executive Function Assessment

This is done with ADHD assessments to give additional insight into how your brain functions.

School Feedback

If the child attends school, questionaires are sent to the school and completed by a teacher who knows the child well..

Differential Diagnosis

This is really important because we want to get the full picture and see if there's anything else going on.



Follow Up Appointment and Report

- Follow up appointment to look over the report together. I will explain the results and answer any of your questions.
- Formal Diagnosis with a Level 1-3
- Results from all the assessments
- Recommendations

Summary Letter

- This letter is very short and simply states the diagnosis.
- Maintains dignity and privacy you don't need everyone to know about your toilet training!!!
- In many situations, a letter with the diagnosis is enough.

NDIS Summary Report

- Recommendations written in NDIS language
- Addressing Section 24 of the NDIS Act
- This means talking about communication, socialisation, learning, mobility, self care and self management if you're over 6 years old.
- This is essential if you're applying for NDIS.
- We need to show that NDIS funding is reasonable and necessary

How can I prepare?

It's good prepare and know what to expect. I will ask about your:

- Birth.
- Early development like walking and talking milestones.
- Were there any concerns.
- Was there any early intervention or therapy
- How was school.
- What was hard or easy. What's your favourite subject
- What about friends and friendships do they la
- How's your sleep
- How's your eating do you only eat a few safe foods

Sometimes people worry that they don't know much about their early development and they have no one to ask. That's fine. It doesn't change the outcome of the assessment and we can still get a reliable result. People don't grow out of autism or ADHD. So the things that were hard when you were little, may still be hard. People often remember more than realise.







I LOVE doing assessments online! Families and indivduals tell us they love having an online assessment too.

For neurospicy people, whether they're adults or children, meeting a new person, navigating to a strange place, sitting still in an office for a long time while feeling anxious and overwhelmed, is not anyone's idea of fun!!

Families have shared with us the difficulties of going to appointments. Sometimes you don't even make it past the car park. It's new place with strange people. For people who prefer sameness, doing something this different in a different place with people you don't know yet is too much.

But, with video calls, I am kept in a small window that you have control over. You don't even have to see me if you don't want to. You are in your own space, with your pets, fidgets and snacks.

I get great observations, because kids and adults are more relaxed. I've met so many beautiful pets! I love it. People often introduce their pets. Kids show me their drawings and toys and we can have a conversation about favourite things. I can see how they interact with their family and pets, hear their language, because they almost always talk to me. I'm like David Attenborough, observing people in their natural environments.



Let's Take the Next Step Together

I hope This What To Expect guide has been a valuable resource to help you better understand the assessment process for autism and ADHD. I trust it's provided clarity and peace of mind as you take this significant step.

Don't let uncertainty, confusion and overwhelm hold you back—getting the right support now can make all the difference. If you're ready to take action I invite you to book an assessment with me today.

Look out for my upcoming emails with more tips and resources, including a handy checklist. You can unsubscribe at any time.

Take the next step toward clarity and peace of mind by booking your assessment today and I'll be with you all the way throughout the assessment process.



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What about masking?

Masking is often a big concern for girls and women when it comes to autism assessments. Many worry that masking — the tendency to hide or "camouflage" traits to fit in — might prevent an accurate outcome. If assessments were just a matter of ticking boxes, that would be a real concern. But I look beyond the surface, asking more questions and taking the time to get a full picture.

There's also a questionnaire Called the CAT-Q that measures masking. You're welcome to do that and I'm happy to score it and give you feedback. It can be helpful to understand what masking is from the questions that are asked, and autistic burnout. Masking is a big contrubter!

There are some things I don't want to say in front of my child

Of course, you don't! Your love for your child is immeasurable, even on those challenging days. It's perfectly natural to feel cautious about what we say in front of them, especially when discussing sensitive topics. Talking about their challenges can feel vulnerable, almost like revealing personal "secrets." But rest assured, you're not alone in feeling this way—many parents wonder about this.

Typically, children are ready for a break after sharing their favorite things with me. Whether they're off to play, watch something, or enjoy some extra screen time, this time allows us to talk privately. If that means putting on Bluey or their favorite show, don't worry! I'm all for whatever helps your family feel at ease during the process.

Interestingly, some children actually enjoy staying for the whole session and feel at ease talking openly. Often, they're aware of what's difficult for them and find it comforting to talk with someone who listens without judgment. These moments give me a chance to validate their feelings and show them that their experiences are understood and okay. But if privacy feels better for your child, we can certainly make that happen—whether by email, a phone call, or a private conversation.

In the end, you know your child best, and I'm here to help make this process as comfortable and supportive as possible for both of you.

Sometimes it's hard to talk out loud.

Situational, or selective mutism, as it's sometimes called, is fairly common for autistic people in new situations. Many people bring a support person with them — whether it's a parent, partner, or friend — which can make it easier to share thoughts. Sometimes, people feel comfortable telling their support person the answer instead of saying it to me directly, or they may prefer to text the answer for their support person to read aloud.

I've written a book to help you.

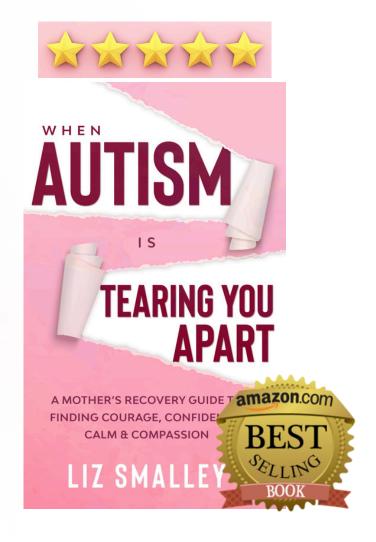
Could autism parenting be causing PTSD in parents?

In my book, *When Autism is Tearing You Apart*—an Amazon #1 bestseller—I explore this question in depth. Over 250 Australian mothers raising autistic children completed surveys about their daily experiences and feelings. The findings? A resounding YES: 31% of these moms met the diagnostic criteria for PTSD solely from the challenges of autism parenting, even after accounting for other trauma.

It's a deeply personal journey, one we embark on out of love, but it can be incredibly hard. Autism parenting can impact our mental health and well-being, leaving us feeling torn apart. When our own nervous systems are overwhelmed, it's a struggle to find the calm we want to bring to our children.

You're not alone, and support is available. *When Autism is Tearing You Apart* offers understanding, validation, and practical steps to help you find balance, resilience, and hope.

'A mother's recovery
guide to finding
courage, confidence,
calm and self
compassion.



We really do understand!



You might be wondering, "How could this psychologist really get what I'm going through?" I totally get it. It's only natural to wonder if someone on the "other side" could understand the reality of raising an autistic child — or know the emotions wrapped up in seeking an autism or ADHD assessment.

Our son, Andrew, is in his 30s, autistic with Level 3 support needs, PDA, ADHD and an intellectual disability. He can't read or write, "Why don't you just make him do it?" — I'm right there with you, laughing along. The memes about this? Seen them. Shared them. Felt them.

If we work together, I'm here for you, truly. From the very beginning through to the end and beyond. I want this to feel like a partnership. My hope is to give you a space that's kind, caring, and meets you where you are.

When you call you'll probably speak to Paul, my husband for over 40 years and Andrew's dad. He gets it too. He'll answer as many questions as you want to ask without rushing you.