

*Your Guide to*  
**AUTISM & ADHD  
ASSESSMENTS**



A step-by-step guide  
to understanding the assessment  
process

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# Why Do You Want An Assessment

It's important to figure out why you want an assessment and what you are hoping will happen once it has been done. Knowing the why can make the path forwards clearer. What outcome do you want?



## *important tip*

Take a **screening assessment** to help you decide if you need a formal assessment. There are many available online and they are reasonably reliable. If you can't find one visit my website.

[www.feelhappynow.com.au](http://www.feelhappynow.com.au)

There are a few reasons why you may want an assessment.

- The school may have suggested it.
  - A family member or friend may have suggested it.
  - You saw something online that sounded like an assessment may be useful.
  - You are fairly certain an assessment is needed but need something official in writing to have your needs acknowledged and met.
  - You just want to know!
  - You want to access the NDIS.
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## There are two types of assessment for autism

1. The ADOS - Autism Diagnostic Observation Schedule
2. The ADI-R - Autism Diagnostic Interview - Revised

Both of these assessments are considered 'gold standard' world wide for the assessment of autism. As a psychologist we look for reliability and validity to know that the assessment will be accurate.

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What's the difference?

Both the ADOS and ADI-R are good assessments. The difference is that the ADOS is **observational** and the ADI-R is an **interview** with the parent or primary care giver or with the adult.



## *important tip*

When you're calling around for an assessment be sure to ask which one is used so you can choose which one is best for your situation.

## What happens with each assessment

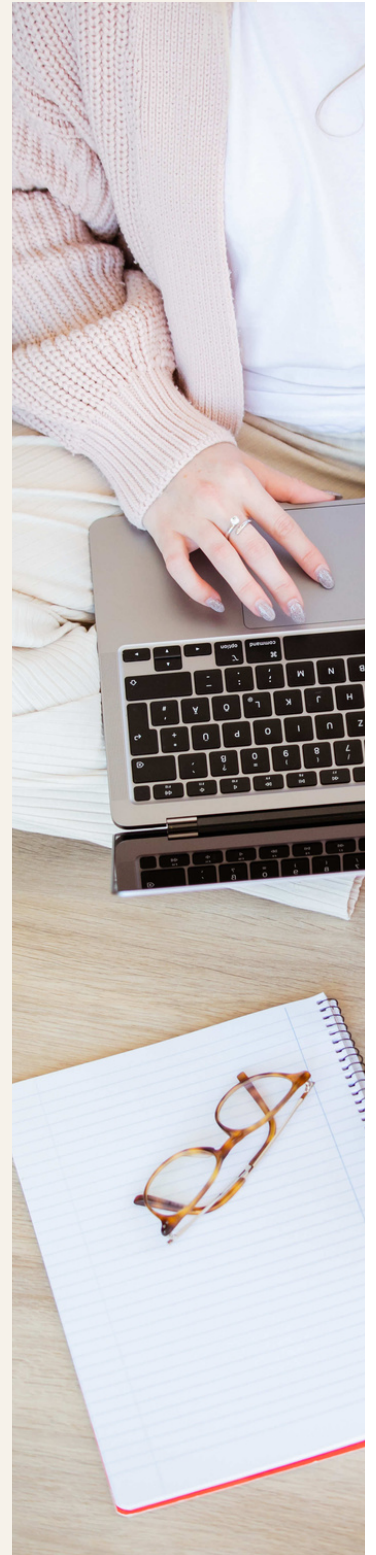
The ADOS is a test that helps a trained evaluator make objective ratings of the child's behavior and determine whether the behavior pattern suggests a diagnosis of autism (ASD). It takes between 30 and 60 minutes. It is a sequence of play and social activities that are done with the child. It can be used for children 12 months and above.

The ADI-R is a clinical interview that focuses on the person when they were 4-5 years old. The interview takes about 2 hours. This assessment can be used from ages 2 years and above. It is suitable for verbal and non-verbal people. This can be used to distinguish autism from other developmental disorders

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## What assessments are used for ADHD?

1. A good screening assessment for a child would be the SNAP 5 - 26. It has 26 questions and can differentiate between inattentive or hyperactive or a combination.
2. A good screening for adults would be the ASRS which can differentiate between the three types of ADHD.
3. The Brown Executive Function and Attention Scales are great for ages 3 years and above. It measures 6 areas of function: activation, focus, effort, emotion, memory and action.
4. Sometimes input can be gathered from teachers. There are various assessments available to psychologists such as the Connors or the Vanderbilt.





## *important tip*

- The NDIS will support people with a diagnosis of autism Level 2 or 3.
- NDIS find an adaptive behaviour assessment useful when determining funding levels.
- The NDIS does not support people with a diagnosis of ADHD only.

## What other assessments are useful?

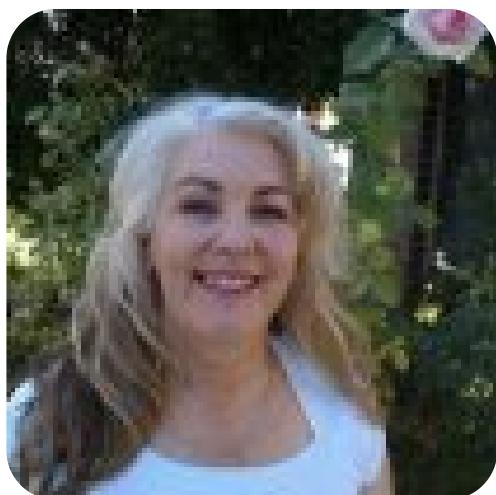
1. It can be useful to include a sensory assessment as sensory sensitivities may be impacting the person's functioning.
2. An adaptive behaviour assessment can be useful as it sheds light on a person's functioning in daily living, domestic tasks and communication.



## What's next for you?

### Why choose me for your assessment

- I will listen and treat you with respect. You are the expert about your child or yourself.
- I have lived experience of trying for years to get a diagnosis for our child and understand the frustrations.
- I understand the NDIS as a parent and as a provider of psychological services. I make personalised recommendations in your report.
- I do multiple assessments to ensure you get the right diagnosis.
- I include additional assessments such as the sensory profile and the adaptive behaviour assessments.
- We go over your report together and I explain it to you.



If you would like to know more please visit our website. If you would like to make an appointment please give us a call. We'll be happy to help you. If you don't like to talk on the phone let us know and we can email.



Ph: 08 9497 1548

[www.feelhappynow.com.au](http://www.feelhappynow.com.au)

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*Thank you  
Liz*

# Frequently Asked Questions

1.

Can I get a Medicare rebate for an assessment?  
No. Medicare does not subsidise assessments. There is a small rebate for an autism assessment if the child is under 13 years of \$180. The gap to see a paediatrician is more than the rebate often. We do not offer Medicare rebates for assessments.

2.

Why do you use the ADI-R?  
I use the ADI-R because I find it gives me deeper insight into the person. It is suitable for adults as well as children, and it can be done remotely by zoom or phone. You will have plenty of time to explain your situation and concerns.



3.

Do I need to see anybody else?  
Yes. If you want medication you will need to see a paediatrician or a psychiatrist. NDIS may require further information e.g. a letter of confirmation from a paediatrician or psychiatrist.

4.

How do I pay?  
A 50% deposit is paid when booking and the balance is paid a few days before the assessment.  
Yes we have a payment plan with Humm.



## About Liz



Paul & I have been married for almost 40 years. We have 3 children, one who has autism, ADHD and an intellectual disability. You will most likely speak to Paul when you give us a call to book in or ask questions.

I have bachelor, honours and master's degrees in psychology. I am also an endorsed counselling psychologist which involves 2 extra years of supervision and professional development in addition to the 8 years of full time study I have completed. We would love to help you on your journey.

Find out about my book on the next page.



# Amazon # 1 Best Seller



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

This book is based on my own experiences of struggle and overcoming. It includes my research that found that 31% of mothers of autistic children have PTSD as a result of their child's dangerous behaviours. It has a free workbook you can download with the link inside the book.

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★★★★★ **Fantastic read.**

Reviewed in Australia on 12 August 2020

**Verified Purchase**

Easy to read yet solid content. Liz Smalley writes with an amazingly honest voice. Her book offers powerful, proven methods to heal maternal soul wounds, and such practical advice grounded in lived experience and in science! Should be Autism Associations' promoted text for Mums. And on every school counsellor's bookshelf (or Kindle!).

★★★★★ **An incredibly useful resource**

Reviewed in Australia on 15 August 2020

**Verified Purchase**

A beautifully written and compassionate book by an author with a lived experience of mothering a child with autism. The combination of first hand experience and professional research knowledge make this a must read for both mental health professionals and parents.

★★★★★ **Looking forward to sharing with families, I'll be keeping my copy ! Great read ! Thank you**

Reviewed in Australia on 12 January 2021

As a Teacher working with children on the Autism Spectrum. This book will be wonderful to share with our Parents who are finding things tough. A wonderful book that's easy to read. Thank you for the insights.

