

## Who works for the Service?

Our team is made up from professionals from the following disciplines:

- Clinical Psychology
- Psychiatry
- Speech & Language Therapy
- Specialist Nurse

For further information, please contact the team administrator using the contact details overleaf.

The Isle of Wight Adult Assessment and Diagnosis Service for Autism Spectrum Conditions

The Arthur Webster Clinic  
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Office hours

Monday to Friday

8.30 – 4.30

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# The Isle of Wight Adult Assessment and Diagnosis Service for Autism Spectrum Conditions



## Who can make referrals to the service?

Referrals to the service can be made by:

- your GP
- other healthcare professional (e.g. Community Nurse).

## What is the assessment process?

- To start with, we will ask you to complete some short questionnaires. We will also need to ask for some information from others, usually a parent.
- Depending on the results of the screening questionnaires, we may then need to do some more in-depth assessments. These can take several sessions.
- A full report will be made available to you and your referrer following any assessment.
- If a diagnosis is given, tailored advice will be given to you and other important people in your life, in relation to any core difficulties.
- Post-diagnostic support will then be made available where appropriate.
- If a diagnosis is not given, we will 'sign-post' you to other support services that might be able to help.

## What services do we offer?

- We offer an assessment and diagnosis service for Adults (18+) on the Isle of Wight.
- Post-diagnostic support of about 6 sessions. Sessions aim to help people identify sources of support, understand the diagnosis, and develop coping skills.
- Following post-diagnostic support, referral to other agencies can be made where necessary. This is based on an individual's needs, and could include support for a range of social care, employment, education, or health care issues.
- The Team also aims to support other services in developing skills to work with people with ASC.

## What are the benefits of having a diagnosis?

A diagnosis of ASC can help a person and their family to understand their own strengths, weaknesses, and support needs

A diagnosis can help people to access the support that is right for them, and which they are entitled to, under the Autism Act 2009

A diagnosis can help other support organisations to tailor the support they provide so that it is most helpful.

## What is Autism Spectrum Condition (ASC)?

ASC is a term covering a range of conditions, including:

- Autism, Classic Autism, Asperger Syndrome, High Functioning Autism, Pervasive Developmental Disorder (PDD-NOS) and Atypical Autism.

It is a lifelong, developmental condition (starts in childhood).

Core features include:

- Social and communication difficulties. These can be verbal or non-verbal
- Difficulties in coping with change
- Restricted or repetitive behaviours or interests

People with ASC can experience a wide range of related difficulties, including anxiety, low mood, social exclusion, and limited life opportunities.

What ASC is **not**:

- It is not a mental illness
- It is not a learning disability\*

\* Although a significant number of people with ASC also have a learning disability.