

Patient Information Leaflet

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

Produced By: The Isle of Wight Adult Assessment
and Diagnosis Service for ADHD

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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.

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 services do we offer?

- We offer an assessment and diagnosis service for Adults (18+) on the Isle of Wight.
- Post-diagnostic support of about 6-10 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 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.

Who can make referrals to the service?

Referrals to the service can be made by:

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

Who works for the Service?

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

- Clinical Psychology
- Psychiatry
- Speech & Language Therapy

For further information, please contact the team administrator using the following contact details:

How to contact us

The Isle of Wight Adult Assessment and Diagnosis Service for ADHD
The Arthur Webster Clinic
35 Landguard Manor Road
Shanklin
PO37 7HZ

Telephone: 01983 866179

If you require this leaflet in another language, large print or another format, please contact the Quality Team, telephone 01983 534850, who will advise you.

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues through NHS interactive available through Sky TV or online at: <http://www.nhsdirect.nhs.uk/>

For Health advice and out of hours GP service please call the NHS 111 service on: 111

We Value Your Views On Our Service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the Quality Team. If you wish to contact them directly, telephone on 534850.

Alternatively you may prefer to write to:

Chief Executive
Isle Of Wight NHS Trust
St Mary's Hospital
Newport
Isle of Wight
PO30 5TG

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.

Ref: **AADS/ASC/1**