



Neurodiversity Assessment Service

Information for
Parents & Carers

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Welcome to Neurodiversity Assessment Service (NAS)

Thank you for considering our Grand Pacific Health Neurodiversity Assessment Service (NAS). NAS is a welcoming and safe place to start your assessment journey. Within our information pack we aim to answer questions you might have about NAS, how to best prepare for appointments and to provide guidance for what to expect when accessing our service.

We understand it can feel overwhelming navigating new services and moving through the assessment process. We hope that this pack will help you feel more confident about this.

What is NAS?

NAS provides Autism, ADHD and Cognitive assessments for people of any age, but with a focus on children and young adults.

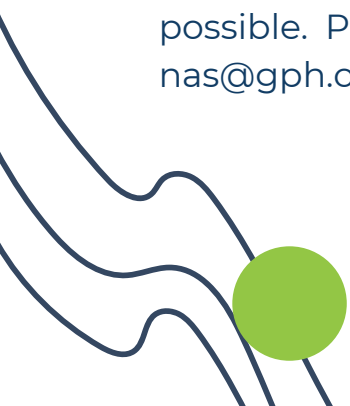
The NAS team will work with you through the process of an assessment. This assessment will look at a person's strengths and their support needs. It may also involve considering Autism, ADHD or other conditions.

Eligibility

Our clinicians can provide assessments for people 6 years and over, who have speaking language skills.

Fees and Rebates

There are fees to access this service. GPH has kept these as low as possible. Please contact our team at via phone 1800 929 101 or email nas@gph.org.au to request a copy of our NAS Fee Schedule.





Who are we?

Our team consists of clinical psychologist and psychologists. We adopt a neurodiversity-affirming approach and have completed training in current evidence-based diagnostic processes.

What can you expect from us?

- We will keep you and the people you give us permission to talk to up to date.
- Transparency at all times about fees and charges.
- We always use best practice approaches and evidence-based assessment tools.
- Your information is kept private and only shared with those whom you give permission.
- We will really listen to you and make sure you are involved in decisions about you.
- We will invite your feedback about the service

For more information about what you can expect from us (your rights) and what we ask from you in return (your responsibilities), please check out the GPH website (Rights & Roles | Grand Pacific Health (gph.org.au)).

More about how we keep your information private, is also available on our website (Privacy and R&R (gph.org.au)).



What might your assessment service with NAS look like?

The visual below shows the potential service pathways within NAS. The comprehensive needs assessment allows our NAS clinicians to identify the most suitable pathway tailored to your needs.



Welcome to NAS!

Contact NAS team to arrange a short intake session with one of our clinicians.

Brief Intake Phone Call

- 15-30 min phone call
- Screening Questionnaires may be provided to complete

Comprehensive Needs Assessment

- 1-2 hour session
- Sessions available via telehealth or in person

Explore treatment & support options

Alternative treatment and support recommendations if further assessment is not required.

Autism Assessment

- 2 sessions (1-2 hours each)
- 1st session available in person or via telehealth
- 2nd session available in person only

Cognitive Assessment

- 2 sessions (1-2 hours each)
- 1st session available in person or via telehealth
- 2nd session available in person only

ADHD Assessment

- 1 session (1-2 hours)
- Available in person or via telehealth
- Ideally, NAS will also make contact with school

Post Assessment Consultation

- 1 hour session
- Sessions available via telehealth or in person

Follow-up Check In

Optional 15-30 min (free) phone call to provide further support guidance.

Preparing for your first NAS appointment

To provide an accurate assessment, our clinicians require information from different sources. This may include previous medical or allied health reports, and school or teacher reports. If you have access to previous reports, you may be asked to provide them to the team prior to or at your first appointment.

Parents will also be asked to complete a parent/caregiver report, and depending on the consumer's age, they may also need to complete a self-report prior to the commencement of the NAS assessment. Details of these are provided later in this document.

1. Short Phone Session

Session Length: 15-30 minutes

Payment Due at end of appointment: None

NAS commences with a short phone session where you will be introduced to one of our clinicians who will work with you during your assessment process. You will have the opportunity to ask questions, discuss your individual needs and to discuss preparations for your comprehensive needs assessment.

2. Comprehensive Needs Assessment Session

Session Length: Approximately 1.5 hours

Appointment Options: In person or telehealth

Payment Due at end of appointment: 1st payment as outlined within the NAS Fee Schedule

The focus of this appointment is an interview with parent or carer. The consumer may also attend if they would like. A large part of the interview will be the child's developmental history, and strengths, and gives you an opportunity to share information you believe is important for clinicians to know. The previously completed questionnaires will be discussed.

The outcome of the comprehensive needs assessment should be confirmation of the appropriateness to proceed with a full NAS assessment.

As part of the comprehensive needs assessment you may be asked to do some of the following questionnaires:

The Autism Spectrum Rating Scale (ASRS),

which is a screen for current autistic traits. We generally use an online version that is emailed out to you and takes around 10 minutes to complete.

The Conner's Comprehensive Behaviour Rating Scales (CBRS)

measures a range of behavioural, social, and mental health concerns in children. It helps guide the assessment to determine if co-occurring conditions need to be assessed. We generally use an online version that is emailed out to you and takes around 15 minutes to complete.

The Adaptive Behavioural Assessment System (ABAS)

questionnaire asks questions about a person's functioning across multiple domains and helps guide assessment of the clients support needs. This is important in the assessment of a young person's support needs. This is a printed form or an online version, it takes around 20-30 minutes to complete.

A Medical Evaluation

form to be completed by a GP prior to initial appointment. We can email yourself or your child's treating GP a copy of this form. This is to be completed and returned prior to initial appointment. It seeks to get medical information relevant to assessment.

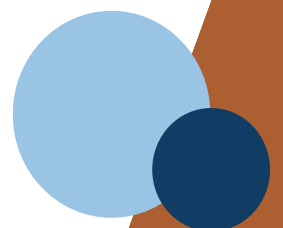
Please also collect any previous reports

from occupational therapists, speech therapists, psychiatrists, school counsellors, paediatricians, psychologists etc.

Other things that could be handy to bring along

to your comprehensive needs assessment session include:

- Medicare Blue Book
- Bringing in photos and/or videos of the client at around 4 years of age can be a useful prompt for parents and carers with answering questions



3. NAS Assessment Sessions

After completing your comprehensive needs assessment session, your NAS clinician may recommend one or multiple of the following assessment sessions based on your needs.

Payment due at end of appointments: Depending on which assessment option is being undertaken, there will be 2-4 sessions at which a payment is required as outlined within the NAS Fee Schedule. Our team will confirm the payments required while booking your appointments.

● **ADOS appointment**

Session length: Approximately 1 hour

Attendance options: Available in-person only

This appointment will go for approximately 45-minutes with the young person only. It is an assessment of autistic traits in a standardised set of interactions.

● **One-on-one appointment with clinician and parent/caregiver completing the ADI-R**

Session Length: Approximately 2 hours

Attendance options: Available in-person or telehealth

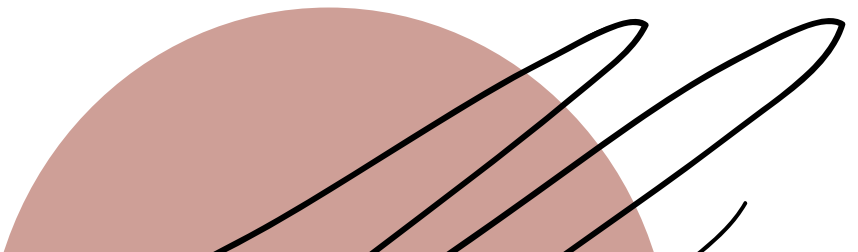
This is a structured clinical interview for autistic traits throughout the young person's life with a focus on earlier years (for example, 4/5 years of age).

● **Cognitive assessment with clinician and your child**

Session Length: Approximately 1 hour

Attendance options: Available in-person only

This appointment may not be necessary and will be discussed at the initial appointment. Younger children or those who are having trouble with school performance are more likely to benefit from cognitive assessment.



● **DIVA-5 or young DIVA-5**

Session Length: Approximately 60 minutes

Attendance options: Available in-person or telehealth

This is a structured clinical interview for behaviours of ADHD.

● **Optional Additional Consultations**

Session Length: Approximately 60 minutes

Attendance options: Available in-person or telehealth

Older young people may benefit from their own opportunity to discuss their concerns and perspectives outside of the standard process. Situations where there is a need to offer more detailed mental health assessment may also benefit from additional consults.

4. Feedback session

Session Length: Approximately 1 hour

Attendance options: Available in-person or telehealth

Your NAS clinician will go through the final report together and answer any questions you may have.

5. Additional Consultation Session (Optional)

Session Length: Approximately 30-60 minutes

Attendance options: Available in-person or telehealth

We would like to offer an additional follow-up consultation session either face to face or via telehealth if you or your child/young person has any additional questions/feedback following the completion of your assessment and feedback session. This appointment is offered at no additional cost.



Assessment Preparation Checklist

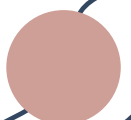
Our Neurodiversity Assessment Service (NAS) team understands that the decision to go through the process of an Autism or ADHD assessment is an incredibly personal one for both the consumer being assessed, and the people supporting them. The NAS team are here to talk through any questions, concerns you may have.

If you choose to begin the process with the NAS team, you will need to:

- Make an appointment with our team by calling 1800 929 101. Let them know that you are wanting to book in an Initial appointment.
- Make sure you have a referral from your General Practitioner (GP), psychiatrist, or paediatrician in preparation for your first appointment. All appointments for Autism assessments will need a Medical Evaluation Form.
- If you are attending for an ADHD assessment it is important to note that the team cannot recommend or prescribe medication. If you are interested in this, you will need to see a Paediatrician or Psychiatrist.
- Talk with the people that know you best (family, loved ones and kin) to think about previous tests, assessments and reports you may have that may be useful to refer to. Bring these with you to your first appointment with NAS.
- It's often useful to talk to one of these loved ones to jot down some of the reasons why you are pursuing a diagnosis and what outcomes you are hoping for because of the assessment.
- Think about behaviours you or others have observed, that led you to pursue an assessment. It may be useful to think about this as a younger child (up to preschool) and right now. See if you can find and bring along your My Personal Health Record (the Blue Book).
- Collect any of your previous reports from occupational therapists, speech therapists, psychiatrists, school counsellors, paediatricians, psychologists etc.
- Think about who you may want to bring with you to appointments (this is totally up to you, but it can be useful to have some support).
- Make sure you have something relaxing and pleasurable to do after the initial appointment. Checking on your own selfcare and needs is always important!

Your Neurodiversity Assessment Service (NAS) Team is:

_____ Psychologist / Clinical Psychologist
_____ Admin Team



Further information and resources

Useful Autism Information websites:

- www.autismcrc.com.au
- www.autism-help.org
- www.amaze.org.au
- www.autismspectrum.org.au
- www.autism.org.au



Children and Young Person Specific Resources:

- Getting a diagnosis when at school | Autism: What next? (autismwhatnext.com.au)
- Teens and young adults | Autism Awareness Australia
- What is Autism & The Effects in Young People | headspace
- Orygen-YP-autism-Fact-sheet-2022.pdf.aspx (Printable)
- I Am Questioning My Identity - Reframing Autism
- [autism_spectrum_disorder-en.pdf](#) (nsw.gov.au) (Printable)

General resources:

- [Understanding-Autism-Factsheet.pdf](#) (autismspectrum.org.au) (Printable)
- Better Access to Mental Health Care - Fact Sheet for Patients (Printable)

Contact Us

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Email: nas@gph.org.au

Phone: 1800 929 101



**Grand
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Health**