



Autism and ADHD Referral Processes

Friday 28th November

Emmbrook Infant School and Emmbrook Junior School

Initial Concerns

Step 1: Seek initial advice

- **For children:** Talk to a GP, health visitor, class teacher or the school Special Educational Needs Co-ordinator (SENCO) to share concerns.
- **For adults:** Schedule an appointment with your GP to discuss your symptoms.

Referral

Step 2: Action a Referral

- **School Referral to CAMHS:** School need to observe that difficulties are impacting learning and your child's school life. A SEND Support Plan must be in place for 6 months prior to referral.
- **NHS Referral:** You can request the 'Right to Choose' pathway where you choose a private provider, such as Piscon, to assess your child.
- **Private Assessment:** This is self-funded and you can find reputable providers through the HCPC.

Preparation

Step 3: Prepare for the Assessment

- **Gather Information:** Compile a list of symptoms and the impact on daily life.
- **Find a Supporter:** Bring a family member or close friend to provide observations.
- **Complete Questionnaires:** School and parents will be asked to complete forms.

Assessment

Step 4: The Assessment Itself

- The assessment will be conducted by a team of specialists and may include interviews, observational assessments (like the ADOS-2), and computer-based tests (like the QbTest).

Supporting a Child With Autism

Communication and Understanding

- Speak clearly and simply
- Allow processing time (six second rule)
- Use visual supports
- Focus on positive phrasing

Structure and Routine

- Establish a predictable routine
- Prepare for changes
- Create a safe space

Managing Anxiety and Behaviour

- Identify triggers
- Provide coping mechanisms
- Use positive reinforcement
- Minimise sensory overload



Supporting a Child With Autism

Social and Emotional Support

Spend 1:1 time
Encourage social skills
Support siblings

Professional and Local Support

Seek a professional assessment
Local Offer
Online communities
Family support programs



Supporting a Child With ADHD

Structure and Routine

- Daily schedule
- Visual timetables
- Break down tasks
- Visual timers and lists



Environment and Sensory Support

- Minimise distractions
- Create a calm-corner
- Incorporate movement
- Provide sensory tools

Communication and Behaviour

- Give clear specific instructions
- Use a calm voice and maintain eye contact
- Practice positive reinforcement
- Teach self-regulation

Supporting a Child With ADHD

Health and Wellbeing

Ensure a balanced diet

Prioritise sleep

Encourage physical activity

Medication

Collaboration

Communicate with the school

Involve the child



Further Support



Berkshire West
Autism & ADHD Support Service

Autism Berkshire

PARENTING SPECIALTY CHILDREN

NHS
Berkshire West
Clinical Commissioning Group

 University of Reading

Centre for Autism Wellbeing Hub



 **ASD Family Help**
Autism & neurodiversity - embracing differences

 **PROMISE INCLUSION**