



About AUTISM and ADHD

Information for families recently referred for an assessment

Purpose of this leaflet

This leaflet has been prepared to offer information to families with a child or young person who has recently been referred for an autism assessment to the service for the area where you live in the Bradford and Craven District. It will give information about the assessment process and the support available to you whilst waiting for the assessment to be completed.

What is Autism?

Autism is a life long developmental condition affecting social, communication and imagination skills. People with Autism understand the world in a different way to people without Autism. How Autism impacts on people varies from person to person; however, there are some common themes. For example:

- Autism can impact on how people communicate (verbally and non-verbally)
- It can also impact on social relationships and ways of interacting with other people and the world, and the development of play and imagination
- People with Autism may have a preference for routine and predictability, highly specific and/or strong interests in certain things, and sensory sensitivities.

What is ADHD?

Attention Deficit Hyperactivity Disorder is a lifelong condition. The 3 main characteristics of ADHD are:

- Inattention – individuals find it difficult to concentrate and remember information.
- Hyperactivity – individuals have a lot of energy and seem constantly on the move. This can lead to poor sleep.
- Impulsivity – refers to acting without thinking first. People with symptoms of impulsivity are often impatient with waiting their turn or waiting in line.

The Assessment Process in the Bradford and Craven District – Where and Who

For Autism:

Your child may be referred to the autism assessment service by your GP, health visitor, school nurse or your schools' Special Educational Needs Co-ordinator (often known as the SENCO). If a child is under 7 years old they will often be seen initially by a paediatrician (a doctor who manages medical conditions affecting infants, children and young people). If your child shows some signs of autism the paediatrician will refer to the local multi-disciplinary team (MDT) to be assessed in a JACC (Joint Assessment Clinic for Communication). If your child is over 7 years old and shows signs of autism or ADHD they will be referred to the Child and Adolescent Mental Health Service (CAMHS) team for the area where you live for an assessment.

Some assessments for autism take place in person the locations across the district shown below, but some assessments, or part of the assessments can be undertaken on the telephone or on a video session using apps like "Zoom":

Child Development Centres:

- Airedale Hospital in Steeton
- St Luke's Hospital Bradford

CAMHS teams:

- Bradford
- Keighley

For ADHD:

Assessments for ADHD for children and young people are provided by CAMHS who usually undertake assessments for children between 7 and 18 years. Children under 7 years may be assessed by CAMHS where appropriate.

Waiting lists for assessments and length of wait

There is a waiting list for each of the services mentioned above and the length of time you will wait for the assessment will vary depending on the demand for that service in your geographical area. We appreciate that you may have seen various professionals before being referred for an autism assessment and we can understand this can be a challenging time.

Autism assessment is highly specialised and complex often involving paediatricians, psychologists, psychiatrists, speech and language therapists (SALT), nurses and education staff. The increasing childhood population in Bradford and Craven has heightened awareness of the need for assessments and this has increased demand and led to longer waiting times in most areas. The three local providers and CCG are working collaboratively to increase capacity and reduce waiting times.

***Support is available to you whilst you wait for the assessment.
Details appears later in this leaflet***

The Assessment Process explained

In the **Autism or ADHD assessments** information will be gathered from both home and school/nursery. Parents/carers will be asked about how the child/young person has presented themselves whilst growing up and will look at important events in their lives. Prior to the assessment appointment, it may be helpful for you to look through your child's "baby books" to remind you of how they were as an infant and when they met their "developmental milestones". You may also like to think about the reasons why you first became concerned about your child and any day to day examples of what your child found difficult could be helpful.

School and/or nursery will be asked how the child presented there and our staff will sometimes speak to someone at the school who knows the child well. If you know someone who would be good to speak to about this, please do let our staff know. Children can "mask" their difficulties at school and so it's important to consider this along with the school information. An observation of your child may be carried out at school and this will be completed by one of our staff who your child will not know and the child will not be aware that s/he is being observed.

Below is a list of other tools or tests that may be used in some cases dependent on whether your child is being assessed for ASD/ADHD or both.

Please also see the process shown as a flow chart on the following page.

ADOS – (stands for Autism Diagnosis Observation Schedule) and is a tool used in an autism assessment. For younger children this is based around play. If the child is older and able, a different module may be used which is based around conversations. The tool uses an assessment against specific criteria to help reach a diagnosis.

Q.B. test - is a computer based test that objectively measures the three core symptoms of ADHD: activity, inattention and impulsivity. Your child's test result is compared with children of the same age and gender who have ADHD and with those who do not.

Speech and Language assessment – is sometimes referred to as SALT and is carried out by a Speech and Language therapist who conducts their own specialised assessment. This can help to understand better the child's strengths and difficulties in communication.

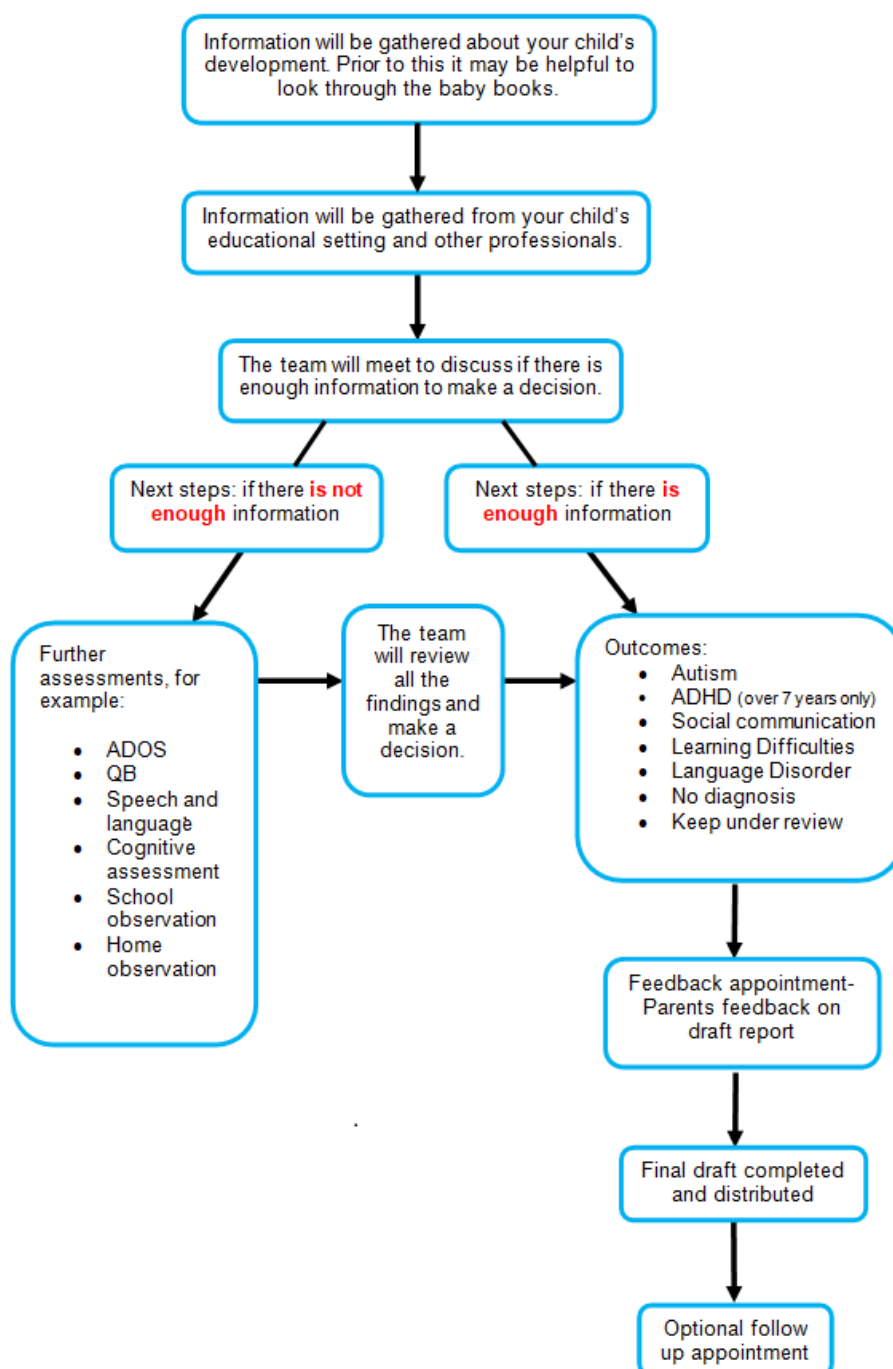
Cognitive Assessment – identifies what your child's strengths and difficulties are in relation to the processes of thinking and reasoning through thought, experience and senses; exploring this can also help enhance understanding of your child.

Home Observations – One of the team members may ask to come and meet you and your child at home, this will also help to develop a picture of the child's strengths and difficulties.

Next Step - Multi-disciplinary Team Review (known as an MDT) – When the professionals involved feel that they have collected sufficient information, they will get together to talk about your child in a multi-disciplinary meeting). They will discuss the assessments that have been carried out in terms of the criteria for a diagnosis and also work out what support might be helpful for your child going forward.

Example of flow chart for an assessment - this may vary and is tailored to your child

Some parts of the process may take place face to face; we may use telephone or video sessions to undertake some or all parts of the assessment



What happens next – Signposting and support

At the end of the assessment and when the professionals feel they have sufficient information to determine an outcome, you will be given detailed feedback of the findings either face to face or over the telephone and the reasoning will be explained. You will be given advice on what will best help your child and you will receive information about services available and things that may be helpful for your child, yourself and your family.

Our report will then be written based on the assessments and you will be given a draft report to check and we will ask you to get in touch if you would like clarification or any amendments to be made. Once you are satisfied, we will send the final report to you, your GP, school and to other professionals involved in your child's care. The list of people we will send copies to will be shown in the draft report for your approval.

You have received this Patient Information Leaflet now because your child has been referred for an autism assessment and we hope this information will be useful to you during your wait for an appointment.

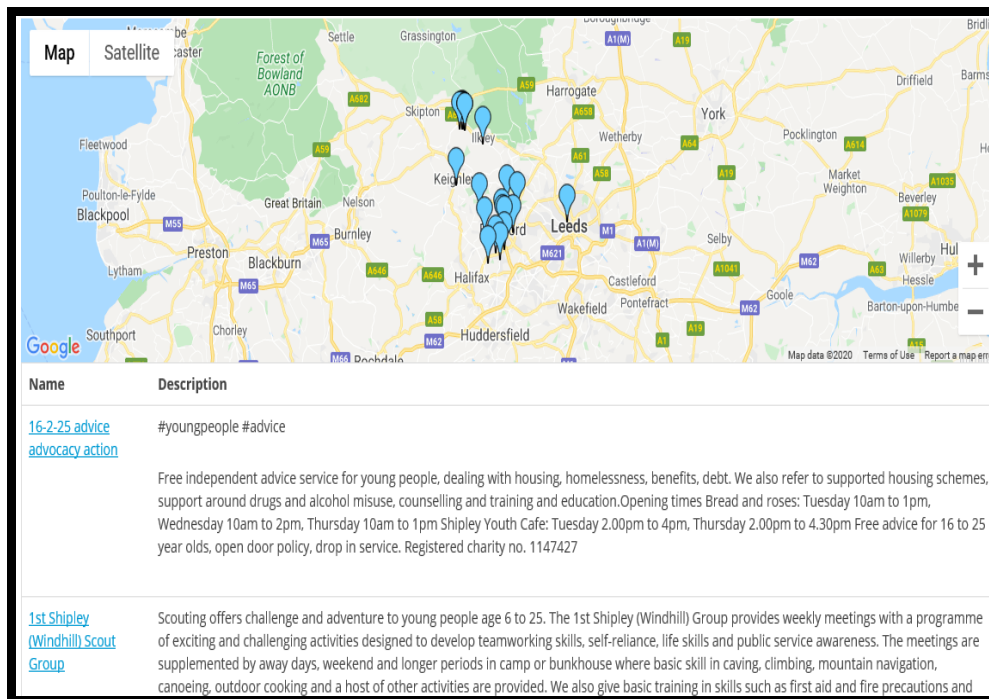
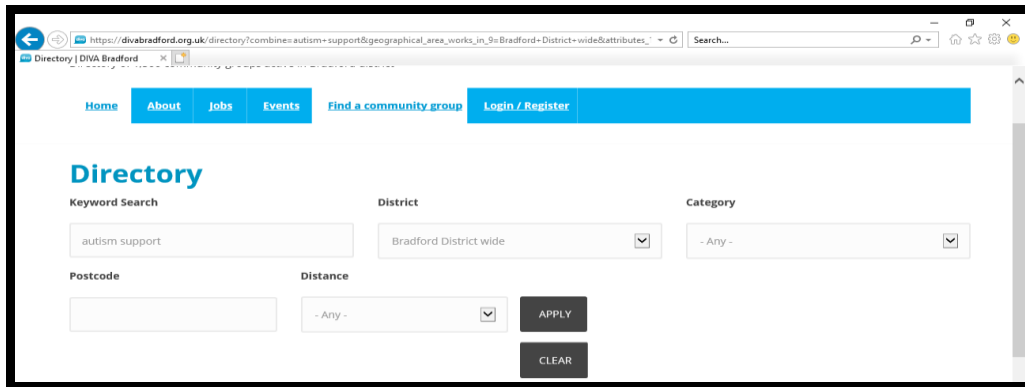
Please Note

When your child reaches the top of the waiting list for the assessment service to which they have been referred, you will be contacted with details of their appointment

Support available to you whilst you wait for the assessment

For Autism:

DIVA Bradford <https://divabradford.org.uk/> brings together information on voluntary and community sector groups from across Bradford District in a single searchable directory. On the site (see below) you can enter the subject you are looking for e.g. autism” and postcode or district and it will show details of support in your area.



Name	Description
16-25 advice advocacy action	#youngpeople #advice Free independent advice service for young people, dealing with housing, homelessness, benefits, debt. We also refer to supported housing schemes, support around drugs and alcohol misuse, counselling and training and education. Opening times Bread and roses: Tuesday 10am to 1pm, Wednesday 10am to 2pm, Thursday 10am to 1pm Shipley Youth Cafe: Tuesday 2.00pm to 4pm, Thursday 2.00pm to 4.30pm Free advice for 16 to 25 year olds, open door policy, drop in service. Registered charity no. 1147427
1st Shipley (Windhill) Scout Group	Scouting offers challenge and adventure to young people age 6 to 25. The 1st Shipley (Windhill) Group provides weekly meetings with a programme of exciting and challenging activities designed to develop teamworking skills, self-reliance, life skills and public service awareness. The meetings are supplemented by away days, weekend and longer periods in camp or bunkhouse where basic skill in caving, climbing, mountain navigation, canoeing, outdoor cooking and a host of other activities are provided. We also give basic training in skills such as first aid and fire precautions and

National Autistic Society Autism Support and Services

www.autism.org.uk email: supportercare@nas.org.uk

☎ 0808 800 1050 9Mon-Fri 10a.m – 12 p.m.

provides support, information and practical advice for the 700,000 autistic adults and children in the UK, as well as their three million family members and carers.

Early Help - Bradford (<https://bso.bradford.gov.uk/content/prevention-and-early-help>).

Early Help provides behavioural support and interventions. They also offer one to one support from keyworkers and run parenting classes. Parents can self refer by calling ☎ **01274 437500**. Urdu/Punjabi Helpline: **01274 431252**. Polish/Slovak/Czech Helpline: **01274 434905**

Early Help – Skipton, North Craven and South Craven

Find out about the sessions, courses, activities, services and support children and family hubs offer to families across North Yorkshire. Children and family hubs are located across the county and provide services for children and young people aged 0-19 and their families. <https://www.northyorks.gov.uk/children-and-family-hubs> This link will take you to North Yorkshire County Council's website where you will find information and contact details for Skipton, North Craven (Settle) and South Craven (Crosshills) hubs. ☎ **01609 533118**
Email: FHubCraven@northyorks.gov.uk

AWARE www.aware-uk.org ☎ 01535 661275

is a parent carer led support group who help families throughout their autism journey including support *before* diagnosis - for families, whose child/young person is waiting for an autism assessment. They have a specific support project called BEAT (Bradford Early Advice Team) – please contact them for further information and to sign up.

Living with autism can be very daunting for children and their families with the challenges that it entails which can result in many feeling isolated. AWARE's parent-run groups encourage sharing of information about therapies, new programmes, experiences of living with autism, advice on seeking professional support, information on training workshops, school services etc. A significant benefit of AWARE is the opportunity to forge long-lasting friendships with other families.

Take a look at their website for information and see their newsletter giving information about various support groups and training courses within the Bradford district. For children and young people, AWARE have a youth club, play schemes, cookery club, residentials and lots more.

BIDS Bradford Toy Library (<https://www.bradfordinclusivedisabilityservice.co.uk/>)

☎ **01274 365463**

BIDS has a range of specialised toys and books for children with disabilities and their families to borrow; BIDS run sensory play sessions, carers support groups, family themed days in the school holidays, residential trips, and play sessions.

Carer's Resource (<http://www.carersresource.org>) ☎ 01274 449660 for Bradford

☎ **01756 700888 for Skipton**

Looking after a child with an additional need classifies you as a parent carer. Carer's Resource will do a wellbeing review and identify if you require any additional support; they also run a Young Carers service for siblings of children with a disability and may be able to offer respite.

Relate for parents and families (<https://www.relate.org.uk/relationship-help/help-family-life-and-parenting>) ☎ 01274726096

Provides advice on how to deal with common difficulties around parenting and relationships. Relate have online counsellors for support and advice and can also offer face-to-face private counselling sessions

Sparkles – Local Autism Parent Support Group (Skipton based). For more information email: sparkles.skipton@gmail.com

Bradford Local Offer <https://localoffer.bradford.gov.uk/>

provides information for children and young people with special educational needs and/or disabilities (SEND) and their families or carers. ☎ 01274 439261 between 8/30 and 5pm Mon-Thurs and 8.30 and 4.30 on Fridays.

SENDIAS Bradford (stands for *Special Educational Needs and Disabilities Information Advise and Support Services*)

<https://barnardossendiass.org.uk/bradford-sendiass/>

☎ 01274 513300. Email: bradfordSENDIASS@barnardos.org.uk.

SENDIASS is an impartial service delivered by Barnardo's. Address: Unit 40-42 Campus Road, Listerhills Science Park, Bradford BD7 1HR.

Offer a service for parents and cares of children and young people 0-25 with special educational needs and disabilities in the Bradford area and for their children too.

North Yorkshire Local Offer – <https://www.northyorks.gov.uk/send-local-offer>

North Yorkshire -SENDIASS – ☎ 01609 536923

Opening hours term time Monday - Friday 9.30 -1p.m. School holidays: Tuesday – Thursday 9.30 – 1p.m

North Yorkshire - Early Help – ☎ 01609 534 842

email: customer.services@northyorks.gov.uk You can request information in another language or format at: www.northyorks.gov.uk/accessibility

SEND information North Yorkshire

<https://www.sendinfo.org/send-directory/local-organisations-charities/send-support-groups-north-yorks>

A list of SEND Support and Groups. – Group 4 “Fun With Autism” – aimed at those affected by autism and other “hidden disabilities”. Events are held every month.

☎ 07857 672012 or 07516 564169

Snoop (<https://www.snoopcharity.org>) (Special Needs Objective Outreach Project) is a registered charity based in Eccleshill and welcomes families from across the Bradford Metropolitan District. They provide a wide range of services to support children and young adults with additional needs and disabilities aged 0-25 years + and give support and information to their parent/carers. Open 50 weeks of the year and offering flexibility to parent/carers to support them to work or further their education and training.

Sleep Problems – support and information

The Sleep Charity (*incorporating The Sleep Council*) provide advice and support for children and adults to empower the nation to sleep better. They aim to raise awareness of the value of a good night's sleep and promote understanding around the complexities of sleep. They also offer a range of courses for families.

info@thesleepcharity.org.uk ☎ **01302 751416**

SCOPE – a charity offering practical information and emotional support when it's needed. There are 6 podcasts relating to sleep on their website below.

☎ **0800 800 3333** **Email: helpline@scope.org.uk**

https://www.scope.org.uk/advice-and-support/sleep-podcast/?_ga=2.266091723.539786180.1627918719-631031966.1626967194

For ADHD:

ADHD Foundation <https://www.adhdfoundation.org.uk>

Is a national ADHD charity. They promote a strength-based approach to living successfully with ADHD. They offer advice and guidance on helping your child manage problems and difficulties and have a range of useful resources on their website for children, teens and adults plus information and resources for parents. Enquiries : ☎ **0151 541 9020** or email : info@adhdfoundation.org.uk

Bradford Council – Local Offer – West Yorkshire ADHD Support Group

<https://localoffer.bradford.gov.uk/service/704-west-yorkshire-adhd-support-group>

☎ **01274 439261** Email: westyorksadhd@gmail.com

Information on what the group does and who it is for

North Yorkshire ADHD SEND and Support Group

<https://www.sendinfo.org/send-directory/local-organisations-charities/send-support-groups-north-yorks> The site gives a list of all their support groups with brief information on what each offers and there are contact details for both telephone and email contacts.

MIND

<https://www.mind.org.uk/information-support/tips-for-everyday-living/adhd-and-mental-health/> ☎ **0300 123 3393**

Give information on ADHD and mental health including “what is ADHD like?” and information on support and treatments.

NHS online information – living with ADHD

<https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/living-with>

Gives information : overview, Symptoms, causes, ways to cope etc.

Tell Us What You Think About This Leaflet.....

We hope you found this leaflet helpful. If you would like to tell us what you think please contact: Sue Yeadon, Project Manager, Autism Assessment Service

Email : sue.yeadon@bthft.nhs.uk

Information correct at time of printing