

# Adult ASC Assessment Guide

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SEIK Psychiatry

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# Pre-assessment Questionnaires

## 1. Questionnaires Sent After Payment:

- Once you pay for your assessment, you'll receive pre-assessment questionnaires by email. You can also access and submit them on your portal.
- These need to be completed within 3 days. If you need more time, don't worry, just let us know.
- You can complete yours via your dedicated patient portal.
- The assessment cannot go ahead without the questionnaires returned. Check our cancellation and rescheduling policy for charges.

## 2. Reminders:

- You'll get reminders for missing questionnaires 7 days before your appointment.
- Check your email for reminders and follow the instructions provided.

## 3. Device Recommendation:

- Use a laptop or tablet, not a phone, for better experience and accuracy.

# The Assessment

## 1. Part 1 – Psychologist Session:

- **Focus:** Discuss your childhood and adulthood experiences related to autism traits with you and your observer.
- **Format:** Your observer will be asked some questions about different aspects related to your symptoms and experiences, then you will be asked the same, or related questions.
- **Duration:** Approximately 90 minutes (additional charges if it exceeds the time).

## 2. Part 2 – Psychiatrist Session:

- **Focus:** Comprehensive psychiatric assessment to rule out other conditions, covering developmental, medical, and family history.
- **Goal:** Conclude the assessment and provide recommendations for ongoing support.
- **Duration:** Around 45 minutes to 1 hour (additional charges if it exceeds the time).

# Report & Confirmation Letter

- **Report Content:** Overview of psychologist and psychiatry assessment, outcome of your assessment, and any recommendations discussed.
- **Confirmation Letter Content:** Provided only when a diagnosis is reached and states the diagnosis given.
- **Timeframe:** Sent 2-3 weeks after your assessment has completed.

# Your Observer

- **Who:** Ideally a parent or guardian; alternatively, a family member, long-term partner, or friend (additional time and charges if more than one observer per appointment).
- **Role:** Attends both appointments to answer questions about your symptoms and traits relating to Autism, and any other relevant information for the assessment.
- **Reason:** Compulsory requirement for the assessment. Advised by NICE Guidelines and requested by NHS. Provides valuable information, reducing the need for extra appointment time and costs.
- **Location:** Observer can join remotely from anywhere. For the best experience, join from the same location.

**Unsure About Observer?:** Speak to our onboarding team for guidance.

# Internet and Device Requirements

- **Good Internet Connection:** Essential for smooth remote sessions.
- **Device:** Use a larger device like a laptop or tablet for the best experience.

# Joining Your Appointments

- **Zoom Link:** You'll receive a zoom link within 24 hours of each appointment.
- **Observer joining:** Forward the zoom link to your observer to join if they're in a different location.
- **Attire:** Wear comfortable, appropriate clothing, as you would for an in-person appointment.
- **Lighting:** Ensure you are in a well-lit area where your faces are clearly visible. Avoid sitting with a light source directly behind you.
- **Minimise Distractions:** Close any unrelated apps or tabs on your device and put your phone on silent.

# Additional Support & Contact

**Questions or Concerns?:** Don't hesitate to reach out to us for assistance.

**Phone:** 020 8087 0831

**Email:** [admin@seikpsychiatry.com](mailto:admin@seikpsychiatry.com)

## Opening Times:

Monday 09:00 - 15:00

Tuesday 09:00 - 15:00

Wednesday 09:00 - 15:00

Thursday 09:00 - 12:00

Friday: 09:00 - 15:00

