Executive summary
Autism Diagnostic assessment

Dear XXX,

This is an executive summary of the key points from your diagnostic report. Your diagnostic report includes more detail.

About your diagnosis:

You have wondered whether the social/ emotional/ relational difficulties you experience can be explained by being autistic. You asked for a diagnostic assessment from our team to find out if you meet the clinical diagnostic criteria for autism.

We undertook a multidisciplinary diagnostic assessment (following NICE guidance) and using the DSM5 criteria, we can confirm that you meet the criteria for an autism diagnosis. It means you are autistic.

The clinical diagnostic assessment is a particular process that uses a clinical framework based on a medical model of disability. We are mindful that the language used in the process is 'deficit based' (i.e. What is different from non-autistic people). We want to highlight that in day-to-day practice, using a neurodivergence framework is another way of thinking about the social differences you experience and the impact a non-autistic environment has on you.

The impact of autism on you:
- Emotional/ mental health
- Social and relational
- Participation/ education/ employment
- Impact of autism on others
- etc.

Risk associated with unmet needs
- Mental health deterioration including risk of hospitalization
- Communication and relationship break down
- Lack of opportunity and actualization
- etc.

Necessary reasonable adjustments (Equality Act/ Accessible information Standard)
- Extra time for processing
- Key messages written down
- Key questions sent in advance of meetings/appointments
- Breaks in meetings/ appointments for regulation
- Sensory environment (specific adaptations).
- Trusted person to debrief with.
- etc.

We would like to thank you for participating in your diagnostic assessment. We hope the diagnosis will be useful for you and people you interact with in terms of making sense of your ongoing difference.

Yours sincerely

XXXXX   YYYYY
Profession   Profession