

[address]

[date]

## Young Person's Report

Dear \_\_\_\_\_,

Thank you for coming to see us at the XXX Centre in XXX. We really enjoyed meeting you. We wanted to write to you to tell you a little bit more about what we found out, and what might help.

When you visited us you saw: [insert photo, first name and profession for each person]

[INSERT PHOTO]

Sarah, Psychologist

When you visited us we did some chatting, games and puzzles. You might remember some of these activities:



We did some puzzles to look at your thinking and learning. This was to find out what you are good at and what is more tricky and might need more help.



We did some playing and chatting with toys from a big box. This was to help us understand how you prefer to communicate with others, your interests and things you do to help you feel good. These games help us work out if you are autistic.

Insert Language or other assessment picture

Insert description

Your parents also spoke with the doctor, so they could hear all about your life at home and school too.

### What did we find out?

We found out some of the things you are really good at:

- X
- X

Patient Name:      Hospital Number:      Visit Date:

- X

We noticed some of the things you prefer:

- E.g communication style
- e/g/ interaction preferences
- E.g strong interests

We found out some of the things that can be hard for you:

- X
- X
- X

### What does this mean?

We put everything we heard and saw together and did a lot of thinking. Together we found out:

*[delete as appropriate]*

- You are autistic. This can make sense of some of the things you are really good at, the things you prefer, and the things that feel hard. Being autistic means your brain works a bit differently to some other young people. It means you might experience the world differently. You were always autistic so it does not change who you are – we just did not know it before!
  - We decided this because *[summarise strengths, preferences and difficulties]*
- You find thinking and learning more difficult than most young people your age. You have been telling people learning is hard, and now we have the numbers to prove this to adults. We can call this a 'learning disability' (or intellectual disability). This means that adults need to give you a bit more help with thinking and learning, so you can do the things you want to do, keep safe and enjoy life.
- *Other*

### What might help

We had some ideas for your parents and school that might help them understand you better and change things around you to maybe help with some of the tricky things. We have some ideas about how you can understand and help yourself too. These are:

- X
- X
- X

We wonder if you have some other ideas too?

We want to say a huge thank you for coming to meet us, playing our games and letting us get to know you. We *[insert appreciative/strengths focussed comment]*

If you have any questions you can ask your parents to ask us.

With best wishes,  
The XXX Team