

for more  
information



**For more information:**

National Autistic Society:

[www.autism.org.uk](http://www.autism.org.uk)

NAS Helpline: 0845 070 4004

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Innovation in  
Psychological  
Services

assessment and  
diagnosis of  
**asperger  
syndrome**



[www.outlooksw.co.uk](http://www.outlooksw.co.uk)

# assessment and diagnosis of **asperger syndrome**

## Should I get a diagnosis?

Some people with Asperger syndrome do not wish to be 'labelled', or feel that there is little point in seeking a diagnosis as it will not significantly change their life. However, there are a number of reasons why a diagnosis can sometimes be helpful.

## Many people find that a positive diagnosis can help with:

- Understanding why you may have experienced certain difficulties in your life.
- Other people having a better understanding and empathy with some of the differences and difficulties that you might have experienced.
- Accessing more appropriately tailored advice and support from services.
- Meeting particular employment needs or protection from discrimination at work.
- Opportunities to share experiences with others who have the same condition.

## What will my Asperger syndrome assessment involve?

Our assessments usually take place over a short series of sessions with a Clinical Psychologist. Through the assessment we will look to explore whether a diagnosis of Asperger syndrome is appropriate given the experiences that you describe. This process will hopefully help you achieve an increased understanding of any difficulties you have experienced, as well as highlight your areas of personal strength and ability. We may be able to signpost you to relevant support options that we feel might be helpful to you.

"The assessment has helped to answer a lot of questions, not only for myself but also for family members."

## What information do we need?

**Developmental History:** In order to confirm a diagnosis, we would need to interview a parent or relative who has known you well from an early age. However, we do appreciate that this is not always possible. It is also useful if you can bring along any school reports or other assessment reports you may have.

**Psychological Assessment:** This involves a number of psychological checklists and measures. Each task will be explained to you in detail as it is presented, and you are welcome to ask questions.

## After the assessment

The Clinical Psychologist will review all the information they have gathered in order to provide you with a final report. We will meet with you to talk about the report and whether Asperger syndrome is considered to be an appropriate diagnosis for you. Please note it is not always possible, or appropriate to confirm a diagnosis of Asperger syndrome from this assessment. Whatever the outcome, the report will try to include any recommendations that might be helpful in improving your quality of life.

When we meet with you to go through this report we can answer any questions you might have. A copy of the final report will also be sent to your doctor, with your consent.