IVEL MEDICAL CENTRE

Adult Autism Referral Request & Supporting Information

Please provide examples from both childhood and adulthood wherever possible. If you are unable to provide examples from childhood, please explain why.

1. Patient Details

Full name: _____

Date of birth: _____

Contact number: _____

Parent/carer name (if applicable): _____

Relationship to patient: _____

2. Referral Required

Please tick the relevant option:

☐ Autism assessment

☐ Autism transfer of care

3. Referral Pathway

☐ Local NHS service (adult assessment)

☐ NHS Right to Choose

If requesting Right to Choose, please provide the full name of your chosen provider:

4. Reason for Assessment

Please briefly explain why you are seeking an Autism assessment.

5. Social Communication and Social Interaction

Examples may include difficulties with conversations, understanding social cues, interpreting language, making or maintaining friendships and masking difficulties.

Current examples:

Childhood examples:

6. Repetitive Behaviours, Routines and Interests

Examples may include difficulties managing change, reliance on routines, repetitive behaviours, self-stimulatory behaviours or intense interests.

Current examples:

Childhood examples:

7. Sensory Processing

Examples may include sensitivity to noise, light, smells, touch, clothing or food textures, awareness of pain or hunger, and difficulties with coordination.

Current examples:

Childhood examples:

8. Impact on Daily Life

Please describe how your difficulties affect your education, employment, relationships, independence and everyday activities.

9. Patient Declaration

I confirm that I have read, or had explained to me, the ADHD and Autism Assessments information on the practice website.

I understand that:

- My referral request is subject to clinical review and provider eligibility criteria.
- Completing this questionnaire does not confirm a diagnosis of Autism or guarantee that a referral will be accepted.
- Further information or a clinical appointment may be required before my referral can be submitted.
- If requesting an NHS Right to Choose referral, I should check my chosen provider's eligibility criteria, assessment process and arrangements for post-diagnostic support.

Signature: _____

Print name: _____

Date: _____

Returning Your Form

Please return this completed form to the practice.

Your request will be reviewed and if further information or an appointment is required, we will contact you.

AQ-10

Autism Spectrum Quotient (AQ)

A quick referral guide for adults with suspected autism who do not have a learning disability.

	Please tick one option per question only:	Definitely agree	Slightly agree	Slightly disagree	Definitely disagree
1	I often notice small sounds when others do not.				
2	I usually concentrate more on the whole picture, rather than the small details.				
3	I find it easy to do more than one thing at once				
4	If there is an interruption, I can switch back to what I was doing very quickly				
5	I find it easy to 'read between the lines' when someone is talking to me				
6	I know how to tell if someone listening to me is getting bored				
7	When I'm reading a story I find it difficult to work out the characters' intentions				
8	I like to collect information about categories of things (e.g. types of car, bird, train, plant etc.)				
9	I find it easy to work out what someone is thinking or feeling just by looking at their face				
10	I find it difficult to work out people's intentions				

SCORING: Only 1 point can be scored for each question. *Score 1 point for Definitely or Slightly agree on each of items 1, 7, 8, and 10. Score 1 point for Definitely or Slightly Disagree on each of items 2, 3, 4, 5, 6, and 9.* If the individual scores **more than 6 out of 10**, consider referring them for a specialist diagnostic assessment.

This test is recommended in 'Autism: recognition, referral, diagnosis and management of adults on the autism spectrum' (NICE clinical guideline CG142). www.nice.org.uk/CG142

Key reference: Allison C, Auyeung B, and Baron-Cohen S, (2012) *Journal of the American Academy of Child and Adolescent Psychiatry* 51(2):202-12.

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autism research centre arc

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