



# ASSESSMENT

Some Top Tips from parents to help you to navigate the diagnostic assessment process



## Does Your Child Need to Attend?

The diagnostic assessment process can be very focussed on the negative, and you might not be comfortable talking about negative things in front of your child. The clinician will need to see your child for some of the appointments, but not all of them. Check beforehand to see whether you have to bring your child.

## Take Someone With You

“Consider bringing along someone who also knows the child to the assessment to listen, support and take notes.”



## Practice Self Care

The diagnostic process can be incredibly positive, but it can also be an emotional journey. Make sure you look after yourself throughout the process, so you can provide the best care and support to your child.

## Have Plenty of Information Handy

The person undertaking your child's assessment will need to gather as much information as they can to assess them, both in the pre-assessment questionnaire and during the assessment. Some things that might be helpful to have to hand would be your child's personal health record (red book) and any previous assessment reports - “It can sometimes be difficult to remember details on the spot so write down notes before you attend the assessment to help you remember.”



## Consider Why You Are Seeking A Diagnosis

“Think about your first concerns - what were they and why? What age was your child when you had concerns and did anyone else share these? Is there a family history of learning disability, autism or ADHD?”

## Peer Support

Many other parents have been through the diagnostic process before you and peer support networks are a valuable source of information. Have a look for support groups in your local area.

