

## Priory's autistic spectrum disorder support

Priory's private services include comprehensive autism assessments and diagnosis for both adults and children. We also provide ongoing support, in order to help those on the spectrum, manage their lives with a little more ease.

As of September 2024, over 204,000 people in England awaited an autism assessment, with 89% waiting over 13 weeks – a 25% rise in a year and 96% in two years

### Service overview

- + Assessments conducted by experts specifically trained in autism
- + Detailed and comprehensive outcome report provided
- + Private autism services can be self-funded or covered through private medical insurance
- + No formal GP referral necessary
- + Minimum age for a child is 4 years old

## Pathway overview

Therapy/psychology led	Consultant led
Includes the autism diagnostic tool (ADI-R), and ADOS assessment	Includes the autism diagnostic tool (DISCO, 3Di or ADI-R), and ADOS assessment
Feedback sessions	Feedback sessions
Doesn't include an initial mental health assessment	Costs may vary depending on individual consultant prices. To start this assessment journey, the first step would be to have an initial mental health assessment

The type of specialist you'll see can depend on a number of factors. These include:

- + Whether you have any additional mental health concerns
- + Whether you have been advised to see a psychiatrist
- + If you would like to discuss psychiatric medication
- + Location and specialist availability

We can guide you through the options and help to determine which would be the most appropriate for you. If you start on the therapist or psychologist route, but it becomes clear that you'd benefit from a psychiatric assessment, then we can refer you to one of our psychiatrists quickly and easily.

40-50%  
of individuals who are autistic also have an anxiety disorder, and this prevalence is rising as more autism diagnoses occur, increasing demand for autism-related mental health services

## Benefits of choosing support with us

- + Priory offers a 12-week programme for newly diagnosed adults, offering psychological support, guidance, and ongoing care
- + Fast access and shorter waiting times than the national average/ other providers
- + A diagnosis provides a psychological map of understanding – where you might be struggling and what you might now be able to do about it
- + It can improve a sense of identity and therefore mental wellbeing
- + We help manage associated challenges such as anxiety, rigid thinking and other emotions
- + A diagnosis can be taken to an employer/school to ask for support, if needed
- + Locations nationwide or online support
- + Subsequent therapy, without understanding neurodiversity, may prove it ineffective
- + If you have a high degree of functionality, your condition could be missed by a therapist who is not trained in autism

## Further information

How long each stage of the autism assessment takes can vary slightly depending on each person. However, the following is a general guide:

ADI-R or other diagnostic tool – allow for 2 hours

ADOS – allow for 2 hours

Feedback meeting – allow for 1 hour

The whole end-to-end process usually takes between 4 to 6 weeks. If you would like to discuss any of this further, please contact us.

Call: 0800 840 3219

Visit: [www.priorygroup.com/mental-health/autism](http://www.priorygroup.com/mental-health/autism)

Some private medical insurance (PMI) companies may fund your autism assessment and diagnosis. Please contact your insurer to check whether you're covered for this service.

**Priory**