



Appointment preparation worksheet

Fill this in before an autism assessment or a first appointment with a doctor, and bring it with you. Short, concrete examples help most. Leave anything blank that does not apply.

1. Why I am seeking an assessment now

2. Examples, now and in childhood

Social communication and relationships

For example: conversations, friendships, working in teams, reading tone.

NOW

IN CHILDHOOD

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Senses

For example: noise, light, textures, smells, food, crowds.

NOW

IN CHILDHOOD

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Routines, change and interests

For example: need for routine, reaction to changes, deep interests.

NOW

IN CHILDHOOD

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Emotions, energy and overload

For example: recovery time, overload, shutdowns, masking.

NOW	IN CHILDHOOD
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Daily living, work or study

For example: organizing, appointments, chores, school reports.

NOW	IN CHILDHOOD
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3. Someone who could share their view

A parent, sibling, partner or old friend who knew you as a child or knows you well now.

WHO

HOW THEY KNOW ME, AND FOR HOW LONG

4. Questions I want to ask

- ☐ What will the assessment involve, and how long will it take?
 - ☐ Would you like to speak with someone who knew me as a child?
 - ☐ How do you take masking or camouflaging into account?
 - ☐ Will I get a written report, and when?
 - ☐ What support can I access, whatever the outcome?
 - ☐ Could anything else explain my experiences, and will you look at that too?
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5. What helps me during the appointment

- ☐ A quiet place to wait, or waiting outside until I am called
 - ☐ Dimmer lighting or a seat away from a bright window
 - ☐ Questions in writing as well as spoken
 - ☐ Breaks during the appointment
 - ☐ Bringing a support person
 - ☐ Extra time to think before I answer
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