

Preparing for your child's autism assessment

A one-page checklist for Ontario families. You do not need every item. Assessment processes vary, so follow the clinic's instructions and bring what you have.

BEFORE YOU BOOK: ASK THE PROVIDER

- ☐ Is the clinician qualified and experienced in diagnosing autism in children?
- ☐ Will the written diagnosis meet Ontario Autism Program (OAP) requirements?
- ☐ What does the fee include (assessment, report, feedback, cognitive or adaptive testing)? Are there extra costs?
- ☐ What is the current wait for an appointment and for the final report?
- ☐ What records or forms should I send in advance? Will you ask for school or daycare input?
- ☐ How long will it take, and can breaks or sensory and communication supports be arranged?

QUESTIONS THE CLINICIAN MAY ASK

- ☐ What prompted the assessment, and when did you first notice concerns?
- ☐ How has your child developed over time, including early milestones?
- ☐ How does your child communicate and interact with family, peers and new people?
- ☐ What do play, interests, routines, transitions and responses to change look like?
- ☐ What sensory experiences do they seek or avoid?
- ☐ How do they manage daily activities at home and at school or daycare? What helps?

GATHER WHAT YOU CAN

- ☐ Previous developmental, medical, psychological, speech-language or OT reports
- ☐ School or daycare reports, teacher observations, report cards or IEP
- ☐ Relevant medical history, hearing and vision information, and medication list
- ☐ Examples of your concerns and when you first noticed developmental differences
- ☐ Notes on communication, social interaction, play, interests, routines, repetitive behaviours and sensory preferences
- ☐ Everyday support needs (transitions, sleep, eating, dressing, toileting, safety) and what helps
- ☐ Your child's strengths, interests and the situations where they do well

ON THE DAY

- ☐ Bring the forms and records the clinic asked for, plus any communication tools or comfort items they allow.
- ☐ Tell the clinician about sensory, communication, accessibility or other needs.
- ☐ You do not need to coach your child or practise test activities. Aim for them to take part as comfortably and naturally as possible.
- ☐ Bring a list of your main questions or concerns. It's fine to ask questions, or to ask the clinician to explain anything that isn't clear.

Planning to register for OAP? Check the report includes your child's identifying information, the assessment date, a statement that they meet the diagnostic criteria for Autism Spectrum Disorder, and the diagnosing professional's name and credentials.

Ontario resources: Autism assessment and diagnosis — ontario.ca/page/autism-assessment-diagnosis · Ontario Autism Program — ontario.ca/page/ontario-autism-program · Autism Ontario, getting a diagnosis — autismontario.com/about-autism/getting-diagnosis
General information only. This is not a diagnostic tool.