

# Vanessa Tan Psychology

Educational and Developmental Psychologist

## Autism Assessment Structure (Adult)

This comprehensive **Autism** assessment is for adults (18+ years) who are experiencing impacts on their functioning and well-being that might be due to an Autistic brain difference – in the context of day-to-day neurotypical (typically-developing) expectations. All assessment sessions are conducted via Zoom.

### What to Expect

**Questionnaires:** 2 weeks before your assessment, Vanessa will get in touch and email you questionnaires to be completed by you, a trusted person who knows you well as an adult (e.g., partner, parent, sibling, close friend)\*, and a trusted person who knew you well as a child\*. Please return these questionnaires by your intake appointment to avoid delays to the completion of your assessment.

**\*Client privacy is our priority. Whilst it is best practice to obtain collateral information from a trusted source, this is not a requirement, especially if you do not feel comfortable.**

**Intake session:** In this first appointment, Vanessa would like to get to know you by gathering background information about you (e.g., current concerns, family, clinical history, experiences around work/study) and finding out your interests. If you have anything relating to your interests you're happy sharing (e.g., collections, artwork, things you made), get them ready because Vanessa would love to see them!

**Diagnostic interview:** Vanessa uses an adaptation of the MIGDAS-2 interview protocol. All interview sessions are designed to feel more like a conversation about your experiences and perspectives. Vanessa will explore how you self-soothe and respond to changes, your thinking patterns, the way you communicate and interact with others, your social relationships both current and past, and your emotions.

**Feedback session:** If no further information is required, the feedback session takes place within 1-2 weeks of the final interview session (so you're not left in anticipation for too long!) You'll be provided with the outcome of your assessment, information about your cognitive-behavioural profile to assist your self-understanding, along with recommendations, and summary report.

**Kindly provide Vanessa with any of your previous assessment reports and primary school reports (with teachers' comments), if available.**

### Fee Structure

<b>Intake session (60 minutes)</b>	<b>\$350</b>
<b>Diagnostic interview (120 minutes)</b>	<b>\$700</b>
<b>Feedback session (60 minutes)</b>	<b>\$350</b>
<b>Total</b>	<b>\$1400</b>
Depending on each client's presentation, particularly if other potential presentations are being queried, an additional session may be required. This is charged pro-rata at \$250 per 60 minutes. Generally, the additional session does not exceed 60 minutes.	

## Report options

- 1) **Summary report:** The above fees include psychometric measures, time involved for scoring and thorough formulation, and a summary report which summarises the reason for referral, assessment tools used, outcomes, an explanation of your presentation and neurotype, and recommendations. This summary report is to facilitate self-understanding and is not a clinical report.
- 2) **Comprehensive clinical report:** You may request a comprehensive clinical report instead of a summary report for an additional fee. This report details your background information, assessment findings, psychometric scores, detailed explanation of your neurotype, and recommendations. The fee for this comprehensive report is \$900.
- 3) **Report for NDIS Application:** This report is written specifically addressing NDIS criteria to support your application for funding and includes a functional assessment. The fee for this report is \$450. You will still receive a summary report in addition to this NDIS report (unless you requested a comprehensive clinical report).

## Frequently Asked Questions

### ***What if I don't have access to my school reports or don't feel comfortable with involving a trusted person in my assessment?***

Whilst obtaining information from trusted persons and school reports is best practice, not having access to these does not preclude you from receiving a valid assessment. Your right to privacy is a priority. Your assessment will be tailored with your unique circumstances in mind.

### ***Can I claim Medicare rebates for assessment sessions?***

If you are under 25 years old: You may be able to access the Medicare rebate for your Autism assessment if you have a referral from a paediatrician or psychiatrist. Unfortunately, you will not be able to obtain this referral from a GP.

If you are over 25 years old: Unfortunately, Medicare does not allow claiming of rebates for your assessment. If you have private health insurance, please check whether diagnostic assessment can be covered with your provider.

### ***Can Vanessa prescribe medication?***

Psychologists cannot prescribe medication. If you would like to explore your suitability for medication, please make an appointment with a psychiatrist experienced in supporting neurodivergent adults.

If you have any questions, you're most welcome to contact Reception at [admin@vtpsychology.com](mailto:admin@vtpsychology.com).