

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 telehealth.

What to Expect

During the **intake session**, Vanessa will gather background information about you (e.g., current concerns, clinical history, experiences around work/study, current interests etc).

For the **diagnostic interview**, Vanessa uses an adaptation of the MIGDAS-2 interview protocol. The session is designed to feel more like a conversation about your experiences and perspectives.

Questionnaires will be provided to 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 to complete. Please set aside time that week to complete these. From feedback, most clients take 1-2h.

If Vanessa feels that more information is needed, she may request a 30-minute phone interview with a trusted person. **Note: Client privacy is a priority. Whilst it is best practice to obtain collateral information from a trusted source, this is not a requirement if you do not feel comfortable.**

The **feedback session** is scheduled for approximately 2 weeks (depending on availability) after the final interview session to provide time for you and your trusted person(s) to return all the forms, and for Vanessa to collate the results. You will be provided with the outcome of your assessment, information about your unique cognitive-behavioural profile to assist your self-understanding, recommendations, and a summary report.

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

Fee Structure

Intake session (60 minutes)	\$350
Diagnostic interview (120 minutes)	\$700
Feedback session (60 minutes)	\$350
Total	\$1400
<i>Additional fee if a phone interview with a trusted person (30 minutes) is required</i>	<i>\$100</i>

The above fees include psychometric measures, time involved for scoring and formulation, and a summary report. This summary report is to facilitate self-understanding and is not a clinical report.

If you would like a report to support your application for NDIS funding, the fee for this is \$450. You will still receive a summary report in addition to this NDIS 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.