Questions to ask at your assessment

A checklist for adults • Autism and ADHD

An autism or ADHD assessment as an adult can bring up a lot. This checklist gives you questions you might want to ask before, during and after your assessment. You don't need to ask them all — tick the ones that matter most to you, take this with you, and use the notes column to write down the answers. You can also share it with someone supporting you.

Before you go

- Tick the questions you most want to ask, so you can find them quickly on the day.
- Jot down real examples from now and from your childhood — what happens, where, when and how often.
- Think about your strengths and what helps you, as well as the things you find hard.
- It is fine to ask professionals to slow down, repeat something, or write it down for you.

1 Before the assessment

Useful to ask when your appointment is booked, or when you first speak to the team.

Ask?	Question	Answer / notes
☐	Who will be carrying out my assessment, and what are their roles? *For example, a psychiatrist, clinical psychologist or specialist nurse.*	
☐	Will autism and ADHD be assessed together, or separately? *If separately: which comes first, and how long is the wait in between?*	
☐	How long is the waiting list, and is there anything I can do while I wait? *You could also ask your GP whether you can choose a different NHS provider in England ("Right to Choose").*	
☐	How many appointments will there be, how long will each one last, and where are they?	
☐	Will any of it be online or over the phone? Can I choose which suits me best?	

Ask?	Question	Answer / notes
☐	What forms or questionnaires will I need to fill in, and by when?	
☐	Do you need information about me as a child? Who could give it? *For example, a parent, older relative or sibling. Ask what happens if no one is available.*	
☐	What should I bring with me? *For example, old school reports, notes about your experiences, letters from other professionals, or a list of your medication.*	
☐	What adjustments can you make so I feel comfortable? *For example, a quiet waiting area, information in writing, breaks, dim lighting, or questions sent in advance.*	
☐	Can I bring a partner, friend or supporter with me?	

2 During the assessment

Questions to make sure the team sees the full picture of you.

Ask?	Question	Answer / notes
☐	I may come across differently from how I really am day to day. How will you take that into account?	
☐	How do you take masking into account? *Many adults have learned to hide or cope with their differences, especially in new situations.*	
☐	How will you tell the difference between autism, ADHD and other things that can look similar? *For example, anxiety, depression, trauma, or sleep problems.*	
☐	Will you also look at other things that often go alongside autism and ADHD? *For example, anxiety, depression, dyslexia, dyspraxia (DCD), sensory differences or sleep difficulties.*	
☐	Can I have a break, or take a moment to think before I answer?	
☐	Is there anything you would like me to tell you more about, or examples that would help you?	
☐	Can you explain any words, tests or questionnaires you have mentioned that I don't understand?	

3 The outcome and the report

Questions for the feedback appointment, whatever the result.

Ask?	Question	Answer / notes
☐	How and when will I hear the outcome? *At a feedback appointment, by phone, or in a letter?*	
☐	Will I get a written report, and when should I expect it?	
☐	Can I check the report for factual mistakes before it is finalised?	
☐	If I am diagnosed: what does this mean for me specifically, including my strengths as well as my challenges?	
☐	If I am not diagnosed: what do you think explains the difficulties I have described, and what support do you recommend?	
☐	If the outcome is unclear: will I be seen again, and when? Can I be referred again later?	
☐	What can I do if I disagree with the outcome? *Ask about getting a second opinion and how to raise a concern.*	
☐	Who will the report be sent to? Can I decide who else sees it? *For example, your GP, employer, college or university.*	

4 Support and next steps

Questions about what happens next for you.

Ask?	Question	Answer / notes
☐	What support is available after the assessment? *For example, post-diagnosis groups, courses, peer support or local charities.*	
☐	Will the report include practical recommendations for work, study and day-to-day life?	

Ask?	Question	Answer / notes
☐	If ADHD is diagnosed: what are all the options, including support without medication?	
☐	If medication is suggested: who prescribes it, how is it monitored, and will my GP take over prescribing? *If you were assessed privately, ask whether your GP will agree to share your care.*	
☐	Will I have follow-up appointments or be discharged? If discharged, how do I get back in touch?	
☐	Who is my named contact if I have questions after the appointment?	
☐	How can the report help me ask for reasonable adjustments at work, college or university?	
☐	Do I need to tell anyone about my diagnosis, such as the DVLA or my employer? *Ask what applies to you. In most cases, who you tell is your choice.*	
☐	Could the report help with applications such as Personal Independence Payment (PIP) or Access to Work?	
☐	Is there support for my partner or family, to help them understand?	

Good to know

- You can ask for reasonable adjustments at work or in education. Whether you count as disabled under the Equality Act depends on how things affect you, not only on having a diagnosis.
- Who you tell about your assessment or diagnosis is usually your choice.
- You can ask for copies of any reports written about you.
- Whatever the outcome, your experiences are real. If something doesn't feel right, it is okay to say so.

Key contacts and dates

Assessment service	
Contact name	
Phone	
Email	
Appointment date(s)	
Report expected by	

My notes

Examples to share, things I want to remember, or questions I think of later.