Questions to ask at your child's assessment

A checklist for parents and carers • Autism and ADHD

An autism or ADHD assessment can feel like a lot to take in. This checklist gives you questions you might want to ask before, during and after the 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.

Before you go

- Tick the questions you most want to ask, so you can find them quickly on the day.
- Jot down real examples of what you notice — what happens, where, when and how often.
- Think about your child's strengths and what they enjoy, as well as the things they 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 assessing my child, and what are their roles? *For example, a paediatrician, psychologist or speech and language therapist.*	
☐	Will autism and ADHD be assessed together, or separately? *If separately: which comes first, and how long is the wait in between?*	
☐	How many appointments will there be, how long will each one last, and where are they?	
☐	Will any part of the assessment happen online or over the phone?	
☐	Does my child need to come to every appointment, or are some just for me?	
☐	What information should I bring with me? *For example, the red book, nursery or school reports, other professionals' reports, short videos, diaries or notes.*	

Ask?	Question	Answer / notes
☐	Will you get information from my child's nursery or school, or observe them there? Who sends the forms?	
☐	What adjustments can you make so my child feels comfortable? *For example, a quiet waiting area, an early appointment, breaks, or bringing a comfort item or snack.*	
☐	How can I prepare my child? Do you have photos of the building or the people we will meet?	
☐	Can I bring my partner, a relative or a supporter with me?	

2 During the assessment

Questions to make sure the team sees the full picture of your child.

Ask?	Question	Answer / notes
☐	My child may act differently in a new place. How will you consider what they are like at home and at school?	
☐	How do you take masking into account? *Some children hold it together in public and then fall apart at home.*	
☐	How will you tell the difference between autism, ADHD and other things that can look similar? *For example, anxiety, language difficulties, hearing problems, sleep problems or the effects of difficult experiences.*	
☐	Will you also look for other conditions that often go alongside autism and ADHD? *For example, learning disability, dyspraxia (DCD), tics, sensory differences, anxiety or sleep difficulties.*	
☐	Will my child's hearing, vision or general health be checked as part of this?	
☐	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 my child is diagnosed: what does this mean for my child specifically, including their strengths as well as their needs?	
☐	If my child is not diagnosed: what do you think explains the difficulties we are seeing, and what support do you recommend?	
☐	If the outcome is unclear or "not at this time": will my child be seen again, and when? Can we 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 shared with (GP, school, other services), and will you ask for my consent first?	

4 Support and next steps

Questions about what happens next for your child and your family.

Ask?	Question	Answer / notes
☐	What support is available after the assessment? *For example, parent workshops, courses, local groups or charities.*	
☐	Will the report include practical recommendations for home and for nursery or school?	
☐	How can the report help my child get support at school? Can it be used as evidence for an EHC needs assessment?	

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 how often will my child be reviewed?	
☐	Will my child have follow-up appointments or be discharged? If discharged, how do we get back in touch?	
☐	Who is my named contact if I have questions after the appointment?	
☐	How and when should I talk to my child about their assessment or diagnosis? Is there anything that can help?	
☐	Is there support for the rest of the family, such as brothers and sisters, or a carer's assessment for me?	
☐	Could the report help with applications such as Disability Living Allowance (DLA)?	

Good to know

- Your child does not need a diagnosis to get SEN support at nursery or school. Support should be based on your child's needs.
- You can ask the local authority for an Education, Health and Care (EHC) needs assessment with or without a diagnosis.
- You can ask for copies of any reports written about your child.
- Whatever the outcome, your knowledge of your child matters. 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.