

Pros and Cons of having an autism assessment

- More than 1 in 100 people are autistic.
- Being autistic affects people in different ways. It can bring strengths and also some challenges that can impact on how comfortable and well you feel. Getting the right diagnosis and support is important.
- There are both pros and cons to discovering you are autistic. If you are autistic, it is part of who you are, and it explains some of the differences in how you experience the world around you which is very helpful to know about. It can help you find out what help and support you are likely to need and there are some legal protections under the Equality Act (2010).
- However, some careers, such as in the armed forces and police, may not accept someone who is autistic, so you may want to check and discuss this with your family/trusted adult.
- It is important that you understand that the autism assessment is to find out if you are autistic and that you consent to the assessment. Please see the Additional Information section below for more details. Please let us know if you are not sure.

Additional Information

What happens with your information?

We take our duty to protect your personal information very seriously and are committed to taking all reasonable measures to ensure the confidentiality and security of your personal data. This includes both computerised and paper records.

How we share information:

The main ways we share information is by sending written information by post or email and through using electronic patient records.

Written information:

The information we send by post or email may include letters to say that a referral has been accepted or not, questionnaires to gather information, reports on the outcome of the assessment/ work.

We routinely share information with the following people:

- You: the patient/parent(s)/carer(s)
- Your GP
- The person who referred you to our service
- In the Autism Assessment Team, we routinely ask for information from the following when you give us consent to work with you/your child:
 - The person who referred you/your child
 - Your child's school/ education setting
 - Child & Adolescent Mental health Services (if they know your child)
 - If you receive care from other services (e.g. Social Services), if they know your child/family.

Electronic Records:

Everyone looking at your/your child's record, whether on paper or computer, must keep the information confidential. We will aim to share only as much information as people need to know to contribute to your/your child's healthcare. When we provide healthcare, we will share your/your child's record with the people providing and supporting your/your child's care or checking its quality (unless you have asked that we limit how we share your record).

We will not share health information that identifies you/your child for any reason other than providing your care, unless:

- You ask us to do so;
- We ask and you give us specific permission;
- We have to do this by law;
- We have special permission for health or research purposes;
- We have special permission because the interest of the public is thought to be of greater importance than your confidentiality.

We hope this information is useful for you.

If you have any further questions, please contact us on:

Tel. 01423 557471

or email: hdft.autism1@nhs.net

