

**Oxleas Adult Autism Service
ASD Diagnostic Service**

Queen Marys Hospital
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Dear GP,

Oxleas NHS Foundation Trust operates an **Adult Autism Diagnostic Assessment Service**.

Autistic people present with difficulties with:

1. Social interaction: the ability to relate and interact with others in a socially reciprocal way
2. Social communication: the ability to communicate verbally and/or non-verbally
3. Imagination/flexibility of thought: the ability to understand and predict other people's behaviour, to understand abstract ideas and to cope with unfamiliar situations
4. Strong and intense interests that can become pre-occupations or obsessions
5. The above difficulties have been present since early years, they cause a clinically significant impairment in social, occupational and other important areas of current functioning and they cannot be explained by intellectual disabilities or a psychiatric condition.

Individuals with ASD may also present with difficulties sustaining employment and forming social or romantic relationships; sensory sensitivities (e.g. aversion to loud noises, particular fabric texture etc). Further information about the key features of ASD can be found on the National Autistic Society website (www.autism.org.uk).

Where clients present to you with these difficulties and they satisfy point 5 above, and are requesting an assessment of ASD, please refer to Oxleas NHS Foundation Trust PCP (Primary Care Plus *note these will soon change name and be called Mental Health Hubs) via your usual route in Bromley (Beckenham Beacon and Carlton Parade), Bexley (Erith Centre) or Greenwich (Ferryview Health Centre). Please make it clear that the referral is for a diagnostic assessment for a possible Autistic Spectrum Disorder.

This service is for people who never received a diagnostic assessment before. We are not able to run re-assessments or second opinions.

Upon receipt of the referral, clients will be offered an initial assessment with the Oxleas mental health hub. They will be asked to complete two screening measures. If these meet the clinical cut-off, they will be directly referred to the Oxleas Adult Autism Diagnostic Service for further screening and if this is successful placed on waiting list for diagnostic assessment.

If they are not reporting sufficient or clear indicators of ASD then they may not be offered a full diagnostic assessment. A letter explaining this will be sent to the client and yourselves.

At the initial assessment by the mental health hub if the client is also presenting with additional mental health needs these will be identified and recommendations will be made about appropriate support, including whether a referral to primary or secondary mental health services would be advisable.

Sincerely,

Oxleas Adult Autism Service