Shropshire & Telford Adult Autism Assessment Service

The Adult Autism Assessment Service (Midlands Partnership University NHS Foundation Trust) works in partnership with locally based autism hubs in Shropshire and Telford & Wrekin. We offer a clinician based (multidisciplinary) assessment for adults who request an autism assessment.

Eligibility Criteria

We offer assessment to people who:

- Are 18 years or older.
- Are registered with a GP within Shropshire, Telford & Wrekin.
- Do not have a significant learning disability that would make them eligible for the Community Learning Disability Team (CLDT).
- Have not already had a formal autism assessment **
- Are aware of the referral for an assessment and have given their informed consent.

Please take time to consider the pros and cons of having a formal assessment to make sure this is the right decision for you. We have summarised some issues shared by experts by experience, but we do encourage you to explore this further yourself.

Pros and Cons of an Autism Assessment

An assessment could:

- provide information about your neurodiversity and how it may affect your life.
- inform reasonable adjustments in the workplace, education, and other settings.
- enhance strategies to improve mental health and well-being.
- facilitate connections with autism-specific support groups and networks.

Information to consider:

- The assessment process can be lengthy, with long waiting times.
- A diagnosis may not always lead to additional support, as many services are needs-led rather than diagnosis-led.
- We only offer Autism assessments. If you are considering an ADHD assessment then a referral to the local ADHD service can be made by your GP. You can be waiting for both of these assessments at the same time.
- There will be questions about areas you find difficult including discussing life experiences which may have been traumatic. This can be difficult and possibly destabilising. It is important to allow time and consider what support you will need around you during this process.
- The outcome of this assessment will stay on your health records.
- Autism is a lifelong diagnosis and may have an impact on other areas of your life such as jobs or visas to live and work overseas.
- We are only commissioned to offer one assessment per person is now the best time for your assessment.

*** If you have already had an autism assessment, even if it was completed in childhood, we are not able to offer a reassessment. You can discuss your options with your GP.*

Support Available While Waiting

If you are waiting for an assessment, there are support options available to help meet your needs. Services include:

- Autism Hubs: The Shropshire & Telford Autism Hubs and other local hubs can provide tailored advice, peer support, and resources.
- Social Prescribing: Facilitated through local authorities to connect individuals with community resources and support groups.
- Mental Health Services: Access to Talking Therapies, the Wellbeing and Recovery College or Primary Care Network (PCN) Psychology services.
- Health and Social Care Support: Assistance based on individual needs, not dependent on a formal diagnosis.

SHROPSHIRE AUTISM HUB

Email: asd.shropshire@nhs.net

Address: A4U, Louise House, Roman Road, Shrewsbury, SY3 9JN

TELFORD AUTISM HUB

Email: asd.telford@nhs.net

Address: Telford Autism Hub, Hazeldine House, Central Square, Telford, TF3 4JL

Right to Choose Information

Under the NHS Right to Choose policy, individuals in England can select an alternative provider for their autism assessment. This means you can request your GP to refer you to another eligible provider funded by the NHS.

The Integrated Care Board (ICB) will supply additional information on eligible providers to help you explore your options. If you wish to use this pathway, please discuss it with your GP, who will guide you through the process.

If you require additional help while waiting for your assessment, please contact your local autism hub or your local support services for guidance and resources.

Customer Services

If you would like to share any concerns, suggestions or queries about your care and treatment with Midlands Partnership University Foundation Trust (MPFT) please contact:

Customer Services and Experience Team (formerly known as PALS)

- **Telephone:** 0800 783 2865
- **Text:** 01785 783 2865
- **Email:** customerservices@mpft.nhs.uk
- https://www.mpft.nhs.uk/service-users-and-carers/patient-experience/complaints-concerns-and-compliments