

## What does an ADOS involve?

### Who will be there?

Your child will meet with one clinician during this meeting.

This may be in person or online.

There may be another clinician present who will watch and take notes or help with the activities.

Your child can choose to meet the clinician on their own or have you (parent/ caregiver) present in the room. You may sit at the side and watch. It is important that you do not join in with the interaction unless you are invited because this may affect the assessment.



### OR

Your child will meet with their clinician in one room (for the ADOS) and you (parent or caregiver) will meet with another clinician in another room (for the Developmental History). your child can take a break and check in with you at any time if they need. The ADOS is shorter than the developmental history. The clinician will ensure that they have activities that your child can engage in while they wait for the developmental history to finish. If they are old enough, they may be happy to wait in the waiting room.

### What will we do?

The clinician will be following the structure of the ADOS (Autism Diagnostic Observation Schedule). This is made up of different parts. These parts are:



A conversation\* about interests, preferences, friendships, family, school/education, emotions, daily living, places or activities, clubs or sports.



Activities, that may include some or all of the following: a puzzle, make-believe play, a picture book, a picture, a cartoon strip, creating a story using objects.



\*We will use a communication method that is the best for your child. This may be talking, drawing, pictures, symbols etc.

Here are two information videos created by NHS Bedfordshire Community Health Services that you may wish to watch:

[Autism Diagnostic Observation Schedule ADOS \(Young Person\) on Vimeo](#)

[Autism Diagnostic Observation Schedule ADOS \(Parents Carers\) HD e03 on Vimeo](#)

The session may be filmed on an electronic device (IPAD). This will allow the clinician to fully engage with your child during the session rather than focussing on note taking. The clinician will be able to watch the video after the meeting to help with their note writing. The video will then be deleted.

### **Comfort**

We are looking forward to meeting your child and want them to feel as comfortable as possible.



**Please let us know if there are any sensory needs, that you would like adjustments for, and we will do our best to meet these.**

Your child is welcome to take breaks or move about during the meeting as needed.

They may want to bring in their own sensory toy, comforter, fidgets to use during the meeting. They may want to bring in something that they want to show the clinician.

We recognise that social interactions may be difficult for your child and they may have developed coping strategies (masking) to manage social situations. We invite your child to try to be their true self during our meeting and we will do our best to make them feel at ease.

Your child can opt out of doing an activity or talking about something that they are not comfortable with.