

INFORMATION SHEET: ADULT AUTISM ASSESSMENT

BEFORE YOUR ASSESSMENT:

- A. TO BOOK:** Review this information sheet and the FAQs on our website before booking. You can also email us if you have any questions. To make your booking, head to our [online booking page](#). Our administrator will email you the invoice within 1 business day. This must be paid in full up-front. See our payment terms for more information.
- B. QUESTIONNAIRES:** are sent to you before you start the process that ask about autistic traits and other aspects of your health or background.
- Some of the questionnaires are for you to complete yourself (including the SRS-2, RAADS-R, SPM-2, DASS21 and ASRS). Others are sent for you to share with - or complete alongside - someone who has known you well for at least the last 6 months and someone who knew you in childhood (can be the same person).
 - Other documentation, such as school reports or previous assessments, can also be shared for your clinician to review as part of your assessment, if you have them. If you feel more comfortable, you can wait until after your first appointment to share any documents.

OUR GOLD-STANDARD ASSESSMENT PROCESS:



STEP 1. INITIAL CONSULTATION: A 30-minute phone appointment to set you up for your assessment.

In this initial phone consultation, the clinician will answer any questions that you have about the assessment process or the questionnaires you completed and will ask you brief questions about your current situation and your physical and mental health. At the end of the call, the clinician will explain next steps and advise you of any factors they have identified that could complicate an autism diagnosis. They will also schedule your clinical interview appointment with you.

STEP 2. CLINICAL INTERVIEW: A 2-hour video call assessment appointment. The clinician will gain an understanding of your personal traits, developmental background, and other relevant information. Sometimes the appointment takes a little longer (up to 2.5 hours). You are free to take breaks as you need to. It's beneficial, although not mandatory, to have a family member, partner, or close friend accompany you. At the end of the clinical interview, the clinician will let you know if they would like to speak to anyone else as part of the assessment. They will also schedule your feedback appointment with you.

STEP 3. DIAGNOSIS RESULTS: A final 30-minute video call appointment to give final results. The clinician will discuss whether you are receiving an autism diagnosis or not, and will discuss recommendations, such as study accommodations, talking therapy, etc. Post-diagnostic resources will be shared with you, along with any referrals to supports, as relevant. You will receive your comprehensive assessment report within 1 business day and are given the opportunity to review this before it is finalised.

This is our standard process. Adjustments may be required, such as additional appointments. You will always be informed of this, and any additional costs, in advance.

PRICING: \$1890.00 this includes all of the above and is inclusive of GST

IMPORTANT THINGS TO NOTE

- **Our default is to request information from someone who knew you in childhood, and from someone who knows you well now.** This can be the same person. If you don't have one or both options, we can provide your assessment without this information, however multiple sources strengthen an assessment. Please read our website FAQ or reach out to us if you have any questions.
- **Telehealth:** Our default is that all appointments are via telehealth (online video calling and phone calls). This is straightforward; no special equipment or software is required. We will consider special requests for an in-person appointment.
- **Post-diagnostic supports:** You will be eligible to request accommodations from employers and tertiary education providers if you receive an autism diagnosis from us and you want to. However, if you intend to apply for government-funded disability support, you should request an in-person appointment (check with us first as availability varies by location). This is because the Ministry of Social Development made a recent decision to exclude telehealth autism diagnoses. MindMatters disagrees with this decision (see [our telehealth statement](#)) but we do not want to create any unnecessary barriers to care.
- **Changes or cancellation terms:** To reschedule or cancel an appointment a minimum of 72 hours' notice is required, otherwise additional charges for any re-booked appointment will apply.

Payment terms:

- All prices are in New Zealand Dollars and include GST.
- Full payment is required up front to confirm your booking. This is a fixed cost. The invoice will be emailed to you within 1 business day of your booking for payment.

- Payment can be made via internet banking, Visa or Mastercard. We do not offer payment plans or partial payments.
- Card payments incur a 2.75% card processing fee to recover card payment costs incurred. We recommend internet banking, if possible, to avoid these fees.
- Partial refunds:
 - **If you do not proceed after your initial consultation appointment, you are refunded in full, less \$325.00 (excluding any card fees).** This covers your first appointment, along with psychometric questionnaires and the clinician's review of any relevant informant forms or background documentation.
- Refunds can only be processed into a nominated New Zealand bank account number. Proof of account may be required. Refunds take up to 14 days.
- Costs to rebook late cancellation or missed appointments: \$230.00 for a 30–60-minute appointment; \$345.00 for appointments over 60 minutes.

For more information, see our website FAQ or contact us with any questions you have.