

Adult Autism Assessment Service

For adults aged 18+ living in Leicester,
Leicestershire, and Rutland

What is AAAS?

The Adult Autism Assessment Service (AAAS) is an NHS service for adults who think they may be autistic but do not yet have a diagnosis.

Our experienced team will guide you through an assessment process that helps you understand if you are autistic, and how this may have affected you throughout your life. A diagnosis can help you to access support and understand yourself better.

Looking after your mental health

Autism assessments often involve thinking about difficult experiences, which can feel emotionally draining. We have added some links to support services on the last page of this leaflet.

Getting a referral

- You'll need a referral from your GP or another healthcare professional.
- They will complete a referral form and arrange for you to complete two questionnaires:

1. ASRS-18

A short questionnaire to screen for ADHD.

2. Past and Present Behaviour Schedule (PPBS)

A longer questionnaire filled in by someone who has known you since childhood (e.g. a parent, older sibling, or long-term friend).

If no one can help, you can write a short summary of your experiences from early childhood, especially any difficulties.

What to expect



1 First Assessment

- You'll be invited if your referral suggests you may be autistic.
- Around 1 hour, usually by video call (face-to-face available).
- Bring someone who knows you well with you to the assessment (called an informant).
- The assessment will be discussed with the clinical team who will decide if you need a full assessment, or you may be discharged.
- Usually offered within 16 weeks of referral.

2

Full Assessment

- Up to half a day, often by video call.
- You may see a different clinician.
- Your informant will need to attend with you.
- Usually takes place within 3–6 months after your first assessment.

3

Feedback Appointment

- We'll explain your results and give you time to ask questions.
- You're welcome to bring a partner, friend or family member.
- Usually within 3 months after your full assessment.

After the Assessment

- You'll receive a full report, and, if diagnosed, a post-diagnostic pack with useful information.
- If diagnosed, we may discuss referrals to services like Adult Social Care or the Specialist Autism Team (SAT).
- You may feel relieved, overwhelmed, or unsure – these are all normal responses. You are not alone.
- For further advice you can try the useful contacts at the bottom of this leaflet.

If you're not given a diagnosis

Not everyone assessed will receive an autism diagnosis, which can feel upsetting. However, you can still ask for reasonable adjustments at work or in education – a formal diagnosis is not required to request support.

Your information is yours

Whether or not to share your diagnosis – and who with – is entirely your choice. Take things at your own pace. If you have any questions about this service, please speak to your GP or visit the Leicestershire Partnership NHS Trust website for more information and current waiting times.

Useful contacts



- ChatAutism - ChatAutism offers support for autistic people and their parents/carers/families or allies living in Leicester, Leicestershire and Rutland.

Text 07312 277097 or see <https://bit.ly/AS-ChatAutism>



- Autism Space is a website dedicated to information on a range of subjects for autistic people, their family, carers or professionals: <https://bit.ly/AutismSpace>



- Adult Mental Health Central Access Point - contact **NHS 111 option 2** - 24 hours/7 days a week.



- National Autistic Society (NAS) - <https://www.autism.org.uk/>



- Talking Therapies - <https://www.vitahealthgroup.co.uk>

**If you
need help to
understand this
leaflet or would like it
in a different language
or format such as large
print, Braille or audio,
please ask a
member of
staff.**

Contact us:

The Adult Autism
Assessment Service

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