

Waiting for assessment

So, I've been on the ASD Pathway for a while now and I'm about to see a pediatrician for my autism assessment and, I'm not going to lie, I'm feeling kind of nervous.

But, Dr. Green's alright. He explains what it's all about.

Mostly it's questions about my life, how I feel about speaking to people, what I'm interested in, what I find easy and what's difficult.

Then he asked my parents a lot of questions about my early development. What I was like when I was little.

And he asks my school about how I get along there too...

He says he's trying to build a picture to help him understand what kind of support I need.

There's a lot of people who might be able to help...

Doctor Green says I'll talk to a Speech and Language Therapist, and an Educational Psychologist next... and, depending on what they say, I might go to see an Occupational Therapist too.

So, yeah, it's been a week since I saw Dr. Green. And now I'm getting kinda anxious thinking about whether I will be diagnosed with autism.

I spoke to Miss Sharma, the SENCO at school, and she reassured me that school will support me no matter what.

Going out at lunch was stressing me out- just too many people and too much noise.

So now I go to computer club at lunch and basically just talk about games. It's cool.

I guess it would be good to know whether autism is the reason I've been struggling with some things.

A diagnosis might make things a bit easier, but it won't change who I am.

I'll still be me, and my family will still love me no matter what.

I think a lot of it is about making sure my parents and my school understand. Like, what I might find difficult or stressful so they can support me.

And I can just carry on being me.