

Autism Assessments for under 5s in Southampton

Who do I go to if I am worried about autism and my child is under 5?

You can go to your health visitor to talk about your concerns and they will refer you to the right place. Or you can refer the Children's Therapy Services on 0300 300 2019 if you are concerned that your child might be autistic. Sure Start also have drop-in sessions with speech therapy who can make referrals for autism so contact them for more information.

What happens when I make a referral?

The Speech Therapist can refer you to a paediatrician who will meet with you. The paediatrician will then take their report and the information from speech therapy and preschool to a panel to see if there is enough evidence for an 'endorsement'. An endorsement means they have enough information to give autism diagnosis, without needing further assessments. Your child will be asked to have a blood test or any other tests to rule out anything else that could be causing issues. You will be told if they are endorsing autism at another meeting with the paediatrician.

What support is there?

Before a diagnosis and after you can try to get support from the Speech Therapy Service, Portage, Autism Hampshire and Re:Minds. Sure Start also run a number of groups and drop-ins for families. Your Health Visitor can support you with behaviour, sleep, toilet training etc. You can contact them by calling 0300123666 and they can support you with any concerns you have around development.



What if they are not sure?

If it is not clear you will be asked to come to the Child and Development Centre for an assessment. You will be asked for more information and there will be an observation of your child. Don't worry if your child doesn't want to take part, the clinicians will still be able to watch and assess them. There is a longer waiting list for this assessment.

Where is the Child Development Centre?

This is underneath the CAMHS Horizon Building, William Macleod Way, Millbrook, Southampton. There is parking and bus access, and if it is busy you can park in the nearby Tesco car park and walk a few minutes to the building.

What is it like at the Development Centre?

The buildings are accessible and the clinic room will have toys in. There is usually a paediatrician and another person who can play with the child whilst the paediatrician talks to you. The child will also need a physical examination, which includes testing reflexes, and taking their weight and height. You can take questions and observations to share with the paediatrician if you want to.

What about ADHD?

If you have concerns around ADHD, speak to your Health Visitor and they will allocate a practitioner to support you, there is a waiting list for this. They will monitor your child's progress and offer behaviour strategies and suggest courses to help. When your child is 5, if appropriate, they will refer them to CAMHS for an ADHD assessment, using all the information they have gathered.