

These QR codes will take you to trusted help, advice and information. Alternatively, you can find a web address underneath each QR code.

### Occupational Therapy



[www.justonenorfolk.nhs.uk/occupational-therapy-for-parents-carers](http://www.justonenorfolk.nhs.uk/occupational-therapy-for-parents-carers)

### Speech and Language support



[www.justonenorfolk.nhs.uk/speech-language](http://www.justonenorfolk.nhs.uk/speech-language)

### SEND Local Offer



[www.norfolk.gov.uk/SEND](http://www.norfolk.gov.uk/SEND)

### Supporting neurodivergent young people



[www.justonenorfolk.nhs.uk/child-development-additional-needs/additional-needs](http://www.justonenorfolk.nhs.uk/child-development-additional-needs/additional-needs)

### Emotional Support



[www.justonenorfolk.nhs.uk/emotional-health/](http://www.justonenorfolk.nhs.uk/emotional-health/)

### Support for learning



[www.norfolk.gov.uk/article/40656/Support-for-learning](http://www.norfolk.gov.uk/article/40656/Support-for-learning)

### Behavioural Support



[www.justonenorfolk.nhs.uk/child-development-additional-needs/behaviour-sleep/understanding-your-child-s-behaviour/](http://www.justonenorfolk.nhs.uk/child-development-additional-needs/behaviour-sleep/understanding-your-child-s-behaviour/)

### Additional Needs



<https://improvinglivesnw.org.uk/supporting-your-neurodiverse-child>

### Sensory support



[www.justonenorfolk.nhs.uk/occupational-therapy-for-parents-carers/sensory-regulation/](http://www.justonenorfolk.nhs.uk/occupational-therapy-for-parents-carers/sensory-regulation/)

# NHS Right to Choose: Children and Young People's Neurodevelopmental Assessment Services

Your GP has referred you, or your child, to a provider of neurodevelopmental assessments. Read this leaflet to find out more.



## What happens next?

Someone from the organisation will contact you using the details shared by your GP within four weeks.

When they contact you, they will arrange an initial appointment.

## What happens in the assessment process?

An assessment can be completed by one professional, like a paediatrician, or a team of professionals, such as a speech and language therapist, occupational therapist, and clinical psychologist. The type of assessments will depend on the child's age and the specific condition being checked. You will be informed about the assessments in advance and can ask any questions before they take place.

You will not get a result on the same day as the assessment. Usually, there are several assessments, and the team needs to gather and review all information. At your first appointment, you will learn more about the process and expected timeline.

## Things that could help whilst waiting for an assessment

Although a clinical assessment for neurodevelopmental differences such as autism or ADHD is helpful for some families, a diagnosis is not required to access support. It is helpful to think about what goals you are aiming for so that you can access the support available to help achieve these goals.

### School support

Your child can receive support at school or preschool without a diagnosis. Talk to the school about how they can help.

### Norfolk Positive Behaviour Strategies

This online course is for families of children referred for assessment. It helps you understand your child's behaviour and teaches practical skills for managing them positively. Available by scanning here:



Or visit: <https://www.justonenorfolk.nhs.uk/child-development-additional-needs/behaviour-sleep/norfolk-positive-behaviour-strategies-pbs/>

### Supporting Your Neurodiverse Child Information Pack

This pack has useful advice and tips from parents, for parents. Available by scanning here:



Or visit: <https://improvinglivesnw.org.uk/supporting-your-neurodiverse-child>