

ADULT AUTISM SCREENING OPTIONS

We offer the following options for Adult Autism Screening (see the following pages for detailed explanations of what is included in each package and how to decide which is right for you):

	Option #1: BASIC <i>(without social interaction)</i>	Option #2: BASIC <i>(with social interaction)</i>	Option #3: DETAILED <i>(without social interaction)</i>	Option #4: DETAILED <i>(with social interaction)</i>
Meeting with Oralie on Zoom	x	✓	x	✓
DSM-5-TR Questionnaire	✓	✓	✓	✓
Research-validated Questionnaires	x	x	✓	✓
Summary Letter	✓	✓	✓	✓
Detailed Results Document	x	x	✓	✓
Basic Sensory Processing Profile	x	x	✓	✓
Basic ADHD Screening	x	x	✓	✓
Recommendations & Resources Package	x	x	✓	✓
“Official” Autism Diagnosis	x	x	x	x
Total Cost (includes GST)	\$125	\$325	\$525	\$725

HOW TO CHOOSE THE “RIGHT” PACKAGE FOR YOU

To help you choose the package that will work best for you, try asking yourself the following questions (and the information in the following pages about what each option includes may help too):

Question:	If yes, this option might be a good choice:
Are you a verbal processor (someone who needs to talk to other people to process information)?	<ul style="list-style-type: none"> • Option #2: BASIC with social interaction • Option #4: DETAILED with social interaction
Does interacting with someone you have never met make you very nervous?	<ul style="list-style-type: none"> • Option #1: BASIC without social interaction • Option #3: DETAILED without social interaction
Have you filled out a lot of online screening questionnaires and they all show Autism is likely?	<ul style="list-style-type: none"> • Option #1: BASIC without social interaction • Option #2: BASIC with social interaction
Have you filled out online screening questionnaires and the results have been mixed?	<ul style="list-style-type: none"> • Option #3: DETAILED without social interaction • Option #4: DETAILED with social interaction
Do you already know a lot about Autism and just want some professional validation?	<ul style="list-style-type: none"> • Option #1: BASIC without social interaction • Option #2: BASIC with social interaction
Are you just starting to learn about Autism?	<ul style="list-style-type: none"> • Option #3: DETAILED without social interaction • Option #4: DETAILED with social interaction
Do you love detailed explanations and information?	<ul style="list-style-type: none"> • Option #3: DETAILED without social interaction • Option #4: DETAILED with social interaction
Does too much information overwhelm you?	<ul style="list-style-type: none"> • Option #1: BASIC without social interaction • Option #2: BASIC with social interaction
Do you want ideas on how to better align your life with your neurodivergence?	<ul style="list-style-type: none"> • Option #3: DETAILED without social interaction • Option #4: DETAILED with social interaction
Do you hate doing questionnaires with scales (such as strongly disagree, disagree, agree, strongly agree, etc.)?	<ul style="list-style-type: none"> • Option #1: BASIC without social interaction • Option #2: BASIC with social interaction
Do you have financial constraints?	<ul style="list-style-type: none"> • Option #1: BASIC without social interaction • Financial barrier options (see info below)
Are you doing this screening to help you prepare for an upcoming Autism assessment?	<ul style="list-style-type: none"> • Any option
Do you need an “official” diagnosis to access post-secondary or workplace accommodations?	<ul style="list-style-type: none"> • None of the options will provide this

HOW TO GET STARTED

When you have chosen a screening option, please go to <https://neurodivergentcounselling.janeapp.com> and book the option you have chosen under the Adult Autism Screening section. **IMPORTANT: the “appointment” you book is not a real appointment (it is just a billing placeholder and will trigger the system to send you the intake form) so DO NOT plan to attend the time that you book.** If you have chosen one of the “with social interaction” options, you will be invited to book your session with Oralie *after* you have completed the other parts of the screening.

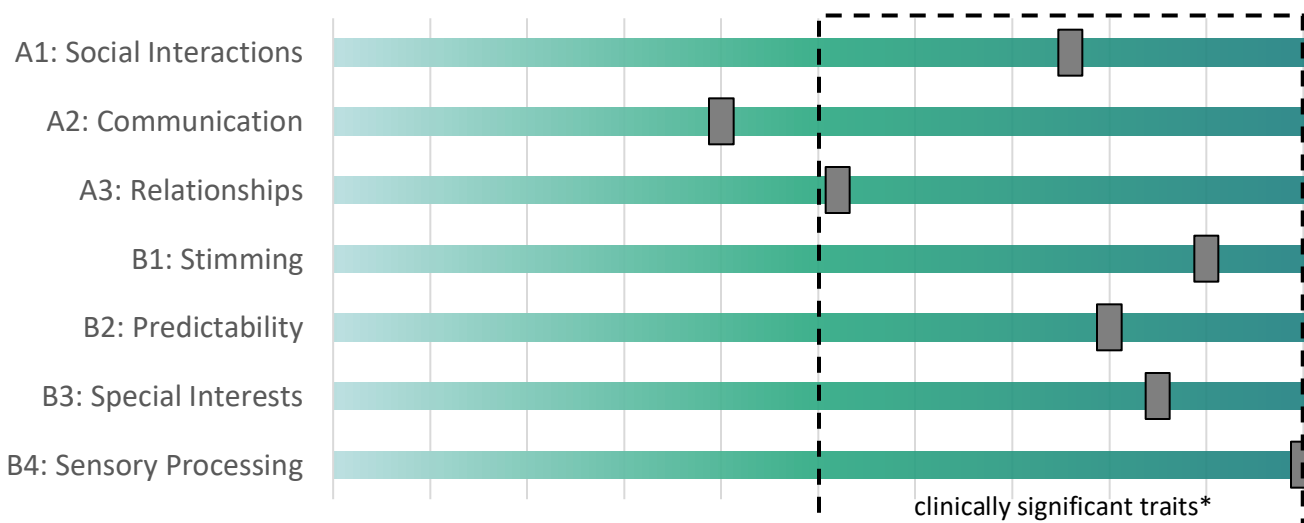
MEETING WITH ORALIE ON ZOOM

This option is the main difference between the two Basic and two Detailed packages. In this meeting, you will have the opportunity to ask questions about your screening results, discuss how the results can be used to improve the quality of your life, and have access to all of the massive amounts of information about Autism and neurodivergence that Oralie keeps stored in her head! The meeting is really anything you need it to be. It will take place on Zoom so you need access to a strong internet connection and webcam (phone cameras work too). If you prefer, we can also connect via a phone call instead. Note: when Oralie’s schedule is very full it may take up to a month to schedule this meeting.

DSM-5-TR QUESTIONNAIRE

This is a questionnaire of our own design that will take 1-2 hours to complete and provides examples of over 200 Autistic traits commonly reported by late-identified Autistic adults throughout the lifetime, organized under each of the DSM-5-TR diagnostic categories (to be diagnosed with Autism in Canada, you must meet the DSM-5-TR criteria). You choose each example that resonates with your lived experience and have the opportunity to add additional information as needed. The questionnaire will show you if you have clinically-significant* Autistic traits in each of the diagnostic categories, and if so, it would follow that if you were to be assessed (by someone skilled at diagnosing Autism in late-identified adults) there is a greater probability that you would be diagnosed. You will receive both a profile of your Autistic traits (that will look something like the following example) and a copy of your completed questionnaire:

DSM-5-TR Autistic Traits Profile



*There is no defined threshold in the DSM-5-TR for clinical significance so this line should not be considered firm or diagnostic.

RESEARCH-VALIDATED QUESTIONNAIRES

We use seven research-validated questionnaires chosen for the variety of Autistic traits that they identify. Some of the questionnaires are ones you may already be familiar with (e.g., the Autism-spectrum Quotient or the CAT-Q), and others it is unlikely that you have previously taken them since they are not well-known or easily accessible online. When the scores of the questionnaires are combined with the data from the DSM-5-TR questionnaire, it paints a very clear picture that you are likely Autistic (or not). The questionnaires will take you 1-2 hours to complete.

SUMMARY LETTER

This 4-5 page letter will include:

- your DSM-5-TR Autistic Traits Profile
- your research-validated questionnaire scores if you chose a Detailed option
- information on why Autism identification is important
- information on Autism assessment/diagnosis and the validity of self-diagnosis
- results of your ADHD screening (if your score is above the threshold)

This letter can be given to a medical doctor, an employer, a post-secondary disability office, a family member, or anyone else who you decide to give it to.

DETAILED RESULTS DOCUMENT

This 40+ page document that is written from a neurodiversity-affirming lens gives you all the detail you would ever want for your screening results, including:

- information on the Neurodiversity Paradigm and correct use of neurodiversity-affirmative language
- information and up-to-date research on masking, diagnosis, late-identification, theories about Autism, co-occurring conditions, Pathological Demand Avoidance, and the co-occurrence of Autism and ADHD
- information on financial assistance options for Autistic adults
- your basic Sensory Processing Profile
- raw data used to create your DSM-5-TR Autistic Traits Profile
- a chart showing how each of the research-validated questionnaires connects to the DSM-5-TR
- four pages of the references used for the document for your further research and reading

BASIC SENSORY PROCESSING PROFILE

One of the research-validated questionnaires we use will produce a basic profile of how you process sensory input. This profile can be helpful in figuring out how sensory processing is impacting you and what types of sensory supports could be most helpful to improve your quality of life. Your profile is included in your detailed results document, and the Recommendations & Resources package has detailed information on how to use your Sensory Processing Profile.

RECOMMENDATIONS & RESOURCES PACKAGE

This 70-page document covers a wide variety of topics focused on improving your quality of life by helping you develop a healthy Autistic/neurodivergent identity and creating a life that better aligns with your unique neurotype. Topics include:

- how to process the results of your screening
- how to decide whether to pursue a professional diagnosis
- how and when to disclose being Autistic/neurodivergent
- masking/unmasking
- internalized ableism
- emotions and emotional regulation
- nervous system regulation
- pacing and energy management
- accommodations
- executive functioning
- sensory supports
- relationships and finding community
- Autistic burnout
- healing trauma
- parenting
- finding ND-affirming supports

Each topic has:

- information that explains how that particular topic relates to Autism/neurodivergence
- an activity that can be done on your own or with a counsellor
- links to curated neurodiversity-affirmative resources

The document is meant to be worked through over time so there is a lot included! If you are ready to start making changes to improve your quality of life, this is the document that will help you get started.

BASIC ADHD SCREENING

Current research suggests that about 50-70% of Autistics are also ADHD, so if you don't already have an ADHD diagnosis the DETAILED screenings include a short ADHD screening questionnaire. If you score above the threshold for the questionnaire, your summary letter will include this score and a recommendation to be assessed for ADHD (since unlike Autism, you need a professional diagnosis of ADHD to access ADHD medication which many ADHDers report to be a life-changing support). In your detailed results document, I also provide links to places that assess for ADHD in adults, some that require a referral from your doctor and some that do not.

“OFFICIAL” AUTISM DIAGNOSIS

None of the screening options will give you an “official” Autism diagnosis, so if you need that to be able to access accommodations you will need to undergo a full Autism assessment. By definition, “screening” is used to identify if an individual has traits consistent with a DSM-5-TR diagnosis. Screening does not provide a diagnosis, but it can suggest whether further assessment is worthwhile (i.e., if an individual doesn't meet screening thresholds, the likelihood that an assessment will end with a diagnosis is reduced

so it may not make sense to continue on to assessment). Coming into this, you already know that you have Autistic traits, but you may be questioning whether you have *enough* Autistic traits to *actually be Autistic*. So the question that this screening will answer is: **do you have clinically significant Autistic traits in all DSM-5-TR diagnostic categories?** If the data shows that you do have clinically significant Autistic traits, it would follow that if you were to be assessed (by someone skilled at diagnosing Autism in late-identified adults) there is a greater probability that you would be diagnosed. So, this screening cannot tell you that you *are* Autistic (as that would be a diagnosis), however, it can show you how you would meet diagnostic criteria which may lead to more confidence in your self-diagnosis.

SCREENING FEE PAYMENT METHODS

We accept e-transfer or credit card for screening fees. Payment is due once you submit your intake form and must be received before you will be provided with access to the next steps of your screening.

BILLING FOR EXTENDED MEDICAL COVERAGE

If you have extended medical insurance that covers Registered Clinical Counselling (RCC), the cost of the screening can be claimed for reimbursement. To maximize coverage, the options can be billed as follows with payments charged over separate calendar days (you can note that you need billing done for extended medical coverage in your intake form):

	Total Cost	Split	Amount Per Payment
Option #1: BASIC without social interaction	\$125 (\$119.05 + \$5.95 GST)	1 payment	\$125
Option #2: BASIC with social interaction	\$325 (\$309.52 + \$15.48 GST)	2 payments	\$162.50
Option #3: DETAILED without social interaction	\$525 (\$500 + \$25 GST)	4 payments	\$131.25
Option #4: DETAILED with social interaction	\$725 (\$690.48 + \$34.52 GST)	5 payments	\$145

Note: if you are using e-transfer to pay for your screening, one e-transfer for the total cost is due when you submit your intake form and will be applied so that you will have separate receipts for each payment on the calendar date it is applied to. If you are using credit card, the card on file will be charged each payment date and you will receive a separate receipt for each payment on the calendar date it is charged.

FINANCIAL BARRIER OPTIONS

We believe that access to professional validation of your Autistic traits is a social justice issue and will endeavour to remove barriers that might prevent you from accessing this screening. If finances prevent you from accessing our screening, please get in touch by emailing us at info@neurodivergentcounselling.ca BEFORE you book your screening as we will work with you to determine an alternative fee schedule/reduced cost depending on what works best for you (such as splitting the cost over monthly payments that you can afford). We do not ask for proof of your financial need but appreciate your honesty.