

Self Referral Form

What are the specific communication needs for this person: please include all information about how they communicate with other people and any barriers to communication that impact on the quality of their life.

Communication via email or text is the best method for John, so he has time to process what has been said and with my help write a reply.

Face to face meetings and phone calls are overwhelming, he can't take in the information, misinterprets or almost immediately forgets what has been said to him.

His first call was from the UVC John got very stressed and emotional as it was unexpected.

Fortunately, the lady appointed to him was very understanding and now all of the communication is done via his journal which he is very grateful for.

Please provide example of difficulties the person may experience with social interaction and communication (e.g. difficulties in the use or understanding of nonverbal communication, difficulty developing or maintaining relationships, difficulties initiating and engaging in conversations):

Unfamiliar environments are stressful, John rarely leaves the house and if he does it is never alone. He avoids social situations. If he knows an event is going to happen, he will worry intensely, make endless notes to try and prepare for any questions they may ask. This is really mentally exhausting and can take him a long time to recover from. John finds it very hard to read social cues and body language, he isn't able to initiate conversation and he finds it extremely difficult to make eye contact.

John doesn't have any friends, neither has he had any kind of relationship nor does he have any interest in doing so.

Please provide examples of difficulties the person may experience with restricted, repetitive patterns of behaviours, interests or activities (e.g. inflexible adherence to routines, fixated interests, and examples of black and white thinking, specific interests)

John has had the same routine for years. His diet consists of the same narrow range of foods. He has a home gym which he uses every day.

He has been intensely interested in specific computer games (spiral knights, garry's mod, tf2, portal) and now danganronpa, which he plays routinely every day and learnt everything related to it. He was also obsessed with the editing software After Effects too. When he likes a subject he can stay focused on it for years.

The opposite is true for topics he doesn't like, he hates them with the same intensity.

Is there currently an unmet

Health need ✓
Education need
Employment need

A health visitor said to me that she thought John had ADHD at his preschool assessment. John was never diagnosed at Primary School, although they did send him for a hearing test as he didn't listen and couldn't follow instructions. He passed the test and nothing else was done, except he was labeled as being disruptive and called 'Johnny daydream' by the teacher. At the end of Primary School we decided to take John out and Home School him.

If Yes, please provide further information about the need: How are they struggling based on this need?

John has always struggled with insomnia. He went to the G.P.A a few years ago, he explained that his mind was permanently racing with thoughts. He wasn't taken seriously and was told to meditate and take Nytol.

What does this person want from an autism assessment?

This would be the first steps to resolving his issues, as it's severely affecting him from achieving anything meaningful in life. Hopefully acknowledgement of his problems will bring a sense of relief and self acceptance as to why he is like he is.