

# Autism — Clinic Guide & Checklists (UK)

*Educational information only; not medical advice. Check local policies, talk to a qualified clinician, and follow NICE/NHS guidance.*

## CLINIC GUIDE & CHECKLISTS (UK) — ALIGN WITH NICE CG170 (UNDER 19s) AND CG142 (ADULTS)

### 1) Snapshot & priorities

- Top 3 goals in family words (“ask for help”, “sleep faster”, “fewer meltdowns”). Baseline 3–5 metrics:

communication attempts/day, ABC frequency, independent steps, sleep latency, carer confidence.

### 2) Core interventions

- Parent-mediated NDBI coaching (2–4 micro-sessions/day, 3–5 min). Model-pause-respond; celebrate all attempts (speech/sign/AAC).
- Structured teaching: task analysis, First/Then, work systems.
- AAC: introduce early; make it always available; train partners.
- Sensory: function-led, OT-guided.
- Co-occurring: screen/treat sleep/anxiety/ADHD/GI. Do NOT use antipsychotics for core autism; consider time-limited antipsychotic only for severe challenging behaviour after addressing triggers, with side-effect monitoring and regular review (see CG170).

### 3) ABC analysis worksheet

- Define behaviour (observable) → antecedents → consequences → hypothesis → replacement skill/environmental change.

### 4) Sleep

- Regularity, light, noise, temperature, comfort. Consider melatonin only after behavioural measures.

### 5) School/work

- Reasonable adjustments: visual timetable, reduced language load, written instructions, movement breaks, quiet workspace, noise management. Review termly (school) or quarterly (work).

### 6) Review

- 8–12 weeks: re-score metrics; update plan; record family confidence and satisfaction. Ongoing 3–6 monthly.

References: NICE CG170, NICE CG142, NHS autism pages, NAS advice & guidance.

## References & Sources

NICE CG170 (under 19s): [nice.org.uk/guidance/cg170](https://www.nice.org.uk/guidance/cg170); NICE CG142 (adults): [nice.org.uk/guidance/cg142](https://www.nice.org.uk/guidance/cg142); NICE NG87 (ADHD): [nice.org.uk/guidance/ng87](https://www.nice.org.uk/guidance/ng87); NHS: [nhs.uk/conditions/autism](https://www.nhs.uk/conditions/autism), [nhs.uk/conditions/dyslexia](https://www.nhs.uk/conditions/dyslexia); National Autistic Society: [autism.org.uk/advice-and-guidance](https://www.autism.org.uk/advice-and-guidance); Gov.UK Access to Work: [gov.uk/access-to-work](https://www.gov.uk/access-to-work); Gov.UK Reasonable adjustments: [gov.uk/reasonable-adjustments-for-disabled-workers](https://www.gov.uk/reasonable-adjustments-for-disabled-workers); NHS England AAC: [england.nhs.uk/wp-content/uploads/2013/12/aac-easy-read.pdf](https://england.nhs.uk/wp-content/uploads/2013/12/aac-easy-read.pdf); BDA Dyslexia: [bdadyslexia.org.uk](https://www.bdadyslexia.org.uk)