

Autism Clinic Guide and Checklists (UK)

Practical preparation notes for health, occupational therapy, and mental health appointments.

Clinical and therapy appointments move quickly. Use this checklist pack to capture sensory needs, communication preferences, and medical history before you arrive.

Bring a printed copy or save it to a secure device. Invite a trusted supporter to add observations so professionals can build a complete picture.

Before the appointment

Confirm access requirements when you book. Ask about quiet waiting rooms, dimmed lighting, alternative seating, or first and last appointment slots.

Collect recent assessment reports, medication lists, and records of changes in sleep, appetite, or mood.

During the session

Share your preferred communication style. Let the clinician know if you need written summaries, slower pacing, or extra processing time.

Use the observation checklist to note sensory triggers, shutdown signs, or pain signals that are easy to miss when you are masking.

Aftercare and follow up

Write down the agreed next actions while they are fresh. Include referrals, prescriptions, therapy goals, and the staff member responsible.

Log how the appointment felt. Track overwhelm, clarity, or unanswered questions so you can adjust future sessions.

Action checklist

- Send clinic feedback if access adjustments were missing.
- Schedule a follow up reminder before you leave the building.
- Share highlights with supporters so everyone knows the plan.

Trusted resources

- NHS autism service finder (<https://www.nhs.uk/service-search/other-services/Autism>)
- Royal College of Occupational Therapists resources (<https://www.rcot.co.uk/resources>)
- [Mind information on talking therapies](https://www.mind.org.uk/information-support/drugs-and-treatments/talking-therapy-and-counselling) (<https://www.mind.org.uk/information-support/drugs-and-treatments/talking-therapy-and-counselling>)

Reference pack for UK appointments. Confirm individual medical decisions with qualified professionals.