ADHD and Autism Advice for Parents and Carers

There are a number of steps we need to take before we can make a referral for ADHD/Autism. This is to ensure that there are not any other issues going on that may present similar to ADHD/Autism traits, for example, auditory processing, working memory difficulties, adverse childhood experiences (ACEs), sight or vision impairments or genetic traits.

As part of Somerset's Graduated Response, the neurodevelopmental service who assess for ADHD/Autism, require families to engage with the PFSA (Parent Family Support Advisor) who will work with you at home. This is to ensure that there is a genuine medical reason for the difficulties and there are no outside factors contributing to the behaviours you are observing. Stages 1 and 2 of the pre-assessment pathway normally need to be completed over a minimum of two terms before we can request an assessment. More information about the pre-assessment pathway can be found here: [Pre Assessment Autism and ADHD Pathway (somerset.gov.uk)]

Our PFSAs usually have a waiting list for families to access support. They also run a 5 week 'Mindful Parents Programme' which is based on emotion coaching techniques to support with strategies to try within the home. If you would like to access PFSA support, please contact the SENCO via the school office or speak to your Class Teacher.

Somerset's Parent/Carer Forum also run free Wise-Up Workshops for parents. The Wise-Up Workshops have been designed and run by parents with personal and professional experience of neurodiversity. Some of these are face to face and some of these are on-line and cover a range of topics over the year. More information about the Wise-Up Workshops can be found here: [WISE Up Workshops (somerset.gov.uk)]