THE ISLAND AUTISM COACH · FREE RESOURCE

Questions to Ask After a Diagnosis

A gentle checklist to help you feel organised and heard at appointments.

UNDERSTANDING THE DIAGNOSIS

- ☐ What does this diagnosis mean for my child specifically?
- ☐ What are my child's strengths, and where may they need support?
- ☐ Is there a written report I can keep and share?

NEXT STEPS AND SUPPORT

- ☐ What support or therapies do you recommend, and why?
- ☐ How soon should we begin, and is there a waiting list?
- ☐ Who can I contact with questions after today?

SCHOOL AND EVERYDAY LIFE

- ☐ How can I share this information with my child's school?
- ☐ What simple changes could help at home right now?
- ☐ Are there local or online parent groups you'd suggest?

LOOKING AFTER OUR FAMILY

- ☐ How might I explain this to my child and their siblings?
- ☐ What support is available for parents and caregivers?
- ☐ When should we review progress together?

My own questions and notes

Tip: bring this page with you, ask for things to be written down, and remember it's okay to say "Can you explain that again?" You know your child best.

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General guidance only — not medical or therapeutic advice.