



Adult Autism Assessment

Wendela Whitcomb Marsh

For The Testing Psychologist podcast listeners

ADHD or ASD?

Three Questions

If you haven't yet had this experience, you probably will at some point.

Your client comes to you to be evaluated for ADHD, and you start to suspect autism.

You may wonder how to determine if you should go in a new direction, and how to present this to your client.

Consider these 3 questions to guide your decision:

1. When you were in school, where did you feel the most comfortable?

(a) On the playground or sports field.

(b) In the classroom.

(c) In the library.

Consider: Many kids with ADHD feel most at home outside, engaging in active social play with other kids. Many kids with ASD feel more comfortable in the classroom, with its predictable rules and schedules, or in the library, where they can hide in a book.

2. What was your favorite thing to do at recess?

(a) Get into a game of kickball, soccer, basketball, or whatever the other kids were playing.

(b) Run or walk around the track or the perimeter of the playground

(c) Read a book or just sit and think.

Consider: Many kids with ADHD are comfortable in team sports and enjoy the competition and camaraderie, and many kids with ASD prefer solitary pursuits. If they are athletic they are more likely to go out for individual sports like track and field or swimming rather than team sports.

3. What stopped you from paying attention in class?

(a) I was interested in other kids, talking with them and seeing what they were doing.

(b) Sensory things distracted me, like seeing movement out the window, distracting noises, or interesting pictures on the board.

(c) I had a fascinating world inside my head, where I could re-watch movies I'd seen, remember books I loved reading, think about my interests, and create worlds of imagination that were far more interesting than anything the teacher had to say.

Consider: Many kids with ADHD get in trouble for not paying attention in class because they're so interested in what everyone else is doing. Sometimes kids with ADHD or ASD can be distracted by sensory experiences. Many kids with ASD are able to think so deeply about their interests, and they have such a vivid visual memory for things they've seen or read, that they can be completely immersed in their own thoughts.

I hope these 3 questions may be helpful as you work towards solving your clients' assessment questions.

If you'd like, you may subscribe to my monthly newsletter, *NDN: NeuroDivergent News*, (previously PIPS NEWS) at <https://www.pipsforautism.com/pips-news>. You will always find content for autistic adults, neurodivergent couples, and professionals.



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new website coming soon: www.AdultAutismAssessment.com

original website still active May 2022: www.PIPSforAutism.com



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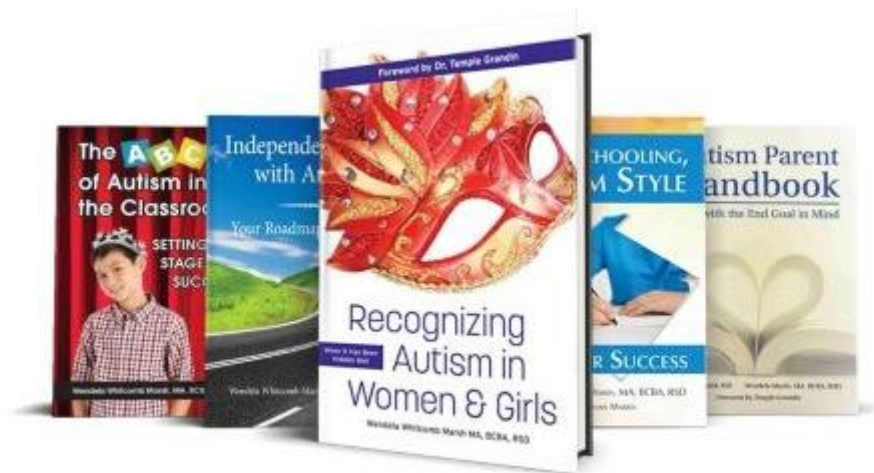
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by Wendela Whitcomb Marsh

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