Adult Autism Assessment in Melbourne: In Clinic or by Telehealth

If you've spent your life feeling different, misunderstood, or like you have to work harder than everyone else to get through ordinary social situations, an adult autism assessment can help explain why, and open the door to support that actually fits how you think and experience the world. BNC provides neurodiversity-affirming autism assessments for adults, in person in Doncaster or via telehealth across Victoria and Australia-wide.

Signs of Autism in Adults

Autistic traits are often missed in adulthood, or misattributed to anxiety, perfectionism or personality. Common signs include:

- Difficulty reading social cues, small talk or unwritten social rules
- A strong preference for routine, and difficulty with unexpected change
- Deep, focused interests in specific topics
- Sensory sensitivities to light, sound, texture or touch
- Needing time alone to recover after socialising ("masking fatigue")
- A lifelong pattern of these traits, even if only recently recognised

Masking of ASD throughout life

Many autistic adults, particularly women and AFAB* adults, learn from an early age to "mask" or camouflage their traits in order to fit in socially. This can make autism harder to recognise, and is one of the main reasons so many people are only

diagnosed as adults, sometimes after years of feeling like something doesn't quite add up. Older diagnostic criteria were also developed largely around how autism presents in boys, which means presentations more common in girls and women have historically been under-recognised.
*AFAB adult = a person who was assigned female at birth, regardless of their current gender identity

This isn't limited to women and AFAB adults: many LGBTQIA+ clients and people from culturally and linguistically diverse backgrounds also tell us they weren't recognised as autistic until well into adulthood, often for similar reasons. We aim to provide an inclusive, affirming assessment experience for every adult, whatever their background or identity.

Autism and ADHD (AuDHD)

Autism and ADHD frequently co-occur, a combination often referred to as "AuDHD". Because BNC assesses both conditions under one roof, our clinicians are well placed to untangle overlapping traits, such as difficulty with attention, sensory regulation or social exhaustion, and to determine whether one, both, or neither diagnosis applies. If you're unsure which, or both, might apply to you, this is exactly the kind of question an assessment is designed to answer. We also consider other commonly co-occurring presentations, such as anxiety or low mood, as part of a thorough assessment.

If attention, focus and organisation are your main concerns, see our adult ADHD assessment page. Where both may apply, your psychologist can assess for autism and ADHD together.

What an Autism Assessment Involves

An adult autism assessment at BNC typically includes:

- An initial clinical interview to understand your history and current experience
- Standardised assessment tools, such as the ADI-R and ADOS-2, administered by a registered psychologist

- A review of developmental history, drawing on your own recollections and, where available, input from family or old school reports
- A feedback session to discuss the outcome
- A written report outlining the diagnostic outcome and recommendations
- Assessments are typically completed across 2 to 3 appointments, totalling around 3 to 5 hours of assessment time
- No GP referral is required to book an assessment — a referral and Mental Health Care Plan from your GP is only needed if you want to claim a Medicare rebate
- Your written report is typically ready within around 2 weeks of your final assessment session
- If you have sensory sensitivities, let us know when booking — lighting, pacing and breaks can be adjusted during your appointment
- Whatever the outcome, you'll receive a full feedback session and written report, with guidance on next steps either way
- Your assessment will be conducted by one of our AHPRA-registered psychologists experienced in adult autism assessment — meet our team

What Your Report Covers

At the feedback session your psychologist explains the outcome and gives you a written report. It typically includes:

- whether you meet the DSM-5-TR criteria for autism, and the level of support indicated
- your strengths, communication style and sensory profile
- any co-occurring conditions identified, such as ADHD, anxiety or low mood
- practical recommendations for work, study, relationships and everyday life

You can use the report to request reasonable adjustments at work or study, and to support an NDIS access request where your support needs meet the NDIS criteria. Adaptive functioning measures such as the WHODAS or Vineland can be added if your report is needed for NDIS purposes.

Telehealth Availability for ASD assessment

Adult autism assessments are available via telehealth for clients across Victoria and Australia-wide, using the same standardised tools and diagnostic rigour as our in-clinic assessments. All you need is a private space and a stable internet connection.

NDIS and Medicare Rebates

An autism diagnosis can support access to NDIS funding, and some appointments may be eligible for a Medicare rebate under a Mental Health Care Plan. Our team can talk you through what's likely to apply to your situation before you book. Private health insurance may also cover part of the cost depending on your fund and level of cover — it's worth checking with your insurer before booking. Learn more about NDIS assessments.

Frequently Asked Questions

How much does an adult autism assessment cost?+

Currently around $3700. This is because the CRC clinical guidelines sets out strict requirements. Here’s a concise list of the key factors a psychologist needs to consider when assessing an adult for ASD (Autism Spectrum Disorder) for NDIS access:

- Diagnostic criteria for ASD (using DSM-5-TR)
- Developmental history (including childhood behaviours and milestones)
- Current presentation and symptoms
- Impact on functional areas: communication, social interaction, learning, mobility, self-care, and self-management
- Evidence of substantial functional impairment in at least one of these areas

- Co-occurring conditions (such as anxiety, depression, ADHD, intellectual disability)
- Standardized assessment results (e.g., ADOS-2, ADIR, AQ, WHODAS, ASRS, DASS42)
- Reports or observations from family, carers, or others who know the person well
- Impact on daily living and capacity to participate in work, study, or community life
- Duration and persistence of symptoms (symptoms present from early development and ongoing)

How long is the wait list for an ASD assessment?+

Currently around 2 weeks.

What happens after I receive a diagnosis?+

Here's a clear outline of the typical pathway for an adult after receiving an ASD diagnosis in Australia:

1. Diagnosis and post assessment Feedback

- Attend a feedback session to discuss the diagnosis, strengths, challenges, and what it means to you personally

2. Understanding and Acceptance

- Time for personal reflection and processing the diagnosis
- Optionally, share diagnosis with family, friends, or employers if desired

3. Information and Support

- Access information about autism in adulthood (ADHD.com.au, other websites, support groups, books) being careful of misinformation from unreliable sources

4. NDIS (National Disability Insurance Scheme) Application (if eligible)

- Your psychologist will help you gather supporting documentation (diagnostic report, functional assessments from Occupational Therapist and speech pathologist if necessary)
- Your psychologist will also help you **Submit an Access Request to NDIS.**

5. NDIS Planning Meeting

- Meet with an NDIS planner or Local Area Coordinator (LAC)
- Discuss goals, needs, and what supports/services are wanted

6. Accessing Supports and Services

- Use NDIS funding (if approved) to access therapies, support workers, social skills training, or assistive technologies
- Seek allied health or mental health supports (a psychologist at BNC or elsewhere, occupational therapist, speech pathologist, etc.) as needed

7. Ongoing Self-Advocacy and Review

- Monitor progress and adjust supports as needed
- Participate in annual or scheduled NDIS plan reviews
- Continue to build self-awareness, develop coping strategies, and explore new opportunities (work, study, social connection)

This pathway may vary between individuals, but these are the main steps adults typically follow after an ASD diagnosis.

Are free online autism tests accurate?+

Online screening quizzes can be a helpful starting point for reflection, but they can't diagnose autism and aren't accepted for NDIS applications, workplace adjustments, or Medicare purposes. A formal assessment by a registered psychologist, using standardised tools such as the ADOS-2 and ADI-R, is needed for an official diagnosis.

□□ (03) 9848 9100

Updated on 22/08/2026 by: Dr Jacques Duff PhD- BA Psych; Grad Dip Applied Psychology; FANSA, Clinical Neuroscientist.
Reviewed on 22/08/2026 by: Bernard Ferriere- Clinical Psychologist; BA; Grad Dip Applied Psychology; Dip Clinical Hypnosis; MAPS