

What Helps?

Diagnosis helps people find access to:

- Relevant information
- Social support groups
- Advice to employers, partners and carers
- Sheltered employment if appropriate
- Social skills training
- Disability benefits

There is no specific medication for Asperger Syndrome or autism

Relevant links

- National Autistic Society:
www.nas.org.uk
- University students with Autism and Asperger Syndrome:
<http://www.admin.cam.ac.uk/univ/disability>
- Autism Research Centre:
www.autismresearchcentre.com
- Research Autism
<http://www.researchautism.net>

- If you wish to make a donation, any income funds the running of the clinic and related research at the Autism Research Centre (ARC) at the University of Cambridge. Cheques can be made payable to the University of Cambridge.

CLASS

Cambridge Lifespan Asperger Syndrome Service

A Diagnostic Centre for Adults with Asperger Syndrome



University of
Cambridge



Autism Research
Centre

Charitably funded by The Three Guineas Trust

Cambridgeshire and Peterborough 
NHS Foundation Trust
A Cambridge University Teaching Trust

The CLASS clinic

- Offers a specialist diagnostic assessment for adults who may have Asperger Syndrome or High Functioning Autism.
- Assessments are free of charge because CLASS is charitably funded.

Asperger Syndrome (AS) and High Functioning Autism (HFA)

- Are medical conditions that involve a different pattern of brain development and brain activity
- Are caused by genetic factors
- Affect males far more often than females
- Occur in as many as 1 in 100 people
- Lead to difficulties in social and communicative development, and unusual, strong, narrow, repetitive interests
- Have average or above-average IQ, and excellent attention to detail
- In HFA there is a history of language delay; in AS there is not
- Both AS and HFA are subgroups on the autistic spectrum

Asperger Syndrome: Key Features

How many of these apply to you?

1. I find social situations confusing
2. I find it hard to make small talk
3. I am good at picking up details and facts
4. I find it hard to work out what other people are feeling
5. I can focus on certain things for very long periods
6. People often say I was rude even when this was unintentional
7. I have unusually strong, narrow interests
8. I do certain things in a very inflexible, repetitive way
9. I have always had difficulty making friends
10. I tend to turn any conversation back onto myself or my own topic of interest

If you find all ten descriptions apply to you, and your difficulties are interfering significantly with your daily life, you can ask your GP or other mental health clinician to refer you.

Staff

The CLASS clinic was set up in 1999 and has diagnosed over 400 patients. Our team includes:

- Professor Simon Baron-Cohen (Consultant Clinical Psychologist)
- Dr Janine Robinson (Chartered Clinical Psychologist)
- Dr Stefan Gleeson (Consultant Psychiatrist)
- Dr Asif Zia (Consultant Psychiatrist)
- Paula Naimi/Carol Farmer (Clinic Secretary)

Contact us:

Paula Naimi/Carol Farmer
CLASS Clinic
Douglas House
18b Trumpington Road
Cambridge, CB2 8AH

Tel: 01223 746048

Fax: 01223 746033

Email:

psn22@cam.ac.uk (Paula Naimi)

cpf1000@medschl.cam.ac.uk (Carol Farmer)

Clinic Procedure

- Referral must come from a GP or health professional.
- Screening questionnaires are sent to the patient and their informant. The informant is somebody who can provide a reliable developmental history, such as a parent or sibling. We regret that we cannot see patients without an informant, since this makes diagnosis impossible.
- If the informant cannot attend the assessment, they will be asked to complete a questionnaire. They will need to have it translated into their own language if English is not their first language.
- Once the completed questionnaires are returned, we review the information and send an appointment date to the patient.
- On receipt of a referral, we write to the patient's GP to request any relevant medical notes, which are reviewed by the team to determine if the referral is appropriate.
- The assessment itself lasts up to three hours and consists of an informal interview with the clinician. There are no further questionnaires or tests.

- A diagnosis, if appropriate, is given at the end of the assessment. Occasionally this is not possible due to insufficient information.
- The report is sent to the patient's GP. Other professionals involved in their care may receive a copy with the patient's consent. The patient also receives a copy. The report outlines suggestions and recommendations for further assessment, care or support.
- As we are a primary diagnostic clinic only, we are unable to offer follow-up consultations. After the diagnostic assessment you should contact your GP with any further questions.

General information relating to referrals:

- Although many referrals are initiated by family members, it is essential that the patient is a willing participant in the assessment process.
- The patient should be free of any general learning disability.
- Patients whose first language is not English need to organise their own interpreter (e.g. a relative) to attend the appointment with them.
- All information remains confidential to the patient and their GP, except where there is information suggesting a child is at risk, or there is a serious risk of suicide.

Additional information

- There is free parking at the Brookside Clinic site. There is also disabled parking. Please inform us before hand if you require a disabled parking space. Please note that our office is in Douglas House but our clinic takes place next door in The Brookside Clinic.
- For those patients attending our other clinic at Addenbrooke's Hospital, there is a charge for parking.
- Patients can ask their GP for information regarding travel reimbursement.
- All patients are invited to take part in research studies. These take place at the Autism Research Centre (ARC), Cambridge University, with whom CLASS is linked. Taking part in research is voluntary and does not affect your status as a CLASS patient.