

National Autism Strategy 2025–31:

Review of Autism Assessment and Diagnosis Processes

Status:
Complete



Related Actions from the First Action Plan:

- **Commitment 11, Action 1** – Consider opportunities in current training and professional development programs to better support the assessment and diagnosis of autism.
- **Commitment 12, Action 1** – Review Australian and international resources available to support professionals, educators, researchers, Autistic people, and families and carers to navigate autism assessment and diagnosis processes.
- **Commitment 12, Action 2 (a)** – Review existing resources and scope the development of pre- and post-diagnosis information packages for individuals and families and carers.

Who

Government funded Healthcare Management Advisors who partnered with Amaze.



Community engagement

400 people and organisations, including

143 Autistic people, participated in extensive community engagements with service providers, researchers, and the Autistic community.



What they did

- Reviewed and assessed training and professional development resources supporting autism identification, assessment, and diagnosis across Australia and internationally.
- Evaluated resources and scoped the development of pre- and post-diagnosis information packages that can be used by Autistic people and their families and carers.

What we learned

- **Professional resources** for autism screening and assessment should incorporate lived experience and be co-designed with Autistic professionals and the Autistic community.
- **Professional training** should be comprehensive, neurodiversity-affirming and include how autism presentation may be influenced by intersectionality.
- **Assessment tools** need further research to ensure they are neurodiversity-affirming, culturally sensitive, and inclusive, including for First Nations Autistic people.
- **Information and resources for the Autistic community** should be co-designed with Autistic people to ensure they are affirming, inclusive across life stages, and reflect diverse and intersectional experiences.

Challenges

- Training access is limited by strict eligibility requirements, limited number of courses, low awareness, and lack of mandatory expectations to complete.
- Gaps exist in professional and community resources, including limited options and referral pathways, limited diversity in autism presentations, and lack of neurodiversity-affirming, accessible information.

Next steps

- Findings directly informed design of Commitment 12, Action 2 (b) – Improving the Autism Assessment and Diagnosis Process Grant Opportunity.
- Up to **\$455,000 over one year** from 2025–26 has been committed to develop, in co-design with the Autistic community, pre- and post-diagnosis resources for the Autistic community and build their capacity to navigate supports and services.
- Reframing Autism will deliver the project, in partnership with the University of Melbourne Neurodiversity Project and the League of Autistic Psychologists and Affirming Colleagues Australia.

