

# CLAHRC BITE

CLAHRC CP BITE 6  
March 2013

A bite-sized summary of a piece of CLAHRC research



## What?

Cambridge Lifespan Asperger Syndrome Service (CLASS).  
A national diagnostic centre for adults with Asperger Syndrome.

## Who?

Adults who may have Asperger Syndrome or High-Functioning Autism.

## Why?

CLASS has been at the forefront of developing new assessment methods for adults with Asperger Syndrome, who were often overlooked in the past.



**Specialist diagnostic assessment for adults enables better access to support services.**

After advocacy and mentoring, there is no specific medication helpful to Asperger Syndrome or Autism. However, a diagnosis puts people in a better position to access the services that better meet their needs, such as:

- Relevant information
- Social support groups
- Advice to employer, partners and carers
- Supported employment
- Sheltered housing
- Social skills training
- Anger and anxiety management
- Disability benefits
- Advocacy and mentoring

The CLASS clinic was set up in 1999 by the Three Guineas Charitable Trust, and Clare Sainsbury and the Sainsbury Foundation. Referral to CLASS must be by a GP or health professional, who may now also use the NICE recommended AQ-10<sup>1</sup>, or 'Red Flags'<sup>2</sup>, to help them decide whether or not to request specialist assessment.

CLASS is part of the Cambridgeshire and Peterborough NHS Foundation Trust Specialist Services Division.

## An explanation of CLAHRC CP and its role

The Cambridgeshire and Peterborough Collaboration for Leadership in Applied Health Research and Care (CLAHRC CP) is a partnership between the University of Cambridge, NHS organisations in Cambridgeshire and Peterborough, and Cambridgeshire County Council.

Funded by the National Institute for Health Research, our mission is to undertake high quality applied research to improve health and social care across the East of England.

This is a bite-sized summary of a piece of CLAHRC CP research. It is part of a series designed to make our research findings available to clinicians, commissioners and policy-makers.

### Our website

<http://www.clahrc-cp.nihr.ac.uk/research-themes-2/child-theme>

### Useful link

[class.clinic@cpft.nhs.uk](mailto:class.clinic@cpft.nhs.uk)  
[www.cpft.nhs.uk](http://www.cpft.nhs.uk)

## References

- 1) NICE clinical guideline CG142. [www.nice.org.uk/CG142](http://www.nice.org.uk/CG142)
- 2) Allison C, Auyeung B, Baron-Cohen S (2012) Towards brief 'red flags' for autism screening: the short Autism Spectrum Quotient and the short Quantitative Checklist for Autism in toddlers in 1000 cases and 3000 controls. *Journal of the American Academy of Child and Adolescent Psychiatry* 51: 202–12.

The views expressed are those of the author(s) and not necessarily those of the NHS, the NIHR or the Department of Health.

Requests for further information on this research should be sent to [clahrcoffice@cpft.nhs.uk](mailto:clahrcoffice@cpft.nhs.uk)