

What is NICE?

When you are researching 'autism test', 'autism assessments' or 'autism diagnosis' you will see many providers reference NICE. Now, we are not talking about the NICE biscuits - this means something different in the 'professional world' (although many do like a NICE biscuit)!



NICE stands for; National Institute for Clinical Excellence and is a national organisation that sets the clinical standards across vast areas of healthcare. They set the standards for clinical services and what 'good' should look like. They also publish guidance in how to meet certain assessments and treatments.

In relation to autism there are two guidelines- one for children and young people, <https://www.nice.org.uk/Guidance/CG128> and one for adults, <https://www.nice.org.uk/Guidance/CG142> . This guidance is developed and reviewed by what is referred to as 'key stakeholders', which basically means a group of people with expertise in this particular area. A group typically consists of various health professionals, educators, researchers, and people with lived experienced.

Any autism assessment that is completed, should be completed in line with NICE guidance. This is whether it is within the NHS or private sector.