

For further information about this service contact:

**Luton**

Edwin Lobo Centre, Redgrave Gardens, Luton, LU3 3QN  
 Tel: 0300 555 0606  
 Email: [edwinlobocomms.S1@nhs.net](mailto:edwinlobocomms.S1@nhs.net)

**Bedford Borough and Central Bedfordshire**

Child Development Centre (CDC), Hill Rise, Kempston, Bedfordshire, MK42 7EB  
 Tel: 01234 310278  
 Email: [ccs.beds.childrens.cdc.admin@nhs.net](mailto:ccs.beds.childrens.cdc.admin@nhs.net)

Union Street Clinic, Union Street, Bedford, MK40 2SF

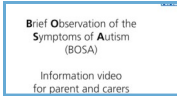
Tel: 01234 310700  
 Email: [ccs.paediatricadminteam-unionstreet@nhs.net](mailto:ccs.paediatricadminteam-unionstreet@nhs.net)

Please note that BOSA assessments are held at the Edwin Lobo or the CDC centres.

Click on the links and images below, or scan the QR codes for further information:

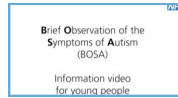
Video: for parents and carers

<https://vimeo.com/555677741/db3f7e6cd7>



Video: for children & young people

<https://vimeo.com/555677813/b6e678b7ae>



Animation: for children & young people

<https://vimeo.com/555679857/b7c6cb7130>



Neurodevelopmental (NDD) pathway link

[www.cambscommunityservices.nhs.uk/ndd-pathways](http://www.cambscommunityservices.nhs.uk/ndd-pathways)



A glossary of terms contained in this leaflet is available here:  
[www.cambscommunityservices.nhs.uk/luton/BOSA](http://www.cambscommunityservices.nhs.uk/luton/BOSA)

If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: [ccs-tr.pals@nhs.net](mailto:ccs-tr.pals@nhs.net).

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.

# Brief Observation of Symptoms of Autism (BOSA)



## Hello and Welcome

Your child has been invited to take part in a special assessment for autism. This assessment is called the **Brief Observation of Symptoms of Autism – or BOSA** for short.

The BOSA assessment has been introduced in place of the Autism Diagnostic Observation Schedule (ADOS) to keep everyone safe during the Covid pandemic and allow for social distancing.

It is really important to remember that your child has been invited to this appointment because at the point of referral there were concerns around their ability to communicate and interact with others. They might be displaying behaviour that needs closer investigation. It's important that in order to help them, they have the right diagnosis and the right support.

All children have their own unique personality and their own strengths but because all children are different, they also have their own challenges.

## What is BOSA?

BOSA is an assessment that allows us to see whether a child is showing symptoms of autism through a series of games and activities specifically tailored to your child's communication level. For the older and more verbal children this will also include conversations between you and your child.



## Why have we been invited for BOSA?

You have been invited to take part in BOSA because your child has been facing some challenges which have made life difficult for them. Your child's Consultant Community Paediatrician may have gathered information from you and your child's school as part of their assessment for possible Autism Spectrum Disorder (ASD). In order for your child's paediatrician to be able to either come to a conclusion or decide what the next step is, they have asked for further assessment which will contribute to their overall decision.

The BOSA involves the child or young person interacting with their parent, or an adult they feel comfortable with, without the need for masks because these can impact on how the child or young person behaves and the results will not be dependable. The clinician will observe the assessment while socially distancing and wearing PPE - apron, gloves and mask.

## Where will the assessment take place?

The assessment will take place in the clinic. You will be interacting with your child so hopefully that will make them feel comfortable.

## What will happen at the assessment?

You and your child will take part in games, activities and conversation specially designed to show whether your child might be displaying symptoms of autism.

While you and your child talk and play these games following clear instructions you have been given, the clinician will watch and make notes.

## What happens if I'm nervous or unsure?

It's quite normal to feel nervous or unsure but our clinician will be able to help and guide you through the assessment so that we can collect the information we need to make the right diagnosis.

## How long does it take?

The assessment takes around 45 to 60 minutes and it will be video recorded. We will request your consent to be video recorded and written consent will be requested at the appointment. The video recording will be used only by our clinicians to review the assessment and will be held in secure storage.

## What happens next?

As the BOSA is only part of your child's assessment, the clinician will be unable to give you any feedback during the BOSA assessment appointment. The clinician observing the BOSA will write a detailed report and share this with your child's paediatrician. A feedback appointment will then be arranged for you, with the paediatrician. They will contact you directly to arrange this.

During the feedback appointment, the paediatrician will go through the BOSA report and all of the information gathered so far. You will have an opportunity to ask questions and share any concerns regarding your child's difficulties. The paediatrician will let you know the outcome of the diagnostic assessment and will explain why they have reached this conclusion. They will also talk about different support services available locally, that might be useful for you and your family. **Please be aware there maybe the need for further assessment or ADOS if it is not possible to conclude your child's assessment.**

After the feedback appointment, you will receive a report from the paediatrician, containing the findings and the conclusion. A copy of the BOSA report will be attached with the Paediatrician's report.

It's important to remember that the BOSA assessment is just one part of a wider assessment by our highly-trained staff, which will include a detailed case history of your child. Once we have the results of the BOSA, we will send you a full report and we will be able to decide on the right support that your child will need

## Feedback

Parents who have taken part in the BOSA assessment with their children have given the following feedback:

"It was very good. The assessment with older son was in clinic. In comparison this method is better, also because he is at home I am seeing more of his behaviour."

"For my son, his anxiety was high so it was better for me to ask the questions so he was less nervous about the situation. For my daughter, the instructions were in envelopes with what to do with the toys; they were well written and easy to follow."