



# Measuring Change in Autism Over Time

**Autism traits are not fixed.** Because they shift with development, environment, and support, assessment is best understood as a process of ongoing monitoring rather than a single diagnostic snapshot

## What changes, and what doesn't

### Stable diagnosis, changing presentation

*Diagnosis tends to remain stable over time, but its clinical presentation doesn't: social functioning, adaptive skills, and support needs evolve with development*

### Different traits, different trajectories

*Some traits ease with development (repetitive behaviours) while others tend to persist (insistence on sameness). Each domain is best assessed separately.*

## Why measuring change matters

Evaluate

Developmental trajectories

Monitor

Response to intervention

Plan

Long-term, personalised support

Autism is a lifelong condition, yet its expression is dynamic. **Systematic measurement of change transforms a one-off diagnosis into continuous clinical insight, enabling more precise and personalised care.**



**Join Professor Catherine Lord to explore how to assess autism across the lifespan and measure change in clinical practice.**