

ASSESSMENT

Autism Observation Tracker

Track behaviours and patterns ahead of an assessment, EHCP or DLA claim.

Why this matters

Track behaviours, triggers and patterns for 2–4 weeks. The result is concrete evidence for GP referrals, school SENCO meetings, DLA forms, and your own understanding.

How to use it

Fill in any time something stands out — meltdown, shutdown, transition difficulty, food refusal, sensory overload, big moment of connection. Don't try to record everything.

Daily observation log

Patterns I'm noticing

Triggers that keep appearing

What consistently helps
