

Department of Psychiatry Adult ASD Clinic

Autism Spectrum Disorder (ASD) typically emerges in children before the age of three and is characterized by symptoms from each of the following three categories:

1. impairment in social interaction;
 2. impairment in communication/language development;
 3. restricted interests and rigid and repetitive behavior.
- Historically, treatment for ASD primarily focused on children, but there is increasing awareness that ASD is a lifelong neurodevelopmental disorder. There is around 70-80% of the affected children continue to have significant impairment over different aspects of life when they become adults. Adults with ASD are also highly comorbid with other psychiatric disorders such as Attention Deficit Hyperactivity Disorder (ADHD), mood and anxiety disorders. Moreover, they tend to have specific cognitive problems such as poor planning and decision making. All these would lead to poorer social, emotional and occupational functioning. Despite so, services for adults with ASD are lacking. In order to address the specific service needs of this group of patients, the Department of Psychiatry of Queen Mary Hospital established the first Adult ASD Clinic in Hong Kong in July 2017. It is a specialized comprehensive service for the young adults. It aims to diagnose and identify the needs in the brand new adult patients with suspected ASD; and to facilitate the effective transitions of care across the mental health services for those existing patients with ASD seen in the Child and Adolescent Psychiatric Clinic.

Sources of referral

New referrals:

We accept referrals from the primary care providers, doctors of other specialties, and psychiatrists of other general adult teams within our cluster. Triage system together with a battery of rating scales will be employed to screen for suitable cases.

Our own "graduates":

1. For those who followed up in our Child and Adolescent Psychiatric Clinic for ASD and reach 18 years old, we will continue our holistic care for them in the Adult ASD Clinic after screening by their case doctor.
2. In order to better prepare our ASD patients in Child and Adolescent Psychiatric Clinic for future transition to adult service, we will arrange those who had finished their study and aged 16-18 to be seen in our Transition Clinic.

Scope of service

1. Medical consultation

Patients and their relatives will be seen by a psychiatrist for initial history taking and clinical assessment to identify diagnoses and problem areas. A comprehensive management plan will be formulated for each individual patient. Medical follow-ups will be arranged on a regular basis to monitor progress of the individual.

2. Nurse Clinic

Patients and their relatives will be seen by our psychiatric nurse. Questionnaires and clinical interviews will be used to assess the ASD symptoms of the patients.

3. Starter package

For all the patients who are first seen in the Adult ASD Clinic, they will be invited for a starter package. It is a half-day introductory workshop including psycho-educational talk on

- Introduction of ASD, comorbidities, the associated impairment and treatment options available
- General/ heterosexual social skills and work preparation
- Organization/ executive function skills
- Psychological assessment and psychological treatment for comorbid mood/ anxiety disorders

4. Parallel carer group

The care-givers would be invited for a psycho-educational talk on the relevant disorders.

5. Training

After being assessed by the case doctor in the Adult ASD Clinic, patients may be referred to relevant services and training:

Group training	Target symptoms
General social skill training	Social skill deficits, poor awareness of own behaviour, weak emotion recognition and regulation
Heterosexual social skill training	Poor social distance, inappropriate social behaviours, difficulty to handle relationship/ courtship issues
Mindfulness group, emotional regulation group	Inattention, anxiety symptoms and weak emotion control
Work preparation group specific for ASD - Interview skills, work related social skills, executive function skills	Poor social skills, rigid thinking, limited problem solving skills

Individual Intervention	Content
Occupational	Vocational assessment, job coaching and employment
Social	Medical social worker intervention on the financial, relationship, childcare issues
	Liaison with non-governmental organizations (NGOs) for suitable services in the community
Psychological	Individual psychotherapy (e.g. CBT) for co-morbid mental problems such as anxiety / depression

Information provided by Department of Psychiatry, Queen Mary Hospital

For more information please seek advice from:
Child and Adolescent Psychiatry Team,
Queen Mary Hospital
Tel: 2255 3111 / 2255 3106



瑪麗醫院
Queen Mary Hospital

精神科
成人自閉譜系症診所

Department of Psychiatry
Adult Autism Spectrum Disorder
(ASD) Clinic



瑪麗醫院 Queen Mary Hospital	Pamphlet Topic & Department Code
Ownership	QMH/Psychiatry-24
Last review/revision	Aug/2023
Approval Group	HKWC information Pamphlet Working Group
Distribution	As requested

精神科 成人自閉譜系症診所

自閉譜系症 (ASD) 的症狀一般在兒童 3 歲或之前便會出現，其症狀包括以下三個範疇：

1. 社交能力障礙；
2. 溝通 / 語言發展障礙；
3. 狹隘的興趣及重複行為。

以往針對 ASD 的治療主要集中在兒童階段。但現在越來越多人意識到 ASD 是一個可以影響深遠的腦神經發展障礙。大概 70-80% 的 ASD 兒童在成年後於生活各方面仍然受到持續的影響。成人 ASD 患者亦可能同時患有其他精神情緒問題，例如專注力不足 / 過度活躍症 (ADHD)，情緒病及焦慮症。同時，他們較傾向有特定的認知問題，例如：計劃和決策能力可能比較弱。這些都會導致成人 ASD 患者在社交，情緒和工作方面受到影響。儘管如此，本地提供予成人 ASD 患者的服務仍然非常有限。

為了針對這群患者的服務需要，瑪麗醫院精神科在 2017 年 7 月成立了本港首個成人自閉譜系症診所。這是一個為年輕成人患者而設的綜合專科服務。它的目標是確診及釐清懷疑患有 ASD 的成人患者的需要，及促進現有兒童及青少年 ASD 患者有效過渡至成人精神科繼續接受治療。



轉介來源

新症：

我們接受來自普通科醫生，其他專科醫生，及港島聯網內其他成人精神科醫生團隊的個案轉介。被轉介的個案需要通過分流系統和一系列評估以確定是否適合個案。

我們的「畢業生」：

1. 至於我們兒童及青少年精神科診所現有的 ASD 患者，當他們年滿十八歲及經主診醫生評估為合適個案後，我們會繼續在成人自閉譜系症診所內為他們提供全面的服務。
2. 另外，為了讓現有的兒童及青少年 ASD 患者將來更有效過渡至成人精神科，我們將安排年齡介乎十六至十八歲並已完成學業的患者於我們的延展診所繼續接受治療。

服務範疇

1. 醫生診症

精神科醫生將會接見患者及其家屬，以了解個案的病史，透過臨床評估來確定診斷及問題。我們亦會為患者提供一個適切的治療計劃，以及安排定期覆診以監察病情進展。

2. 護士診所

精神科專責護士將面見病人和家屬，以透過一系列的問卷和臨床測試來評估病人的自閉譜系症症狀。

3. 延展工作坊

所有成人自閉譜系症診所的病人都會被邀請參加這個半天的工作坊。其內容包括：

- ASD 的簡介；有可能同時患有的其他精神情緒問題；有關的能力缺損及可行的治療方案
- 一般社交技巧；異性相處；就業預備
- 組織能力 / 執行功能技巧
- 對於同時患有情緒 / 焦慮症病人的心理評估及治療

4. 照顧者支援小組

照顧者將會邀請參加有關病症的精神健康講座。

5. 訓練

經主診醫生在成人自閉譜系症診所評估後，患者可能會被轉介到下列有關的服務或訓練：

小組訓練	針對症狀
一般社交技巧訓練	社交技巧障礙；不注重個人行為；情緒管理及自制能力薄弱
異性相處技巧訓練	不恰當社交距離和社交行為；難以掌握人際 / 兩性關係
靜觀小組、情緒管理小組	專注力不足及焦慮症狀；情緒控制困難
為 ASD 特設的就業預備小組—面試技巧；與工作有關的社交技巧；組織能力 / 執行功能	社交技巧弱；思考固執；解難能力有限

個人治療	內容
就業方面	職業取向評估，就業輔導及指引
社交方面	醫務社工在理財、人際關係及育兒問題上提供協助
	與非政府團體 (NGOs) 緊密聯繫，安排適合的社區服務和支援
心理方面	共患病例如焦慮症及抑鬱症的個人治療 (例如：認知行為治療)

以上資料由瑪麗醫院精神科提供

進一步了解，請聯絡：
瑪麗醫院 兒童及青少年精神科
電話：2255 3111 / 2255 3106

