

Diagnosis



“That consultation when my son was officially given his diagnosis seemed to be happening in slow motion, like in a movie. I walked out of the room in a daze and then when I got to the car, I burst into tears.”

Parent and family experiences of identifying a child’s disability vary greatly

Some conditions are evident at birth or soon after. Others can occur as the result of an accident or illness.

Identifying a child’s disability and getting a diagnosis is often a gradual process that occurs over many months or years.

For some children, a clear diagnosis of a specific condition or disability (or multiple disabilities) is possible.

For others, the diagnosis of a specific condition may not be possible, or may depend on tests and observations in future years.

Mixed emotions

The process of getting a diagnosis is often a traumatic and stressful time. It can be very emotionally challenging for parents and other family members.

You may experience: fear, confusion, isolation, loss, grief, hope, shame, anger, blame, despair, exhaustion, relief, love, protectiveness and more.

You’re not alone

The range and depth of emotions we experience is often difficult for us, and those close to us, to understand.

Please remember that you are not alone. Other parents and support services are available to help you and your family during the difficult times.