

Solasta Counselling Highlights Comprehensive Adult Autism Assessment

Calgary psychology practice explains why autism may be identified later in life and why comprehensive adult assessment matters.

CALGARY, ALBERTA, CANADA, August 29, 2026 /EINPresswire.com/ -- [Solasta Counselling](#), a Calgary psychology

practice, is sharing guidance on why some adults begin considering autism assessment only in their 20s, 30s, 40s, 50s or later, and why a comprehensive, clinically rigorous adult autism assessment is important when seeking answers.



Adults exploring whether they may be autistic may have spent years trying to understand longstanding patterns in communication, sensory experiences, relationships or daily functioning. Some have previously been diagnosed with or treated for ADHD, anxiety, depression or OCD but continue to feel that aspects of their experience have not been fully explained.

"Many adults who come for an autism assessment aren't looking for a diagnosis for its own sake. They're trying to understand patterns that may have been present throughout their lives, and why certain parts of everyday life have often required so much effort." — Scott McKirdy, Registered Psychologist and Owner, Solasta Counselling.

"A good assessment shouldn't begin with the assumption that someone is autistic and then look for evidence to confirm it. Our job is to understand the whole person, consider reasonable alternative explanations, and determine what conclusion is actually supported by the evidence." — Scott McKirdy, Registered Psychologist and Owner, Solasta Counselling.

"Someone can have a career, relationships, an education and a lifetime of learned coping strategies and still be autistic. For some adults, those strengths are part of the reason autism wasn't considered earlier." — Scott McKirdy, Registered Psychologist and Owner, Solasta Counselling.

Autism may go unrecognized until adulthood, particularly among women and among people who have developed autistic masking strategies. Autism masking and camouflaging can make certain characteristics less apparent to others. Academic achievement, employment, relationships or an outward appearance of coping should not automatically be considered evidence against autism.

Solasta distinguishes a comprehensive autism assessment for adults from an online screening tool or an evaluation intended simply to confirm a suspected adult autism diagnosis. Assessment may draw on developmental history, current functioning, clinical interview, standardized assessment measures, direct observation, collateral information where available, and careful consideration of alternative explanations.

The purpose is to determine which explanation is best supported by the evidence. The outcome may support late-diagnosed autism, or another explanation may better account for the person's experiences.

Scott McKirdy is a registered psychologist, owner of Solasta Counselling, and a Calgary psychologist with particular experience in adult autism assessment. The practice takes a neurodiversity-affirming approach, framing assessment around self-understanding, appropriate supports and accommodations where applicable, and treatment planning when other mental-health concerns are present.

Information about [adult autism assessments in Calgary](#) is available through Solasta Counselling.

About Solasta Counselling

Solasta Counselling is a Calgary, Alberta psychology practice providing counselling and psychological assessment services for adults, children, couples and families, including adult autism and ADHD assessments.

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