

Autimly Onboarding



Welcome to Autimly

We're so glad you're here.

As part of the Autism/ADHD support ecosystem, you've likely seen the gaps — the waiting lists, lack of guidance and patient support materials, the overwhelmed individuals, families and carers and the one-size-fits-all approaches that don't reflect the diversity of real needs.

But beyond the system-level issues, you've probably also witnessed the human impact. Loneliness, confusion and the exhaustion of trial and error. So many people are left to move through the quiet isolation, without clear information, tailored support, and without a consistent space to ask the right questions or connect with people on a similar path. Often, it's not just about accessing services - people need help understanding what kind of support even exists, what's available to them, and how to access it in a way that makes sense for their life. Our goal is simple: make it easier to access the care you need, when you need it.

Meet the Autimly team



Amina Abukar
Co-founder

Amina is a biochemist and researcher in the healthcare and life sciences space. Her driver is personal — navigating autism support as a mother. She envisioned Autimly as a way to cut through the overwhelm, bridge the gaps, and ease the isolation so many people face when trying to access meaningful support.



Dr Amin Abukar
Co-founder

Dr. Amin Abukar brings deep clinical insight and a family-rooted commitment to accessible, compassionate care. As an orthopaedic surgeon, he understands the medical world from the inside and recognises the gaps in how neurodivergent individuals and families are supported. His mission is to help close those gaps and improve the quality of care.



Dr Joe Datt
Co-founder

Dr. Joe Datt is a Consultant Paediatrician with 17+ years' experience across NHS and private care. He specialises in autism, ADHD, and complex neurodevelopment, bringing a holistic, family-centred approach to his work. His clinical rigour is matched by a deep compassion and commitment to every child he supports.



Jordan Rutland
Head of Marketing

Jordan is a seasoned marketing strategist who specialises in human-first, purpose-led brands. He brings creativity, strategic insight, and a thoughtful approach to Autimly's messaging, helping us communicate with clarity and care.



Ash Wilson
Director of
Partnerships &
Engagement

Ash leads on building meaningful connections across the Autimly ecosystem. From partnerships with professionals and organisations to deeper engagement with our community. His work helps ensure the platform grows in collaboration with the people it's built for,

From Lived Experience to Lasting Change

Autimly was founded on lived experience to create a progressive, emotionally intelligent, and inclusive support landscape that evolves with real needs. As a single, trusted platform in the neurodivergent space, we support autistic and ADHD individuals, families, and carers in accessing the right care without feeling overwhelmed. We match people with support based on their needs, and if they're unsure, we guide them through the process with warmth and clarity.

For professionals like you, Autimly is a space to do meaningful, values-aligned work with purpose-led clients and fewer barriers to care. We understand the challenges you may face elsewhere — referrals with missing context, unpaid admin, rigid systems that clash with affirming approaches, and the isolation of working in silos. Maybe you've felt overlooked, stuck in systems that don't reflect your values, or unsure how to connect with the right people. We're building something different — a flexible, human platform that gives you visibility, connection to the people who need your support and global reach.

We don't just want to connect you to clients, we support your growth and visibility. That means spotlighting your work, sharing your insight, and championing the approaches, tools, and care that make a real difference. Whether through content, collaboration, or visibility across the platform, we're committed to celebrating and amplifying the professionals shaping a more inclusive future of care.

We help you offer support that matters and help people receive it in a way that feels human. Autimly prides itself on serving as a platform for the conversations people can't have anywhere else, the ones that are too often considered taboo, dismissed, misunderstood, or never given space at all. It's a space where real opinions, honest dialogue, and emotional safety are welcomed and respected, and it's a genuine honour for us to build it alongside professionals like you.

Our Mission

More Than Support — A Whole System of Care

At Autimly, we don't just offer support, we care how it *feels* to look for it. We understand the toll that isolation, overwhelm, and dismissal can have on individuals navigating autism and ADHD. We've designed Autimly to be a safe, welcoming space where neurodivergent needs can be explored without judgment or pressure. As more people seek guidance in private care, we want to make sure they're met with safety, clarity, and trusted support — not left to navigate unregulated spaces alone.



We emphasise choice and humanity

Meaningful support recognises that needs are diverse, not uniform. People deserve different ways to connect, express themselves, and access support not just for care but for growth and fulfilment too. Which is why we offer everything from creative therapies and coaching to legal guidance, emotional care, and medical expertise, all in one place. This can include music therapy, LEGO-based approaches, caregiver coaching, EHCP and legal guidance, movement for wellbeing, and fast access to trusted medical advice, with plans to grow into community initiatives and even more diverse forms of support as our platform evolves.

Autimly is the central hub this space has always needed. The support space we needed but couldn't find — now built and ready to grow.

We platform neurodivergent professionals because insight from lived experience enriches the way we all care and support.

Support is strongest when it brings together many perspectives. At Autimly, we actively platform neurodivergent professionals because lived experience adds unique insight, nuance and depth that enriches care for everyone.

Whether you're a speech and language therapist (SLT), neurodevelopmental nurse, occupational therapist (OT), coach, educator, consultant — or bring expertise in any other role, if you're neurodivergent and passionate about reshaping support, we want to hear from you.

We're creating more than a platform. We're creating a movement where lived experience guides how support is understood and delivered.

Who we are onboarding

Medical & Diagnostic specialists – including psychiatrists, paediatricians, neurodevelopmental nurses, clinical psychologists, and other clinicians offering assessments, expert advice, diagnostic guidance, and clinical sleep support

Therapists & Allied Health professionals – including SLTs, OTs, dietitians, and others offering creative, sensory, developmental, or communication-based support. This may include approaches such as PRT (Pivotal Response Therapy), DIR/Floortime, ABA, Positive Behaviour Support (PBS), LEGO®-based therapy, music therapy, and more – where these are practiced in a way that is collaborative, consent-led, and aligned with Autimly's values of emotional safety, respect, and autonomy.

Mental health practitioners – From counsellors and psychotherapists to mental health nurses – offering trauma-informed care across a range of modalities.

Coaches, mentors & advocates – From neurodivergent coaching and parent support to education access, workplace inclusion, legal/SEND advocacy, and lived experience mentoring.

Education and caregiving professionals – including tutors, learning mentors, support workers, childminders, and respite carers.

Wellness & Movement practitioners – including wellness coaches, somatic therapists, trauma-informed fitness instructors, and others supporting regulation, embodiment, and emotional wellbeing.

How Autimly works for people seeking support

Autimly connects autistic and ADHD individuals, families, and carers with professionals who truly fit their needs.

1. Initial Questionnaire

Individuals complete a short, tailored questionnaire to help us understand their support needs, preferences, and priorities.
(Parents/carers complete it on behalf of children)

2. Review & Initial Contact

The Autimly team carefully reviews each submission. Within 24 hours, we follow up with a short call (10–15 mins) and/or a personalised email outlining the best next steps depending on preference.

3.No Specialist Match? Still Supported

If we can't offer an exact match straight away — due to availability, specialism, or location — we still provide personalised alternatives, trusted referrals, and continued guidance.

4.Ongoing Support

After the first consultation, or while a client is still waiting, our team will follow up with a check-in call or email to make sure things are moving forward. We continue to offer fortnightly follow-ups to ensure support throughout the journey. Your next steps might include 1:1 support, a group session, or another format that suits your needs.

More Than Matching

Beyond matched support, families and individuals also gain access to:

- A dedicated community platform for connection and peer support
- Practical tools and templates to make everyday challenges easier
- Live Q&As and webinars with trusted professionals
- A growing library of insightful content shaped by expertise and lived experience

Why Autimly Matters

In England, 172,022 people were waiting for an autism assessment in December 2023, with 85% waiting at least 13 weeks — a record high and well above the recommended NHS maximum of three months.

ADHD referrals are surging roughly 549,000 people were awaiting an ADHD assessment in March 2025, up by about a third from the previous year.

Meanwhile, prescriptions for ADHD medication rose 18% year-on-year, reaching a record 278,000 patients in England between April 2023–March 2024.

The global autism care market was valued at approximately \$34 billion in 2023 and is expected to grow at a rate of 4.8% annually through 2032. The ADHD therapeutics market was valued at \$25 billion in 2024, with projections reaching \$45 billion by 2034.

With waitlists growing and more people turning to private care, Autimly was built to make support easier to access — and safer to trust. We bring together verified professionals, clear guidance, and flexible options all in one place, so no one has to face confusing systems or unregulated routes alone.

What makes Autimly different?

Everything on Autimly, from how sessions are structured to how communication happens is built around the real needs of autistic and ADHD individuals and their families/caregivers. Whether people are looking for a one-off consult or long-term support, we make sure the connection feels safe, affirming, and accessible.

We offer:

- A 100% focus on autism and ADHD — it's not an add-on, it's the starting point.
- Every professional is vetted for experience, training, and values that align.
- Support for every life stage — from early years assessments to adult coaching.
- Comprehensive care across all stages — from pre-diagnosis and exploring support, to receiving a diagnosis, or building a stable support system even years after one.
- More than tools we want to build a real community. Support groups, live sessions, and guidance that grows with you.

What You'll Find on the Platform

A Trusted, Neurodivergent-Informed Network

Join a community of professionals who understand autism and ADHD not just academically, but personally and practically. Our platform centres lived experience meaningful connection and real-world impact.

Tailored Matching

Whether you support children, teens, or adults, Autimly matches you with individuals and families looking for your expertise.

Grow Visibility, Not Just Caseload

Write an article. Host a Q&A. Lead a workshop. We don't just list professionals — we platform them. Autimly gives you tools to grow your presence, share your voice, and build thought leadership in the neurodivergent support space.

Build Trust and Reputation

Showcase your approach with a dedicated professional profile. Earn verified reviews from clients who value neurodivergent-informed care. Connect with like-minded professionals for peer support, referrals, and collaboration.

Flexible, Client-Preferred Communication

It's about making sure the format of support works just as well as the content. When you honour different communication needs, everyone is better supported.

Session Options That Work for You

Offer one-off consultations, full assessments, or ongoing support — whatever fits your practice and income goals. Create your own bundles, set your availability, and work in a way that's sustainable and impactful.

A Growing, Values-Aligned Community

You'll be part of a network that *gets it*. Whether you're after peer connection, shared advocacy, or professional exchange, Autimly brings together autism- and ADHD-informed professionals who care deeply and work ethically.

Help Shape the Future of Support

As Autimly expands into new regions, service areas, and formats, you'll have a voice in how we grow. Your expertise won't just support clients — it will help shape more inclusive, affirming systems of care.

Why Professionals Join

- You want to reach the right people — and actually make a difference.
- You believe neurodivergent people deserve tailored, compassionate support.
- You want less admin: payments handled, reminders sent, calendars synced.
- You value professional community, peer support, and opportunities for growth.
- You want to be part of something bigger - a shift in how support is done.

You're ready to join a platform that's reimagining what support *should* feel like.



What about pricing ?

Fair, Transparent Rate - Autimly uses clear, standardised pricing — so families know what to expect, and professionals are paid fairly for their time and expertise.

You Set Your Preferences - Choose your fees within our flexible pricing bands, based on current UK private market rates and the type of service you offer. You'll also select from a range of Autimly session types all within a clear, trusted structure people can rely on.

No Upfront Costs - There are no subscription fees or hidden charges. Autimly takes a 20% commission per booking.

Economic inclusivity - At Autimly, we believe support should be accesible — that's why we offer shorter consults, support bundles, and flexible formats to make quality care more accessible for more people.

Free Intro Calls? Your Choice - Want to offer a short introductory call? That's entirely up to you. We support flexibility, not pressure.

We've designed our pricing model to respect your time, protect your expertise, and build trust from the start.

How **it** works

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- 1 Apply to Join** - Complete our onboarding form, upload your credentials, and select the services you offer.
 - 2 Get Verified** -We'll review your qualifications, safeguarding documents, and experience to ensure everything aligns with our standards and values.
 - 3 Introductory Call** - We'll arrange a short interview to understand your approach and ensure a good fit. We'll also walk you through the process, answer any questions, and offer any guidance you need.
 - 4 Set Up Your Practice** - You bring your expertise — we provide the structure. Within Autimly's trusted session model, you'll set your schedule, define your focus, and work in a system families can rely on.
 - 5 Go Live** - Your profile goes live on the platform. We match you with people who are genuinely looking for what you offer.
 - 6 Deliver Support** -Sessions take place via secure video, message, or in person — depending on your preferences and your client's needs.
 - 7 Stay Connected** - Join community events, contribute to shared resources, and grow your practice as part of the Autimly network.
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Together, We're Reimagining Support.

Autimly is growing through collaboration with professionals who care deeply about doing things differently. Whether you're here to offer clinical support, emotional care, wellbeing support, or practical insight, you're part of a bigger shift towards joined-up, human-centred neurodivergent support.

Thank you for being a part of our vision.

Get in touch: admin@autimly.com

Have a great onboarding!

Together, we're reimagining support for autism and ADHD.