



Attention Deficit Hyperactivity Disorder Adult Assessment

Attention deficit hyperactivity disorder (ADHD) is diagnosed by a health professional, usually a psychologist or psychiatrist. As there is no biological test for ADHD it is diagnosed through observation, interaction with an individual, and background information on development, health, and behaviour. This information is typically collected through questionnaires, clinical and diagnostic interviews, and the administration of standardised tests.

ADHD presents differently in each person and therefore assessment processes can vary between individuals and between adults and children.

One of the benefits of a diagnostic evaluation is that it can help you to better understand yourself and can

lead to further support and positive outcomes. For some people, the assessment process can be difficult and intense or perhaps feel intrusive or repetitive. You can be reassured that we will support you through any difficulties and answer any questions you may have.

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Arranging an Assessment

Adults may decide to arrange an ADHD assessment because a family member, a GP or another health professional has suggested it. For others it is a personal decision based on new information they have come across, challenges they are facing, or reflections on their life experiences.

You can self-refer for an ADHD assessment by contacting the Wellbeings team. After discussing your reasons for seeking an assessment with one of our psychologists, if an assessment seems warranted, you'll be asked to complete an intake form and initial questionnaires, and then you'll be offered an appointment for your first session. You will be provided with as much information as possible about the costs and time involved and kept up to date with any changes. Assessments can only take place with written consent.



Preparing for an Assessment

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To prepare for an adult ADHD assessment, it can help to:

- Think about or write down what you hope to get out of the assessment.
- Think about or write down the thoughts, feelings, behaviours and life experiences that you think might be linked to ADHD.
- Gather any relevant documents you have such as a referral letter, discharge letter, results of previous testing, and primary and high school reports.
- Consider who knows you well enough to help with the assessment by answering questionnaires and attending an interview about you as a child and/or as an adult. For example, a parent, older sibling or partner.

Initial Appointment

Your first appointment will involve answering questions about your concerns and giving a thorough history of your family, development and life experiences from birth to now. The information gathered during this interview will assist with planning the rest of the assessment process and determine the costs involved.

Diagnostic Assessment

If you agree to proceed, you will be asked to complete several online questionnaires and will be scheduled for a second appointment to undergo a more detailed diagnostic assessment of ADHD symptoms, as well as to explore any other conditions or diagnoses you may have received. A person who knows you well may be asked to provide additional information by completing questionnaires online and attending this appointment with you.

Feedback Session and Comprehensive Report

The interactions, observations, developmental history, and other information collected throughout the assessment are evaluated against the diagnostic criteria outlined in the DSM-5-TR.

We will prepare a report based on our findings, explaining the outcome and the reasons behind it. We will meet with you to go through the report and provide you with both a hard copy and an electronic version via email. If applicable, we will also share a copy with the referring health professional. At your request, we can send a copy to other health professionals involved in your care.

Optional Cognitive Assessment

Cognitive assessment is not required for a diagnostic evaluation but can provide valuable information about your strengths and differences (where you might require further support). This option will be discussed with you and will involve an additional appointment and cost.



I Have Been Diagnosed with ADHD—What Next?

During your feedback appointment, we will discuss your options for support and treatment if needed. You may choose to seek counselling to explore the information further, either with Wellbeings or another provider. You may wish to discuss medical options with your GP or request a referral to a psychiatrist for a medication review.



I Have Not Been Diagnosed with ADHD—What Next?

Most people seek out an assessment as they may believe they meet the criteria for diagnosis. If this doesn't occur there may be mixed feelings, relief or frustration. The Wellbeings team is happy to discuss the reasons for not making the diagnosis with you to help and support you to understand further, and help you find other supports if needed.



What Else do I Need to Know?

The assessment process takes several hours spread over three to four appointments. In addition, you and someone you know well will also be asked to complete questionnaires outside of these sessions. The fee for assessment reflects the training, expertise, time and materials necessary to conduct a thorough autism evaluation.

The base cost of an adult ADHD assessment is \$1,500. When cognitive testing using the Wechsler Adult Intelligence Scale (WAIS) is included, the cost is \$1,900. Depending on other considerations, additional tests may be included. If there is any variation from the recommended base assessment,

you will receive details of the full fee amount before proceeding. Wellbeings offers flexible payment options, allowing you to pay the full amount upfront or in instalments. Your comprehensive assessment report will be provided once full payment has been received.

Find Out More

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