

Dear Patient,

Thank you for your interest in obtaining an assessment for Attention-Deficit/Hyperactivity Disorder (ADHD). This letter is intended to provide you with important information about the assessment process, what to expect, and how to prepare.

### **What is ADHD?**

ADHD is a neurodevelopmental condition that can affect attention, concentration, impulse control, and activity levels. It can present differently in each individual and may impact daily functioning at school, work, or in personal relationships.

### **Why Seek an Assessment?**

An ADHD assessment can help to:

Clarify whether your symptoms are consistent with ADHD

Identify any co-existing conditions (e.g., anxiety, depression, learning difficulties)

Guide appropriate treatment and support options

### **The Assessment Process**

Your initial appointment will be with one of our Nurses, this will include an ECG, questionnaires and you will be given forms to take home to complete.

An appointment will then be booked with a Doctor in our ADHD clinic for the assessment. This consultation will be for 90 minutes.

### **What does an ADHD assessment typically involve?**

A detailed clinical interview about your current symptoms and history

Discussion of childhood behaviour and development

Completion of standardised questionnaires

Input from family members, caregivers, or teachers (if applicable)

Review of relevant medical, educational, or psychological records

In some cases, additional cognitive or psychological testing may be recommended.

### **How much will it cost?**

\$850.00, this includes the Nurse appointment, ECG and Drs appointment. All follow up appointments are charged at a normal consultation fee.

### **Preparing for Your Appointment**

To support a thorough assessment, please:

Bring any relevant medical or school reports

Consider examples of difficulties you experience in daily life

Complete any questionnaires given to you in advance

### **After the Assessment**

Following the assessment, you will receive:

Feedback on whether you meet the criteria for ADHD

A written report will be sent to your GP (if applicable)

Recommendations for treatment and support

Treatment options may include behavioural strategies, lifestyle adjustments, psychological therapy, and/or medication.

**Important Considerations**

ADHD assessments may take more than one session

Diagnosis is based on established clinical criteria

Not all attention or concentration difficulties are due to ADHD

**Next Steps**

If you wish to proceed, please contact our clinic to arrange an appointment on 078274234.