



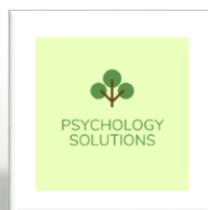
### ADULT ADHD ASSESSMENTS

- The average age of adults with ADHD getting a diagnosis is 32. Often professionals don't pick up on the signs of ADHD due to many misconceptions, such as ADHD is a disorder that people grow out of.
- In adulthood many people have made accommodations, through share hard work, to compensate for their ADHD symptoms which means professionals see your success not your challenges.
- At this point you are likely to have found yourself being challenged by something and wondering if ADHD is getting in the way.
- People with ADHD often experience a number of other symptoms of neurodiversity, for example up to 50% of people with ADHD may also experience auditory processing disorder, anxiety, depression, autism and bi polar disorder.
- These coexisting disorders can influence symptom severity and type, and subsequently related impairments. They are important to identify in order to get the right treatment for your needs.
- The process of assessment for ADHD will assess you not only for ADHD but also for other potential co-existing disorders.

### STEPS OF THE ASSESSMENT OF ADHD IN ADULTS

- *Step 1:* You will receive a number of screening questionnaires and instructions via email. Answer the questionnaires at home pre the first appointment and email prior to your first appointment, along with relevant documents and school reports (if available).

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- *Step 2:* An interview for about (90 mins) in which we talk through your past and present experiences, assess specifically for ADHD symptoms, take a developmental history, and ask questions on specific areas on how you function in your daily life and in your relationships.
- *Step 3:* It is extremely helpful to have a parent/partner/or friend who has known you well during your childhood or currently, accompany you to this part of the assessment. They will be asked to comment on information from child and adulthood and also be asked to complete a questionnaire after the meeting. If they are not able to attend a phone/zoom call can be arranged.
- *Step 4:* A follow-up session (up to 90 mins) in which we discuss other potential mental health problems that someone might have, in addition to/or that might explain problems with inattention, disorganization, hyperactivity and impulsivity symptoms.

*Step 5:* I will then score all of the questionnaires and write up the report with the information gathered and if someone warrants a diagnosis of adult ADHD

GP who can then send it onto the public system for a psychiatrist to review. A psychiatrist will need to grant your GP special authority to prescribe a medication trial. Report writing and information collection can take up to 4- 8 weeks from the initial assessment.

*Note: Sometimes a person's problems are complicated and the above process may not be appropriate, and in these cases I would recommend that someone see a private consultant psychiatrist for further assessment.*

#### TO PREPARE FOR THE ASSESSMENT

- Complete the questionnaires emailed to you and return as per instructions.
- Invite someone who knows you well and has known you for most of your life, for example your mother, father, partner, brother, sister, friend to be part of the assessment.

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- Please find, scan and email any medical or other reports or notes that offer information that relate to your development during your childhood and or adolescence.
- Please find, scan and email any school reports from aged 5 to 18years.

*FEES PAYABLE*

- Assessments for ADHD are charged as \$1400-1800 depending on complexity. This cost includes up to 3 hours of face to face/ online assessment, psychometric administration, scoring and interpretation, cost of test materials, administration and report writing, plus a feedback session if desired.
- A 40% deposit (\$640) is required *prior* to the initial session and the remainder must be paid before the final report is released. An electronic account for the remainder of the assessment fee is sent following the final assessment. All fees noted include GST.
- If someone does not look as though they are going to meet criteria for ADHD, they will not be charged for report writing. Instead they will be charged for the initial assessment sessions and any time spent looking through measures and/or needing to contact relatives - approximately \$600 to \$800 (usually the initial deposit indicated above).
- Please deposit a 40% (\$640) into account:  
Solution Focused Ltd  
ANZ 06-0115-0333390-00  
Ref: Surname
- Please deposit at least 2 days prior to your assessment date.
- Further sessions for individuals \$195.50 (incl. GST) per 50 min consultation.

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