

Adult ADHD assessment Process

We are aware navigating and managing Adult ADHD can be challenging. A structured diagnostic process aims to provide clarity.

The following Adult ADHD Diagnostic Assessment guide aims to provide clarity to individuals from the initial consultation to diagnostic assessment and then to treatment options.

Phase 1: The Consultation & Screening

- **Initial Inquiry:** The process starts with a **15-minute video call** to discuss the process, appointments, and fees.
- **Documentation:** Complete the required **T&C (Terms & Conditions) form**.
- **Screening Appointment:** Attend a **45–60 minute video call** either via zoom or in person in a private, quiet and confidential space to determine if a full assessment is needed or if other assessments (e.g., autism, anxiety) are better suited.

Phase 2: The Diagnostic Assessment

Path A: Full Assessment NOT Indicated * No further appointments are scheduled. * No formal report is provided.

OR

Path B: If a full Assessment Indicated 1. **Preparation:** Complete **self-report and informant questionnaires** before the next meeting. 2. **Evaluation:** Attend a **2-hour video call** (Second Appointment) to establish if an ADHD diagnosis is present. 3. **Result: ADHD Diagnosis Confirmed.** 4. Assessor to compile a formal report to be provided to client and GP cc.

Phase 3: Post-Diagnostic Treatment Options

Once a diagnosis is confirmed, you can choose one or both of the following pathways:

Pathway: Psychosocial +1	Pathway: Medication +1
Referral: Connection with a specialized coach or therapist.	Option 1 (Private): Refer to a private prescriber for initiation/titration if NHS wait times are too long.
	Option 2 (NHS): Access local NHS prescribers to begin medication titration.
	Long-term Care: Transfer private care back to the NHS for ongoing prescribing.

Summary of Key Steps

- **Step 1:** Video Consult (15 min).
- **Step 2:** T&Cs & Screening (45-60 min).
- **Step 3:** Questionnaires & 2-Hour Diagnostic Call.
Formal report provided
- **Step 4:** Treatment via Therapy, Private Meds, or NHS Meds.