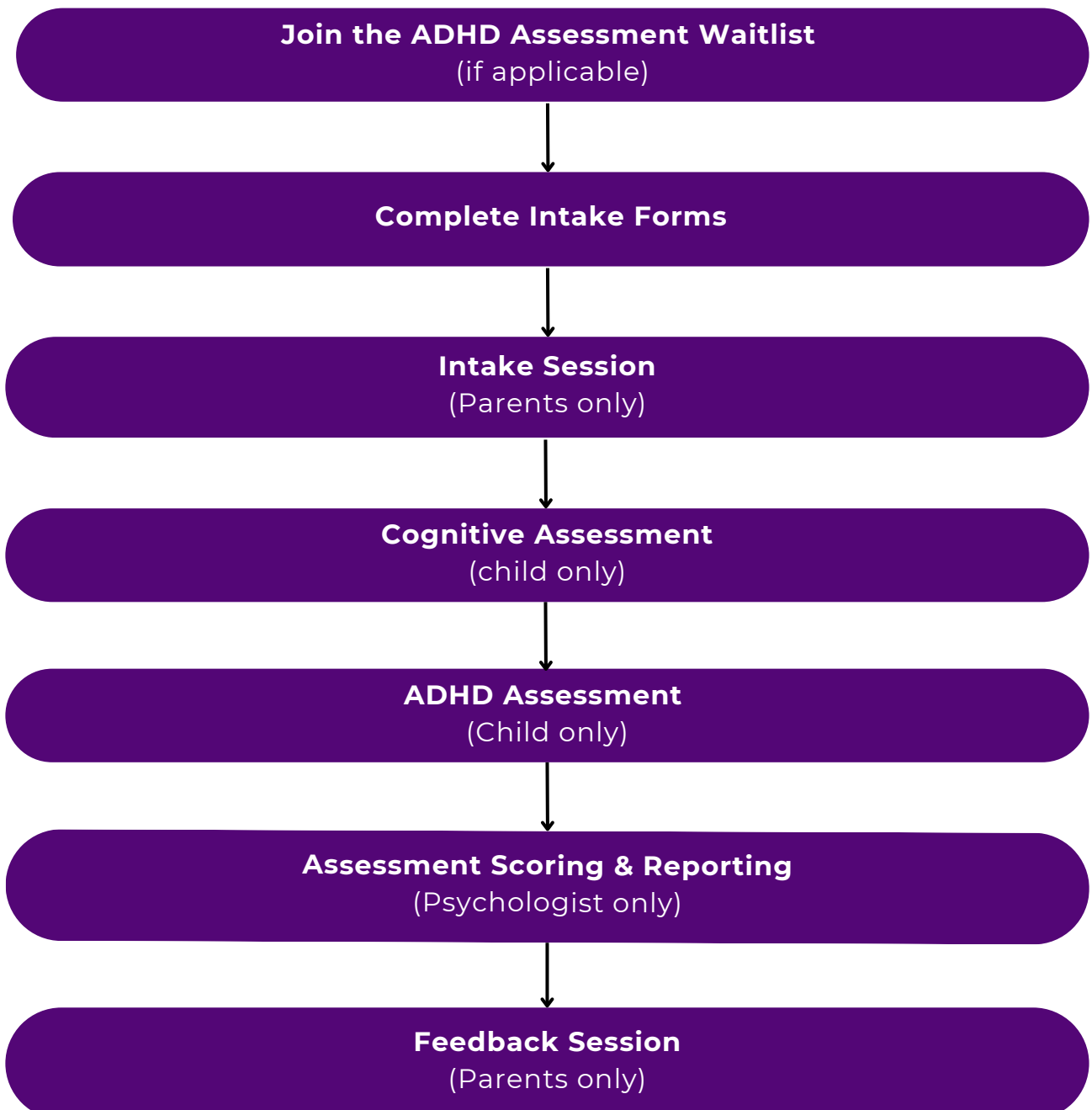


# ADHD Assessment at Helios Psychology

Last Updated: 12-August-2024

## ADHD Assessment Process



# ADHD Assessment Information

## ***What is ADHD?***

Attention-Deficit/Hyperactivity Disorder is a neurodevelopmental disorder that affects both children and adults, though symptoms appear in childhood and often persist through adolescence and adulthood. ADHD is characterised by continuous patterns of inattention, hyperactivity, and impulsivity that can interfere with daily functioning and development. This may affect an individual's motivation or concentration abilities.

## ***Why might I need an ADHD assessment?***

- It may be requested by a health practitioner or educator.
- To investigate/understand symptoms.
- To identify reasonable adjustments that may be necessary for occupational or educational challenges.
- To aid other health professionals investigating neurodivergent disorders.

## ***Who is eligible for an ADHD assessment at Helios Psychology?***

- Children aged 3 to 16 and 11 months years of age

Children <10 require a letter of support from a teacher or medical practitioner, including what has been observed leading to assessment.

## ***Will my ADHD assessment be accepted by my psychiatrist/pediatrician?***

To prescribe medication, your psychiatrist/pediatrician may choose to conduct their own ADHD assessment. If you are interested in pursuing medication, it may be beneficial to enquire directly with a prescribing medical practitioner. If you are unsure, we recommend reaching out to our administration team to discuss your options further.

# ADHD Assessment Information

## ***What is a cognitive assessment?***

A cognitive assessment assesses an individual's intelligence, determining their overall IQ and cognitive abilities like verbal comprehension, visual-spatial skills, fluid reasoning ability, working memory, and information processing speed.

## ***Why should I do the cognitive assessment as part of the ADHD assessment?***

By examining the core cognitive functions our brain uses to both take in and interpret information the assessment can add a layer of valuable insight that helps to contextualise the results of an ADHD assessment. In particular how our thinking and memory are affected and therefore how to accommodate that into our daily lives. It also helps to show what type of learner or thinker we are and how best to utilise that. It enables the clinician to identify whether other factors, like developmental difficulties or processing challenges, may contribute to behaviour or attention issues. The cognitive assessment results may provide a clearer understanding of your presenting symptoms. Therefore, your clinician can provide you with more relevant information and tailored interventions.

**Please note that children's Cognitive Assessments will be conducted at our East Fremantle office. Should you encounter any issues with this arrangement, please inform the administration at the time of booking.**

## ADHD Assessment Process

### ***Join the ADHD assessment waitlist - if applicable***

Depending on our capacity at the time of your enquiry, you may be requested to add your name to our ADHD assessment waitlist. If this is the case, one of our lovely administration team members will collect your information. Following your addition to the waitlist, you will receive a confirmation email. When you reach the top of the waitlist, we will contact you to schedule an intake session.

Wait periods are general estimates, and we cannot guarantee the availability of appointments.

### ***Complete intake forms***

All clients must complete their intake forms and screeners before scheduling an assessment. For children, parents will also be provided with a developmental history form to complete before the assessment. Please submit any supporting documentation or reports, such as previous assessments, along with your client intake forms to your practitioner.

Client intake forms need to be returned at least 72 hours before the first appointment to allow for review by the assessing practitioner.

### ***Intake/assessment session***

In the intake/assessment session, your assessing practitioner will conduct a clinical interview and administer the ADHD assessment. Please allow 90 minutes for this session.

### ***Cognitive assessment***

The cognitive assessment will be conducted 1-2 weeks following the ADHD intake/assessment session. Please allow 2 hours for this session.

### ***Assessment scoring and reporting***

Assessment scoring and reporting will be completed by the practitioner in the weeks following the assessment session/s.

### ***Feedback session***

The feedback session is a 1-hour session conducted with the assessing practitioner. During this session, the practitioner will provide the results obtained from the assessment and release your ADHD assessment report. Any reasonable adjustments that may assist you in your occupational or educational setting will be discussed during this time. Feedback sessions will be booked within 4 weeks of the assessment. Please allow 90 minutes for this session.

For assessments of children, feedback sessions will be conducted with the parents of the child only. Mature 16+ individuals may be considered, however, this is at the discretion of the assessing practitioner.

## ADHD Assessment Fees

### **Fee schedule**

Total ADHD and cognitive assessment fee: \$2400

- \$720 - required before or on the day of the intake session
- \$480 - required on the date of the cognitive assessment
- \$1200 - required before the feedback session

Please note the fee schedule is the same for both adults and children.  
Full payment is required before any assessment reports are released.

### **Medicare & private insurance coverage**

Medicare does not rebate ADHD assessments with psychologists. Due to this, it is not necessary to obtain a referral from your general practitioner or pediatrician before assessment.

Typically, private insurers do not offer coverage for ADHD assessments. We recommend enquiring directly with your private insurer if you are unsure.