

ADHD Assessment Guide

WHAT IS AN ADHD ASSESSMENT?

- It is a chance for us to get to know you, what you like, what you're good at and what you find hard.
- It is not a test. You can't get anything 'wrong'.
- We will ask some questions about your day-to-day life – if you don't want to answer a question that's ok.
- We might do some activities and games.
- These activities and conversations will help us to understand if you might have ADHD.



WHAT HAPPENS ON THE DAY?

- We will meet you in the waiting room and introduce ourselves, we will then go into the room.
- We know you might feel nervous; we will take some time to settle in and try to help you feel more comfortable.
- There will be fidget toys and other things that you can use to help you concentrate.
- You can move around the room or stand up if you want to, you don't have to stay sitting still.
- You can be honest with us during the appointment, we value your thoughts and feelings.
- We won't wear uniforms.
- We are friendly 😊
- We will make notes about what you say to help us remember.
- Your parent/carer can stay in the appointment with you if you want them to.
- We can have breaks.



HOW LONG WILL IT TAKE?

The assessment usually lasts around 2 – 2.5 hours.



WHAT CAN I BRING TO THE ASSESSMENT?

If you want to you can bring:

- a drink and some snacks
- your own fidget toys or things that help you to concentrate
- something important to you that you want to show us like a favourite object or item.



If you wear glasses please bring these with you.

If you have any other support aids please bring these.

WHO CAN COME TO THE ASSESSMENT?

- Your parent/carer will come to the appointment with you.
- You can decide with your parent if you want them to wait in the waiting room or join you in the assessment.
- Up to 2 family members can join if wanted/needed .



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WHAT HAPPENS AFTER THE ASSESSMENT?

- Your ADHD assessment appointment is part of your Autism and/or ADHD assessment with our team.
- After the appointment we will talk as a team to decide if we need to book in any more appointments with you or your parent/carer.
- We will call or write to you or your parent/carer to let you know if we need to book another appointment.
- If we don't need to do any more assessment then we will book in a 'feedback' appointment for you/your parents.
- The feedback appointment will be to explain if you have been diagnosed with Autism and/or ADHD or not.



If you have any questions about your appointment, please contact us using the following details.

01553 668712 Monday to Friday 9 – 5pm

Or email us on ndsc@nchc.nhs.uk



THINGS TO THINK ABOUT BEFORE THE APPOINTMENT:

- What do you know about ADHD already?
- Do you know anyone with ADHD? Family, friends, people at school, famous people?
- Whether you think you might have ADHD.
- Any questions you have about ADHD.



ADHD isn't a problem, or something to be fixed. There are lots of positive strengths that can come with ADHD.

Lots of people misunderstand ADHD. People who have ADHD can be very quick thinking, creative, fun, interesting, energetic, thoughtful and can concentrate really well when they are motivated or interested.