ADHD assessment

Individuals cannot self-refer for this assessment. The Neurodevelopmental Service only accepts referrals from GPs.

Aim
An ADHD assessment is for a person who is having very significant problems with their attention, concentration and self-control. It will be focussed on the way a person manages their behaviour at home, in education or the workplace and the impact on daily living and relationships. We will compare the assessment information with the diagnostic criteria for ADHD.

What will happen in the assessment
We will initially send you a time and date for your first appointment to complete the assessment. We ask you to fill in some questionnaires to bring along to this appointment, which a family member or friend can help you with if necessary. These will look at your experiences, behaviour patterns and motor co-ordination.

You will meet with a clinician who will talk with you about your difficulties now, and the way these problems have developed over time. They will ask you about your life experiences, your relationships, how you spend your free time and your mental health. If you have had any bad experiences it will be important to hear about them, even if you think they have recovered well. You may need more than one appointment with the clinician for the assessment.

We will ask whether you are facing any risks or whether the way you feel or behave puts you or others at risk. This will include talking about any support you have from other services.

The clinician will summarise the problems and decide whether a diagnosis of ADHD is likely. If so, then an appointment will be arranged with a psychiatrist who will review your information and make a decision as to whether the diagnostic criteria for ADHD are met. They will be able to discuss the possibility of any medical treatments that may be suitable for you.

If you receive a diagnosis of ADHD, we will contact you to offer post-diagnostic advice and support. This may involve education groups or one-to-one support with our therapists, where appropriate.

Training for excellence in the NHS
Sometimes we will also have trainees and students in the sessions so they can learn about our work and develop their skills. This is a very important part of their training, but if you would prefer not to have them in a session please let us know when you arrive for the appointment.
Practical arrangements
This assessment is available in our Coventry, Rugby and Stratford-upon-Avon bases. When you arrive for your session, please check in at our reception desk and a member of the team will meet you there. We are happy for you to include someone to support you at any part of the assessment process.

Childcare
Unfortunately, we are unable to offer any childcare provision. We have found that children can be a distraction in an assessment and we want to concentrate on the person being assessed. We cannot talk as openly about the difficulties you are experiencing if we have youngsters listening. If your childcare arrangements fall though at the last minute, please let us know and we will decide with you whether it is best to rearrange the appointment.

How to arrange an assessment
Please see your GP to discuss the possibility of a referral to our service. They may ask you to fill in a brief questionnaire to get a better idea of how your difficulties are affecting your everyday life. After we have received your referral we will write to you to confirm that you still wish to go ahead with the assessment. You will then be added to our waiting list and we will write to you with details of your appointment when one has become available.

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