

ADHD Melbourne – Pre-Assessment Information

Purpose of the Assessment

The ADHD assessment is a comprehensive evaluation designed to determine whether you or your child meet the diagnostic criteria for Attention Deficit/Hyperactivity Disorder (ADHD). The process involves detailed interviews, standardised questionnaires, and a review of medical, developmental, educational, and psychosocial history. Please note: a formal diagnosis is not typically provided on the day. The clinician will outline next steps following review of all data.

Preparation Before the Appointment

- Ensure adequate rest the night before and avoid alcohol.
- If feeling anxious, you are welcome to bring a trusted friend or family member for support.
- Avoid driving if feeling unwell or uncomfortable.
- **Do not take ADHD medication on the day** of assessment.
- Allow up to 3 hours for the appointment and review parking restrictions accordingly.
- Bring light snacks (tea, coffee, and water are available at the clinic).

Recommended materials to bring:

- **Adults:** Educational records, work performance reviews, or past reports.
- **Children:** School reports, teacher feedback, and previous assessments.
- **All clients:** List of current medications, relevant medical history, family medical history, examples of symptom impact, contact details for an informant, and any questions or concerns.

Assessment Process

The assessment typically includes:

- **Clinical Interview:** Discussion of current symptoms, developmental and educational history, and their impact across settings (work, school, home).
- **Questionnaires:** Standardised rating scales completed by you and relevant informants (e.g., ASRS for adults, parent/teacher scales for children).
- **Cognitive Testing:** Wechsler Adult Intelligence Scale – Fourth Edition (WAIS-IV) for adults, or Wechsler Intelligence Scale for Children – Fifth Edition (WISC-V).

After the Assessment

Following the assessment, fatigue is common. It is recommended to rest, hydrate, and avoid major cognitive tasks for the remainder of the day. You will receive follow-up questionnaires by email—please complete and return them promptly. Within a few days to two weeks, you will receive a draft report for review. You will have the opportunity to provide corrections or feedback before the report is finalised. The final report will summarise findings, diagnosis (if applicable), and treatment recommendations, and may be shared with schools, psychiatrists, or other health professionals. Next steps may include non-medication strategies or referral to a psychiatrist for medication evaluation (only psychiatrists can prescribe ADHD medication).

We understand that assessments can be emotionally and mentally demanding. Our clinicians are here to support you throughout this process.