

ADHD ASSESSMENT FOR CHILDREN AND YOUNG PEOPLE

Thank you for taking the time to read this information sheet, we hope you find it helpful. There is no single, definitive diagnostic test for ADHD — no blood analysis, no brain scan, no genetic screening — so the assessment and diagnosis of ADHD is not a quick or simple task. Our ADHD assessments are carried out by our Consultant Psychiatrists and Specialty Doctors. Our assessments are comprehensive and multidimensional and cover all aspects of functioning including home, school and social functioning. Our assessments are in line with best practice guidelines from the National Institute for Health and Care Excellence (NICE).

The Assessment Process

Stage 1: Initial Consultation

At the first appointment, you and your child or young person will meet with one of our Consultant Psychiatrists or Specialty Doctors for a comprehensive clinical assessment. Your child and the doctor will all become acquainted with one another, discuss what to expect from the assessment and what the assessment process entails. The doctor will start the clinical assessment and ask questions to gather background information.

Stage 2: Developmental History Appointment – Parent/Carer Only

The second part of the assessment includes a thorough developmental history interview, based on the developmental history form we ask you to complete. This appointment is with parents/carers alone, without the child or young person present. In addition to developmental history there is also the opportunity to discuss current difficulties that your child or young person may be experiencing both at home and in school, and to investigate any co-existing conditions that may be present. You will be provided with the SNAP-IV Comprehensive Behaviour Rating Scales; these scales are completed by parents/carers and education staff at school.

Stage 3: Feedback Appointment

The feedback appointment will be arranged once the previous two appointments have been carried out, the home and school SNAP-IV rating scales have been returned and additional information from school has been gathered and reviewed by the doctor. All information gathered is then analysed to determine whether your child meets the DSM-5 diagnostic criteria for ADHD. You and your child will attend a feedback session where the results of the assessment will be shared, and you will have the opportunity to ask any questions.

If a diagnosis of ADHD is given, you will be provided with information and treatment options. Recommendations will be made for psychosocial and behavioural interventions where appropriate. You will then be encouraged to take time to consider the next steps, for example, post-diagnostic support sessions, psychological therapy and/or medication. In line with best practice guidelines, no medication will be prescribed at the feedback appointment to allow time to process the information provided and decide on the next best steps for your family. Please take at least one week to consider whether you wish to commence medication, you have up to six weeks following the feedback appointment to request a prescription for ADHD medication without a further review appointment.

Mental Health & Neurodiversity Centre of Excellence

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A comprehensive report will be sent to you and your GP approximately six weeks after this feedback appointment.

Please note: The cost of an ADHD assessment is £1950. This fee covers the three one-hour appointments mentioned above. Any follow up treatment, including post-diagnostic support sessions or medication is an additional cost. Please see our separate document regarding follow-up care and treatment costs post-assessment.

One Point of Contact

Our Child and Young Person Services Co-ordinator, Isabelle Hume, is your main contact at the practice. Please email Isabelle directly with any questions: isabellehume@edinburghpractice.com

Isabelle's working hours: *Monday – Friday, 8.30am - 4.30pm*

Please note as Isabelle oversees all administrative aspects of your care, she is the best person to contact and the only member of our team who will manage your administration needs. If you contact other members of our administration team they will forward your requests to Isabelle.

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