

Before you book an adult ADHD assessment

A short, practical checklist to help you prepare. A good assessment takes time, and arriving prepared helps you and your doctor use that time well.

01 Be clear about why you are asking

- ☐ Write down the three or four things that cause you the most trouble day to day.
- ☐ Note how long they have been present. ADHD traits usually show up in childhood, even if they were missed.
- ☐ List where they affect you: work or study, home, relationships, money, driving.

02 Gather your history

- ☐ School reports, if you can find them. Teacher comments often say more than grades.
- ☐ Any previous assessments, diagnoses or treatment for mental health or learning difficulties.
- ☐ A list of current medicines, supplements and substances, including alcohol and caffeine.
- ☐ Family history of ADHD, anxiety, mood conditions or heart problems.

03 Ask someone who knows you

A partner, parent, sibling or close friend may be asked for their view, now or about your childhood. Let them know early so they can think about examples.

04 Know what else may be checked

- ☐ Sleep problems, anxiety, depression, trauma, thyroid problems and substance use can look like ADHD or sit alongside it.
- ☐ A careful assessment looks at these too. That is part of getting the right answer, not a sign of doubt.

05 Questions to ask the clinic before booking

- ☐ Who does the assessment, and are they able to diagnose and start treatment in your state?
- ☐ How many appointments are involved, and how long is each?
- ☐ What do you receive at the end? A written outcome is useful whatever the result.
- ☐ If treatment is started, who provides ongoing reviews and scripts?
- ☐ What are the fees, and what Medicare rebates may apply?

06 On the day

- ☐ Bring your notes, reports and medicine list.
- ☐ Have your blood pressure and heart history ready if you know it.
- ☐ It is fine to say you have forgotten something or need a break.

This guide is general information for adults in Australia. Rules differ between states and change over time. Check current details with your GP or the clinic you plan to see. For clinical care with Dr Saini, eligibility, fees and bookings are on the Rosedale Medical Practice website: rosedalemedicalpractice.com.au