



IKIGAI PSYCHOLOGY CLINIC

Adult ADHD and Autism Assessments

ADHD Assessment Procedures

The ADHD assessment report serves as a valuable tool with multifaceted applications. Primarily, it confirms the presence of ADHD based on thorough evaluation, aiding in obtaining an official diagnosis. This report may be helpful in receiving personalised treatment plans, educational accommodations, and workplace support tailored to individual needs. Most importantly, individuals can gain deeper self-awareness through the report, empowering them to advocate for their needs and access appropriate resources.

ADHD is a neurodevelopment disorder that can affect a person's ability to pay attention, control impulsive behaviours, and manage hyperactivity. An ADHD assessment is a comprehensive evaluation process conducted by our psychologist to diagnose Attention-Deficit/Hyperactivity Disorder (ADHD) in individuals.

Given that ADHD often co-occurs with other conditions, such as Autism, it is highly recommended to assess both simultaneously. Whenever possible, our goal is to use the most straightforward and cost-effective methods to ensure you receive an accurate diagnosis and appropriate support tailored to your needs.

Pre-Assessment Consultation (50-minutes)

During the initial consultation for an ADHD assessment, you will spend 50 minutes discussing your specific concerns and symptoms. This session aims to understand your challenges and gather relevant background information. You and your psychologist will collaboratively determine the best course of action for a comprehensive evaluation.

Assessment (2.5 hours- 3 hours)

After the initial consultation, the ADHD assessment process will begin with completing online psychometric assessments to help us understand your traits. You may also need to have family members and friends complete questionnaires. Next, you will schedule a comprehensive assessment interview lasting up to three hours. Afterwards, your psychologist will compile all the gathered information, including your psychometric test results, to determine if the diagnosis of ADHD or Autism is warranted. This thorough approach ensures an accurate diagnosis.

Debriefing (50- Minutes)

This will typically occur after your diagnostic assessment and involve your psychologist providing you with a diagnostic report and results. We can discuss further questions or concerns, ongoing recommendations, and strategies for self-management, as well as get information about referrals should you wish to engage in ongoing therapy with one of our psychologists in person or online.

What Is Included In The Report

The report will include some background information, a description of the assessment methods used, and a summary of the findings, including symptom evaluation and differential diagnosis. It will also provide actionable recommendations for treatment, self-management strategies, and referrals for further support if needed.

Why Having an Assessment May Be Important

ADHD looks different in adulthood. Most of what we understand about ADHD revolves around childhood ADHD presentation. Much research tells us that boys tend to have more externalising behaviours and girls tend to have more internalising behaviours.

Whilst this is true, there are also many adults (both men and women) who may have gone through most of their life unnoticed due to their ability to mask, possibly due to intellectual giftedness and have devised strategies to compensate for their ADHD symptoms (regardless of whether they were aware of it).

Diagnosing ADHD in adults can be further complicated as adults establish compensatory mechanisms that mask functional impairments. Individuals must receive an accurate diagnosis as it may expedite and increase the efficiency of the treatment process (prescribed medication from a psychiatrist and referral to an ADHD treatment specialist). According to research, undiagnosed adult women often present in clinics with diagnoses such as depression, anxiety disorders, substance abuse and low self-esteem. Commonly, comorbidity exists with mental health disorders. The effects can be detrimental if inaccurate diagnoses are provided, leading to ineffective treatment.

How long it will take The assessment process will take approximately 6-8 weeks from beginning to end, across three sessions including the initial appointment (50 minutes), structured interview (3 hours), and feedback session (50 minutes).	What's included? Findings, symptom evaluation and differential diagnosis. It will also provide actionable recommendations for treatment, self-management strategies, and referrals for further support if needed.	How Much Does It Cost? \$1760* *A payment plan is available in 3 instalments. Initial instalment: \$230 Second instalment: \$870 Third instalment: \$660
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Why is an ADHD Assessment expensive?

A comprehensive assessment takes time. The consultation assessment and debriefing alone take 4-5 hours across three sessions. Collecting results, writing the evaluation, and providing a personalised treatment plan also take 4-5 hours outside direct client contact. In total, the consultation, assessment, and report writing process takes 10+ hours to complete.

How to book an assessment

Our Psychologists provide both in-person and online ADHD and Autism assessments. If you want to learn more about ADHD and Autism Assessments, please book an ADHD consultation with one of our psychologists through our online portal on www.ikigaipsychology.com.au and select "ADHD Consult". For more information, please call our reception team on 0451 167 764.