

ADHD Assessment & Treatment

What is ADHD?

Attention-Deficit/Hyperactivity Disorder (ADHD) is a neurological difference involving structural and neurochemical variations within the brain, which are present from birth. These differences mainly impact one's executive functioning, or what is referred to as our "control centre".

Common symptoms of ADHD

Inattention

Difficulty focusing, forgetfulness, distractibility

Hyperactivity

Restlessness, fidgeting, impulsivity

Impulsivity

Acting without thinking, interrupting others, and difficulty waiting for a turn

What are the positive aspects of ADHD?

While ADHD can present challenges, it also comes with strengths. Positive aspects of ADHD include: Creativity & Innovation, Hyperfocus & Passion, Resilience & Adaptability, Energy & Enthusiasm, Spontaneity & Flexibility, Emotional Intelligence

Our ADHD Assessment Process

1

Initial call

To provide advice on what type of assessment might be appropriate

2

Background information questionnaires

We then send out a detailed questionnaire to gather your history and current concerns.

3

Psychological Interview (1 to 1.5 hours)

A one-on-one discussion to explore your experiences, challenges and history.

4

Cognitive Skill Assessment (2 to 5 hours)

A tailored assessment evaluating your cognitive functions, which may include measures of attention, executive functioning, processing speed, intellectual function and learning skills.

5

Additional Questionnaires for parents and teachers (Where applicable)

6

Detailed Report is written (4 to 6 Weeks)

You will receive a comprehensive report providing a summary of your background and assessment results, including an explanation of what the findings mean.

The report will include a diagnosis, if appropriate (A diagnosis is not guaranteed) and tailored recommendations.

These recommendations cover areas such as executive function strategies, academic / workplace accommodations, behavioural / emotional support, coping techniques, social skills, and relevant resources or therapy suggestions.

7

Feedback Session (1 hour) - Optional

A session with your psychologist to discuss the report and answer any questions.

8

Ongoing Support

We offer ongoing psychological therapy and support to help you manage ADHD and the associated challenges.

ADHD Assessments Offered

Comprehensive 5 hour assessment

A thorough evaluation of cognitive functions, including attention, executive functioning, and intelligence.

The assessment includes:

- 1-2 hour clinical interview
- 3-4 hours of testing
- Questionnaires
- A comprehensive report detailing the findings, tailored recommendations for strategies and accommodations

Comprehensive Plus 6 hour assessment

This assessment is used in cases where there is a need to investigate both ADHD and Autism.

The assessment includes:

- 1-2 hours clinical interview
- 3-4 hours of testing
- 1-2 hours of additional testing, either for learning challenges or suspected Autism
- A comprehensive report detailing the findings, tailored recommendations for strategies and accommodations






Standard Screening Assessment 3 hour assessment

Targeted assessment designed to investigate attention and intelligence skills.

The assessment includes:

- 1-hour clinical interview
- 2 hours of testing
- Questionnaires
- A brief report summarising the findings

Why choose Hardwick Psychological Services for ADHD Assessment?

-  Ability to assess co-occurring conditions like learning disorders and Autism
-  Large team of clinical, neuropsychological, and educational & developmental psychologists
-  Highly qualified team, trained to master's or PhD level, who remain up to date with current research and best practice in ADHD.
-  Good relationships with psychiatrists who support clients with ADHD.
-  In-depth, neuro-affirming approach