



## **ADULT ADHD Assessment 'What to Expect' Guide**

### **IMPORTANT INFORMATION:**

We recognise that, in the case of adult assessments, it may not always be possible to have an informant (someone who knew you well during your early childhood) available to participate in the assessment process. If you do not have an informant or if involving an informant presents challenges, please do not hesitate to inform us. We can make alternative arrangements to ensure that your assessment follows a thorough and comprehensive process.

### **What to expect during your ADHD assessment with Linked Communication?**

Your ADHD assessment will consist of a structured clinical assessment for ADHD using the Diagnostic Interview for Adult ADHD (DIVA), completion of a developmental history and pre-screening measures.

### **Prior to Appointments: Pre-screening measures**

Once the appointment dates have been scheduled, prior to your first appointment, we will kindly request both you and an informant to complete the Conners' 4 ADHD Adult Rating Scale questionnaires. This assessment comprehensively examines various behaviours associated with hyperactivity, impulsivity, and inattention. We may also send autism spectrum condition screening measures if co-occurring symptoms are present.



Additionally, we will request any relevant professional health reports and provide you with a developmental history questionnaire to be completed. This questionnaire will encompass several key aspects, including:

- **Presenting Symptoms:** We will ask you to describe the current symptoms or concerns you are experiencing.
- **Symptom Development Over Time:** You will have the opportunity to share how these symptoms have evolved or changed over time.
- **Past Medical and Psychiatric History:** We will enquire about any relevant medical or psychiatric history that may provide context for your assessment.
- **Developmental History:** This section will explore your developmental milestones and any noteworthy events or observations from your earlier years.
- **Family History:** We will ask for information regarding your family's medical and psychiatric history, as this can be valuable in understanding potential genetic factors.

These questionnaires and assessments will assist us in gaining a comprehensive understanding of your situation and help guide our assessment process effectively.

### Developmental History Review

You and an informant, someone who knew you well during your childhood (e.g., a parent or caregiver), will meet virtually or in person with one of our clinicians. The primary focus of this session is to conduct an in-depth review of the information provided in your developmental history questionnaire. Please note that this appointment may be scheduled separately from your second appointment.

This session is expected to last approximately 60 minutes. To make the most of this appointment, we encourage you and your family members to engage in discussions and revisit old photos, videos from early childhood, school reports, professional reports, health records (such as the "red book"), and any other relevant documents. This will help you



familiarise yourself with any symptoms or behaviours that may have been present in your early childhood.

### **Clinical Observation and DIVA Assessment**

One of our clinicians will meet with you, either in person or online. During this session, the clinician will conduct an informal clinical observation and administer the DIVA (Diagnostic Interview for ADHD in Adults) assessment.

The DIVA assessment consists of a set of questions and is expected to take approximately 60 minutes to complete. Please be assured that the questions can be adjusted and tailored to accommodate your expressive and receptive language skills, ensuring a comfortable and effective assessment process.

### **What happens after the assessment?**

**Both appointments are essential components of our comprehensive evaluation process.**

The clinicians involved in the assessment will collaborate to formulate a comprehensive differential diagnosis, taking into careful consideration all the information gathered during the assessment process.

You can expect to receive feedback on the assessment findings within 7 days following the second appointment unless any further information is deemed necessary.

Following the discussion of the assessment and its findings, our team will prepare a detailed report. This report will be **provided to you within three weeks**. Our reports include the following components:



1. **Assessment Process:** A thorough account of the assessment procedures conducted.
2. **Information Provided by You and the informant:** A summary of the information you and your informant provided.
3. **Diagnostic Outcome:** A clear and concise statement of the diagnosis, if applicable.
4. **Understanding of Your Differences:** Our insights into your unique strengths and differences.
5. **Recommendations:** Actionable recommendations tailored to your specific needs, aimed at optimising your well-being and functioning.
6. **Resources:** A list of resources and support options for you to explore.

We strongly advise sharing our comprehensive report with your General Practitioner (GP) and any other healthcare professionals who are involved in supporting you. Additionally, our report can be a valuable asset when communicating with your workplace or when making government funding applications, especially when seeking reasonable adjustments to accommodate your specific needs.

### Important Notice: Medication and ADHD Management

- We would like to clarify that Linked Communication Services **DOES NOT** have a nurse prescribing team. If you believe that medication may be a suitable option for managing your ADHD symptoms, we can refer you to a private psychiatrist who can review this with you or alternatively, we recommend that you arrange an appointment with your General Practitioner (GP).
- Your GP will conduct a comprehensive assessment, which may include observations such as measuring your height, weight, blood pressure, and pulse rate. These assessments are essential in determining the suitability of medication and ensuring your safety and well-being.



- Please remember that medication for ADHD should only be considered after a thorough evaluation by a qualified medical professional. Your GP is well-equipped to guide you through this process, assess your individual needs, and discuss the potential benefits and risks associated with medication.

### Coaching Support

As part of the ADHD diagnostic package with Linked Communication Services, **we offer one free post-diagnostic life coaching session with our Neurodivergent Coach (from 14 years and above)**. Each session lasts 60 minutes and can be used when suitable for you. More information about how this may help and what Coaching involves can be found at: <https://www.linkedcommunication.co.uk/coaching>

*We look forward to supporting you through the ADHD diagnostic journey.*

*The Linked Communication Team*