



CHILD ADHD Assessment 'What to Expect' Guide

What to expect during a Child ADHD assessment with Linked Communication?

A child ADHD assessment will consist of a structured clinical assessment for ADHD using the Diagnostic Interview for Children ADHD (Young DIVA), school observation, 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 child's appointment, we will kindly request an informant (parent/carer) to complete the Conners' 4 Rating Scale questionnaires. This questionnaire 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. Please answer all questions honestly; we also understand some questions may appear irrelevant so please mark these as per the appropriate response item.

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 your child is 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 child's assessment.
- **Developmental History:** This section will explore your child's developmental milestones and any noteworthy events or observations from their earlier years.
- **Family History:** We will ask for information regarding your child's 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 child's situation and help guide our assessment process effectively.

Developmental History Review

An informant, someone who knows your child well (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 the developmental history questionnaire. Please note that this appointment may be scheduled separately from your assessment appointment.

This session is expected to last approximately 60 minutes. To make the most of this appointment, we encourage 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.

Clinical Observation and Young DIVA Assessment



One of our clinicians will meet with you and your child, either in person or online. During this session, the clinician will conduct an informal clinical observation and administer the Young DIVA 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.

School Visit

If appropriate, one of our clinicians will visit your child in school. The visit will consist of the following:

- Classroom observation (45-60 minutes)
- Break time observation (15-30 minutes)
- Discussion with SENCo/ someone who knows your child well (30 minutes)

What happens after the assessment?

All 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 last 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 the informant, child (if applicable) and education staff:** A summary of the information the informant provided.
3. **Diagnostic Outcome:** A clear and concise statement of the diagnosis, if applicable.
4. **Understanding of your child's differences:** Our insights into your child's unique strengths and differences.
5. **Recommendations:** Actionable recommendations tailored to your child's specific needs, aimed at optimising their 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 and your child. Additionally, our report can be a valuable asset when communicating with your child's school, especially when seeking accommodations to meet your child's 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 child's 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 child's General Practitioner (GP).
- Your GP will conduct a comprehensive assessment, which may include observations such as measuring your child's height, weight, blood pressure, and pulse rate. These assessments are essential in determining the suitability of medication and ensuring your child's 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 child's individual needs, and discuss the potential benefits and risks associated with medication.



Linked Communication

Therapies and Assessment Service

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 your child.

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 and your child through the ADHD diagnostic journey.

The Linked Communication Team