

Assessment for Adult Attention Deficit Hyperactivity Disorder

Thank you for your inquiry about an ADHD assessment. I require a referral from your GP for this as they will be continuing the follow up and they can look into other confounding or related medical issues. Not all referrals are accepted. The assessment for Adult ADHD is not always easy. It will be important for you to come to the appointment prepared.

There is a rating scale which I would like you to complete as part of this, if you forget to bring it or send it prior to the appointment then we can re-do it in the clinic. You will be asked to sign a consent form attesting to the validity of the history and information that you provide.

It is important to have some corroborating evidence about the struggles you have, or challenges that you face. This could be in the form of information from a significant other, school reports, letters from employers etc.

The time in the clinic will be spent going over your history, including medical, family, school, and employment history. So, having a think about these things before you come will be helpful.

An assessment does not necessarily mean that a diagnosis of ADHD will be reached. There are several complex issues that may necessitate further assessment. This is particularly the case if there are some associated psychological or mental health related issues that commonly occur with ADHD. This may mean that a referral for assessment of these factors may be needed.

If a diagnosis of ADHD is reached, there is no guarantee that medication will be appropriate or that medication will work for you. There are 2 types of medication that help with the symptoms of ADHD, stimulant medication and non-stimulant medication, but this must be done alongside other supports such as modifying the environment.

In New Zealand, the stimulant medications available are methylphenidate and dexamphetamine. There are risks with prescribing and taking this controlled medication, so a screening assessment will be undertaken to work out if this is safe for you to trial. There are several formulations of stimulant medication so finding

the right formulation and dosage may take some time.

The non-stimulant medication available in New Zealand is Atomoxetine. This takes a lot longer to have any action and needs to be adjusted slowly.

The medications do not work without understanding more about your specific symptoms and how to manage them in your home and work environment. It is important to recognize that medication will not fix or cure ADHD, but in some cases can be a useful tool to help you manage your life better.

It can be frustrating that things don't happen as quickly as you would like, but remember, you have had these challenges for quite a while, and finding the best solution to help you moving forward may take time.

The cost of the first appointment for one hour is \$495.00, follow up appointments are for 30 minutes and are \$215.00, you will usually require at least one follow up appointment, further may be needed in complex cases or for medication adjustment. Once stable, follow up is recommended on an annual basis. Follow up is available via telehealth.

Sincerely,

A handwritten signature in black ink, appearing to read 'Pam Jackson', with a large, sweeping flourish on the left side.

Dr Pam Jackson
Consultant Medical Practitioner

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