

### **Child ADHD assessment information for parent/guardian:**

We cannot guarantee the outcome of a diagnostic assessment but we will not recommend this assessment if we do not feel there is a strong likelihood of receiving a diagnosis.

This begins with the completion of a screening measure and a detailed questionnaire to be completed by yourselves and the school. The assessment then involves an initial clinical interview with yourself (parent/guardian) and your child, a 2-hour school observation and a computer task with your child called a QB Check.

You will also receive a 1 hour feedback session with your lead clinician to address any questions you have about the assessment outcome and onward journey. This usually takes place around 6 weeks after the report has been issued so that you have a chance to gather any questions.

### **Some guidance to help you talk to your child about the assessment:**

#### **What is ADHD?**

ADHD stands for Attention Deficit Hyperactivity Disorder, it's a big name but it can easily be broken down. You may find hard to pay attention in school or when someone is trying to talk to you. Sometimes it may feel like there is lots going on at once and so it can be difficult to pay attention to just one thing at a time. You may feel really energetic and find it difficult to sit still, or it may feel like having a motor that won't stop running. This doesn't mean that there is anything wrong with you. It just means that you work a little differently from other people. People with ADHD can be very creative and full of ideas just like anyone else but they may need some extra help to concentrate, and strategies to help them be organised and focus on the most important things they need to do. Having ADHD doesn't make someone less capable to do things. It is just a part of who you are. There are many things that can make it easier for you and that might be the outcome of your assessment.

#### **What does the assessment involve?**

We will send some questionnaires to your school to see how you get on with lessons and class time. You will complete a computer test in a treatment room. You will sit down and work through a short test which involves lots of clicking with the mouse. This will help us to determine whether you have ADHD and how we can best support you. Finally, there will be an interview with you and your parent/guardian to talk about your life at home and how you were when you were very little.

#### **Do I need to bring anything?**

Only yourself, a parent/guardian and a drink and snack. You could also bring a sensory toy if you usually find them helpful.