

# ADHD ASSESSMENT GUIDE

## ADHD assessments for children and young people

A guide for parents & carers



## OUR STORY

Young Wellbeing Hub was founded to provide **high quality assessments** and **treatment** to children and young people with neurodevelopmental needs, mental health needs, cognitive and learning needs.

Early in our journey, Young Wellbeing Hub was commissioned by an NHS trust to carry out autism assessments for children aged under five years old. Since then we have offered private autism and ADHD assessments and worked with the likes of the Department for Education, conducting assessments and offering support to education settings and families.

## OUR MISSION

Our priority is to help families by enhancing the wellbeing of young people. We place them at the centre of what we do and adopt a holistic approach to better understand their needs.



Department  
for Education

Trusted partner





## WHAT IS ADHD?

**ADHD (Attention Deficit Hyperactivity Disorder) is a neurodevelopmental condition affecting thousands of families in the UK.**

Characterised by symptoms of hyperactivity, impulsivity or inattention, or by a combination of all three of these, with the right professional support and treatment, symptoms can be effectively managed, allowing your child to reach their full potential and enjoy their lives.

The first step is to seek a professional assessment. For a diagnosis these key symptoms must be getting in the way of both home and school life. There must be evidence that these key symptoms are out of line with your child's learning ability. All children can at times present with challenging behaviour. It is important to note that ADHD is not just poor behaviour but a medically recognised and treatable condition.



Department  
for Education

Trusted partner





## CHOOSING THE RIGHT PATH

Receiving the right diagnosis is the first step to getting the most appropriate support. But we know how hard it can be to make the right choice. Some assessment options may seem unreliable and untrustworthy. Others might take too long and not provide you with the necessary support after your assessment.

Ultimately, the suitable option has to be the one that gets all the details right and opens the door for meaningful change. This guide will explain our procedures and diagnostic processes in detail to supply you with everything you need to confidently choose the path which is right for your child.



## WHAT IS INCLUDED IN OUR ADHD ASSESSMENT?

- Pre-screening questionnaires
- Developmental History Meeting
- ADHD Assessment with a specialist senior clinician
- Collaborative analysis of your results by a team of specialist senior clinicians, known as the multi-disciplinary team meeting (MDT)
- Feedback meeting with lead clinician
- A personalised report which may contain a formal diagnosis and will include clear recommendations for any essential support



## COMPLETING PRE-ASSESSMENT QUESTIONNAIRES

Once the assessment appointment is booked, there will be several questionnaires to complete. These questionnaires are widely trusted tools that help establish if your child is likely to have ADHD or have other co-occurring conditions. They will help the clinician to build a fuller picture of your child's current strengths and difficulties and need to be seen and scored before the appointments, so it's essential to complete them as soon as possible so we have a well-rounded view of your child's development.

You may have completed similar questionnaires in the past, but it's important to also complete these so that we have the most up-to-date information about your child. If we do not receive your completed questionnaires, your child's assessment could be delayed.

If your child is aged eight or above, we may ask them to complete a questionnaire themselves. If this is the case, the team member who books your appointment will explain what to do at the time. We may also send a link to further questionnaires to be completed by your child's teacher or school SENCo (Special Educational Needs Coordinator).

### Additional supporting information

Certain documents such as school reports, speech and language, psychology or other medical reports can help your child's clinician reasonably understand their developmental history and current behaviour. You can send these documents to us via email once the assessment has been booked.



Department  
for Education

Trusted partner





## WE USE THE MOST RELIABLE AND WELL-VALIDATED DIAGNOSTIC MEASURES AVAILABLE

At Young Wellbeing Hub, we carry out neurodevelopmental assessments, based on UK best practice models, which are designed strictly in line with the latest research and meet or exceed government standards including the GOLD standard recommendations from the National Institute for Health and Care Excellence (NICE).

We use different types of assessments at the clinic, which assess for ADHD and help determine what support will be best for your child. Our specialist clinicians work hard to fully understand characteristics presented within the assessments by utilising a holistic approach and providing recommendations tailored to your child's needs.

### Who will conduct the assessment?

Your child's assessment will be carried out by a clinical team experienced in assessing and diagnosing ADHD.

The team will be extensively trained in the relevant diagnostic tools and will be there to support, update and help you feel comfortable throughout the assessment.



Department  
for Education

Trusted partner



## OUR DIAGNOSTIC TOOLS

ADHD assessments at our Hub involve two key appointments: an initial session and an assessment session. You'll meet your clinician for the first time during the initial session. They'll explain how ADHD assessments at the Hub work, listen to any concerns you have and ask some questions so they can get to know your child or young person better. The clinician will complete a developmental history, past and current behaviours and a school history. The initial session will take around one and a half hours.

You'll then have your ADHD assessment session, which will take around two hours. The session is mainly interview focused but will also use assessment tools such as a Connor's questionnaire. Your clinician will speak with you and your child or young person separately and then together to work out where they might need extra support and how their challenges impact everyday life. Throughout these conversations, your clinician will be assessing for symptoms of ADHD or any other mental health or neurodevelopmental conditions that your child or young person might have.

## Assessment preparation tips

Before the assessment, we encourage you to think about the various behaviours and challenges your child has had throughout their life.

- Think back to when they were younger. For example, looking back at photos and videos or asking family members to prompt your memory.
- Did your child behave differently from other children their age? What were their interests? How did they play while on their own and with others?
- Did your child sleep, sit down while eating or playing?
- Did your child seem to 'always be on the go' and find it hard to settle?
- Think about how old your child was when they first walked, talked and potty trained. Was there any differences in compassion to other children of the same age?
- Think about your child's challenges and how it influences your family. Is there anything your child or your family would like to do but feel you cannot?



## ONLINE APPOINTMENT TIPS AND TECHNICAL REQUIREMENTS

If the appointment is online, please take a few minutes to familiarise yourself with the below preparation tips.

### Setting up your equipment

For online appointments, we recommend using a PC, laptop, or large tablet with a camera and microphone. Please note that the clinician must be able to clearly see your child to observe their body language and physical behaviours. Therefore, some smaller screens such as smartphones may not be suitable for this part of the assessment.

The most important thing is that you're able to communicate with the clinician clearly. If you do not have access to any of these devices, please let us know as soon as possible.

Please do your best to find an environment with a reliable internet connection. Again, clear communication is crucial, and a good internet connection will enhance the chances of a smooth and uninterrupted interview.

All interviews are conducted virtually using Microsoft Teams. If you haven't used Microsoft Teams before, please take a few minutes to familiarise yourself with the platform on their website.

### Find a private, quiet and comfortable space

It's important that your child is relaxed and comfortable throughout the appointment, so find the best space, close the door and windows, and switch off any potential distractions like your mobile phone or the TV. If you're using a laptop or PC, make sure the only window open is Microsoft Teams. We also recommend that you minimise the brightness of light behind you to help the clarity of the on-screen picture.

# YOUR CHILD'S DIAGNOSTIC REPORT

Once complete, you will receive an email containing your child's report, which will be password protected. This will detail the outcome reached and offer helpful recommendations tailored to your child's specific needs.

Schools and other professionals are often keen to know the assessment outcome so they can put the appropriate provisions in place to support your child. Therefore, it can be useful for you to share a copy of the report with them. We can share all diagnostic reports with your GP, school and other professionals involved in your child's care, provided you give your consent.

## What next?

If you are interested in finding out more, or would like to know when the next available appointment is, please call us on 0203 854 6600 or email [enquiries@youngwellbeinghub.co.uk](mailto:enquiries@youngwellbeinghub.co.uk). Our experienced team support families to access the care they need and will provide you with expert advice as to whether this is the right choice for you and your child.



Department  
for Education

Trusted partner







## ABOUT YOUNG WELLBEING HUB

Young Wellbeing Hub was founded to provide high quality assessments and treatment to children and young people with neurodevelopmental needs, mental health needs, and cognitive and learning needs. Our clinicians have a wealth of experience working in NHS trusts as well as the private sector offering private assessments and treatments. Our team of clinicians were carefully selected for their clinical expertise and patient care, and we only work with people that we trust and who have the relevant level of qualification and experience. Our clinicians are fully qualified and trained professionals.

We take pride in our assessments and therapy being of the highest quality and can deliver these services both remotely and face to face. Our assessments are based on UK best practice models, which are designed strictly in line with the latest research and meet or exceed government standards including the GOLD standard recommendations from the National Institute for Health and Care Excellence (NICE).



**Speak to us in confidence today**

Email: [enquiries@youngwellbeinghub.co.uk](mailto:enquiries@youngwellbeinghub.co.uk)

Telephone: 0203 854 6600

Website: [www.youngwellbeinghub.co.uk](http://www.youngwellbeinghub.co.uk)



Department  
for Education

Trusted partner

