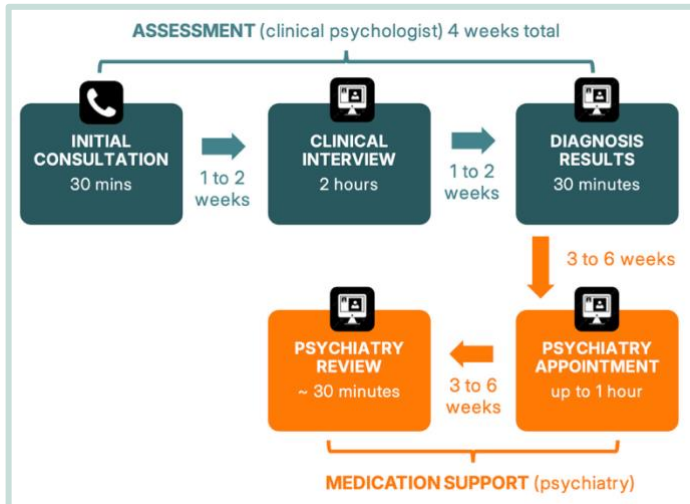


Information Sheet: Adult ADHD Assessment and Treatment

OUR GOLD-STANDARD ASSESSMENT PROCESS:



1. INITIAL CONSULTATION:

A 30-minute appointment to set you up for your assessment.

Your clinician will ask you brief questions about the ADHD traits you are experiencing and your physical and mental health. Any identified factors that could complicate an ADHD diagnosis or your care are discussed up front with you. Next steps are outlined, and the next appointment booked.

2. CLINICAL INTERVIEW: A video call appointment for approximately 2 hours. Your clinician will cover ADHD traits and relevant background history with you in detail.

3. OTHER INFORMATION:

- **Questionnaires** are emailed that ask about ADHD traits and other aspects of your health or background. These are sent to you, and to someone who has known you well for at least the last 6 months.
- **Information from whānau:** A comprehensive form is sent to someone who knew you well as a child. Usually, this is a parent or caregiver. Sometimes a clinician will speak to that person on the phone too. They also review any relevant historical documentation you provide, such as school reports or previous assessments.

4. DIAGNOSIS RESULTS: A 30-minute video call appointment to give final assessment results. The clinician will meet with you to tell you if you are receiving an ADHD diagnosis or not, and will discuss recommended next steps, such as medication support, talking therapy, etc. You also receive a comprehensive assessment report for your records.

MEDICATION SUPPORT you will have two additional appointments if you booked our psychiatry package

5. INITIAL PSYCHIATRY APPOINTMENT: A video call appointment for medication, which is up to 1-hour. This includes discussing medication options with you, and prescriptions as appropriate.

6. PSYCHIATRY FOLLOW-UP: A 30-minute video call appointment to review how medication is going. This usually occurs a few weeks later.

Once medication support is underway, the psychiatrist can usually hand over your ongoing care to your GP. You only need to see the psychiatrist again if you want to, or if you wish to change your medications and your GP cannot do this for you.

This is our standard process. Adjustments may be required, such as additional appointments, which you will be informed of in advance wherever possible.

PRICING

\$2690.00 Assessment and Psychiatrist Treatment Package. This includes the full diagnostic assessment and psychiatrist medication appointments (steps 1-6).

\$1890.00 Diagnostic Assessment only. This includes the full diagnostic assessment (steps 1–4) without psychiatrist appointments. This is suitable if you do not wish to consider medication, or already have another prescriber (e.g., a specialist GP) who requires an assessment before initiating medication.

\$820.00 Psychiatrist Treatment only. This is only available if you have previously completed an ADHD diagnostic assessment with MindMatters Clinic and wish to add psychiatrist medication appointments (steps 5 and 6).

IMPORTANT THINGS TO NOTE

- **There must be suitable evidence from someone else of several ADHD traits in childhood to receive a diagnosis.** Sometimes we can use school reports instead. Please read our website FAQ or reach out to us if you have any questions.
- **Telehealth:** All appointments are via telehealth (online video calling and phone calls). This is straightforward; no special equipment or software is required.
- **Changes or cancellation terms:** To reschedule or cancel an appointment a minimum of 72 hours' notice is required, otherwise additional charges for any re-booked appointment will apply.
- **Payment terms:**
 - All prices are in New Zealand Dollars and include GST.
 - Full payment is required up front to confirm your booking. This is a fixed cost.
 - Payment can be made via internet banking, Visa or Mastercard. We do not offer payment plans or partial payments.
 - Partial refunds: If you do not proceed after your initial consultation appointment, you are refunded in full, less \$287.50 (and any card fees) to cover the cost of that first appointment. If you purchased the package option but do not proceed to psychiatrist appointments after your assessment, you will be refunded \$800.00. Refunds can only be processed into a nominated New Zealand bank account number. Proof of account may be required. Refunds take up to 14 days.