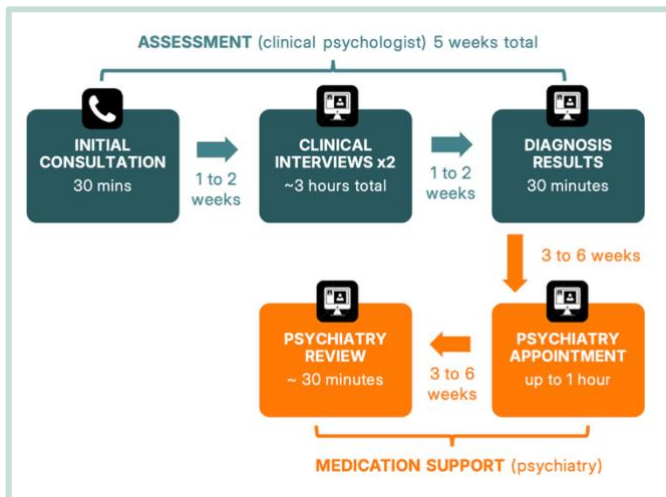


## Information Sheet: Adult Autism and ADHD Combined Assessment

### OUR GOLD-STANDARD ASSESSMENT PROCESS:



#### STEP 1. INITIAL CONSULTATION:

**A 30-minute phone appointment to set you up for your assessment.** In this initial phone consultation, your clinician will ask you brief questions about the ADHD and autistic traits you are experiencing and your physical and mental health. At the end of the call, the clinician will explain next steps, advise you of any factors identified that may complicate your assessment, and book your first clinical interview appointment.

#### STEP 2. OTHER INFORMATION:

- **Questionnaires** are emailed that ask about ADHD and autistic traits, as well as 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 your 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.

**STEP 3. CLINICAL INTERVIEWS:** A series of x 2 video call appointments totaling approximately 3 hours. Your clinician will cover ADHD and autistic traits, and relevant background history, with you in detail. Usually this is over two appointments, such as one 2-hour appointment, and a second 1-hour appointment. Your clinician will gain an understanding of your personal traits, developmental background, and other relevant information. You are free to take breaks as you need. At the end of the second clinical interview, the clinician will schedule your feedback appointment with you.

**STEP 4. DIAGNOSIS RESULTS:** A 30-minute video call appointment to give final assessment results. The clinician will discuss whether you are receiving a diagnosis and any recommended next steps, such as medication support, talking therapy, etc. After the appointment, the clinician will email you a comprehensive report for your records.

#### MEDICATION SUPPORT

There is the option to book our psychiatry package. In this case, if you received a diagnosis of ADHD, you have two additional appointments:

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

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

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

You can purchase the Psychiatry Package up-front (select "yes" when asked if you would like the add-on option). This streamlines your appointments and means a shorter wait time. Alternatively, you can purchase the Package separately once you have your assessment results.

### PRICING

**\$2590.00 Autism and ADHD Combined Diagnostic Assessment Package.** This includes the full diagnostic assessment (steps 1–4) without psychiatrist appointments. This is suitable if you do not wish to consider ADHD medication, or already have another prescriber (e.g., a specialist GP).

**\$3390.00 Autism and ADHD Diagnostic Assessment and Psychiatrist Treatment Package.** This includes the full diagnostic assessment and psychiatrist medication appointments (steps 1-6).

**\$820.00 Psychiatrist Treatment Package 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) later.

### IMPORTANT THINGS TO NOTE

- **The above are our standard process.** Adjustments may be required, such as additional appointments. You will be informed in advance wherever possible.
- **There must be suitable evidence from someone else of several ADHD traits in childhood to receive an ADHD diagnosis.** Sometimes we can use school reports instead. Please read our website FAQ or email 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. However, the Ministry of Social Development does not currently recognise telehealth autism diagnoses for government-funded disability support. Book with us only if you do not need or intend to apply for day-to-day government-funded support. You will still be eligible to request accommodations from employers

and tertiary education providers. See [our telehealth statement](#).

- **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.

- **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.

For more information, see our [website FAQ](#) or [contact us with any questions you have](#).