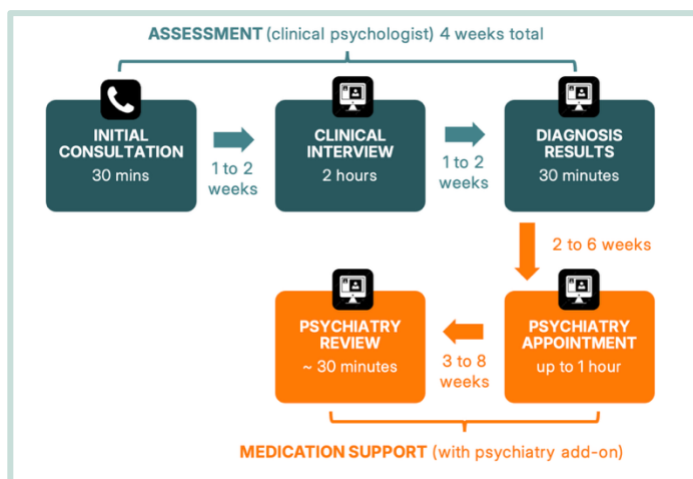


Information Sheet: Adult ADHD Assessment and Treatment

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 sent to you before you start the process that ask about ADHD traits and other aspects of your health or background. Some are sent to you to complete yourself. Some are sent for you to share with - or complete alongside - someone who has known you well for at least the last 6 months and someone who knew you in childhood (can be the same person).
- **School reports or previous assessments:** Can also be shared for your clinician to review as part of your assessment.

4. DIAGNOSIS RESULTS: A 30-minute video call appointment to give final assessment results and personalised recommendations. The clinician will meet with you to tell you if you are receiving an ADHD diagnosis or not, and will discuss recommendations, such as medication support, talking therapy, etc. Post-diagnostic resources will be shared with you, along with any referrals to supports, as relevant. You will receive your comprehensive assessment report within 1 business day and are given the opportunity to review this before it is finalised.

MEDICATION SUPPORT: If you have opted for our **psychiatry treatment package add-on**, you will be booked for the following:

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. You can start your agreed treatment plan straight away.

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

The **psychiatry treatment package add-on** includes any scripts while you remain under their care, as well as a detailed handover letter to your GP so they can take over ongoing prescribing and monitoring from there. Usually the psychiatrist is ready to hand over to them at the conclusion of the package. You only need to see the psychiatrist again if you want to, including if you would like additional appointments to get your treatment plan right for you, or if you wish to change your medications and your GP can't do this.

Alternatively, if your GP can prescribe ADHD medications from the outset, without psychiatrist involvement first, we can make a direct referral for this after your feedback appointment (i.e., stage 4 above).

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

PRICING

\$1890.00 ADHD Diagnostic Assessment. This includes the full diagnostic assessment (steps 1–4). This does not include psychiatrist appointments, so is suitable if you do not wish to consider ADHD medication, already have another prescriber (e.g., a specialist GP), or want to decide later.

\$800.00 Psychiatrist Treatment Package add-on. This includes the psychiatrist medication appointments (steps 5 and 6). This is only available if you have previously completed an ADHD diagnostic assessment with MindMatters Clinic and wish to add psychiatrist medication appointments. If this is not booked at the same time as your assessment, you can book it within three months of your assessment but there is a \$20.00 administrative processing fee.

IMPORTANT THINGS TO NOTE

- **Our default is to request information from someone who knew you in childhood, and from someone who knows you well now.** This can be the same person. If you don't have one or both options, we can provide your assessment without this information, however multiple sources strengthen an assessment. 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. The invoice will be emailed to you within 1 business day of your booking for payment.

- Payment can be made via internet banking, Visa or Mastercard. We do not offer payment plans or partial payments.
- Card payments incur a 2.75% card processing fee to recover card payment costs incurred. We recommend internet banking, if possible, to avoid these fees.
- Partial refunds:
 - **If you do not proceed after your initial consultation appointment, you are refunded in full, less \$325.00** (excluding any card fees). This covers your first appointment, along with psychometric questionnaires and the clinician's review of any relevant informant forms or background documentation.
 - If you purchased the **Psychiatrist Treatment Package add-on** but do not proceed to psychiatrist appointments after your assessment, you will be refunded \$800.00 (excluding any card fees).
 - 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.
- Rebooking late cancellation or missed appointments: \$230.00 for a 30–60-minute appointment; \$345.00 for appointments over 60 minutes.

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