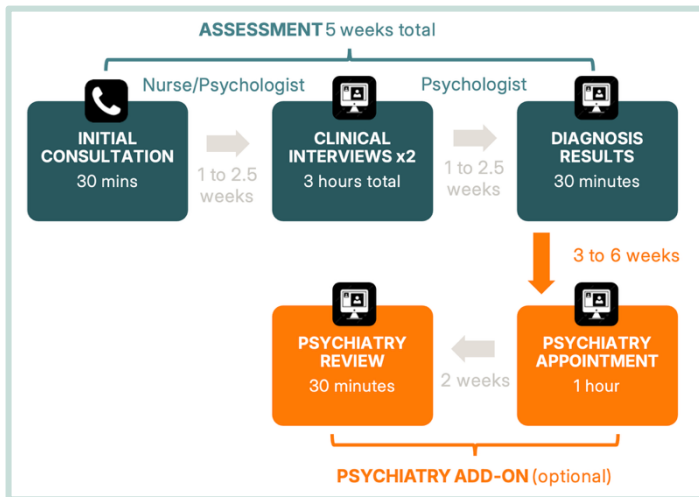


Information Sheet: Adult Autism and ADHD Combined Assessment

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, a clinician (nurse or psychologist) will ask you brief questions about the symptoms you are experiencing and your physical and mental health. At the end of the call, the clinician will explain next steps and advise you of any factors identified that may complicate your assessment. Your next appointment is then booked.

STEP 2. OTHER INFORMATION:

- **Questionnaires** are emailed that ask about symptoms. 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.

STEP 3. CLINICAL INTERVIEWS: A series of x 2 video call appointments.

A psychologist covers symptoms and relevant background history with you. Usually this is over two appointments that total 3.0 hours, such as one 2-hour appointment, and a second 1-hour appointment. The clinician will gain an understanding of your personal traits, developmental background, and other relevant information. You are free to take breaks as you need. It's beneficial, although not mandatory, to have a family member, partner, or close friend accompany you. At the end of the clinical interview, the clinician will schedule your feedback appointment with you.

STEP 4. DIAGNOSIS RESULTS: A final 30-minute video call appointment.

The same psychologist will discuss whether you are receiving a diagnosis and any recommended next steps, such as medication treatment, talking therapy, etc. After the appointment, the clinician will email you a comprehensive report for your records.

PRICING

\$2530.00 Autism and ADHD Combined Diagnostic Assessment Package. This includes all the above steps.

\$790.00 ADHD Psychiatrist Treatment Package add-on. This is only available to those who have had an ADHD diagnosis confirmed by us - see below.

MEDICATION TREATMENT FOR ADHD

If you receive a diagnosis of ADHD from us, there is the option to get a Psychiatry Treatment Package for ADHD medication treatment. Note there are no medication treatments for autism. Our standard Psychiatrist Treatment Package comprises of:

- 1. INITIAL PSYCHIATRY APPOINTMENT: A 1-hour video call appointment for medication.** This includes discussing medication treatment options with you, and prescriptions as appropriate.
- 2. PSYCHIATRY FOLLOW-UP: A 30-minute video call appointment to review how medication treatment is going.** This usually occurs two weeks later.

Once medication treatment is underway, the psychiatrist can usually hand medication treatment 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 Treatment 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

IMPORTANT THINGS TO NOTE

- **The above are our standard process.** Adjustments may be required, such as additional appointments. You will be informed of in advance wherever possible.
- **There must be suitable evidence from someone else of several symptoms 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 autism assessments are only an option for those who are unlikely to be eligible for, or who do not want, government funded disability support.** Autism diagnoses received via telehealth are not currently recognised by these services. We still choose to offer telehealth services, see [our telehealth statement](#).
- **Telehealth:** All appointments are via telehealth (online video calling and phone calls). This is straightforward; no special equipment or software is required.

- **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 \$230.00 and any card fees to cover the cost of that first appointment. If you have purchased the Psychiatry Treatment Package add-on, but do not proceed to psychiatrist treatment after your assessment, you are refunded this in full (\$790.00). Refunds can only be processed into a nominated New Zealand bank account number. Proof of account is 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.