



**Save time and frustration because we have given you all the steps required.**

So, you've decided to seek out an ADHD diagnosis. Perhaps it's been a long time coming, after mounting suspicions, or perhaps it's only a recent realisation. Whatever your situation, congratulations on taking the brave step to explore your future options.

This document is designed to help you navigate the process of getting an ADHD diagnosis. It will hopefully save you time, stress and hassle.

## Steps to getting a diagnosis for ADHD

### Step 1

Look into a psychiatrist that is in your area who has a specialty in ADHD. It's a good idea to collect a list of five to ten of them because you'll need multiple options for the next steps.


### Step 2

Ring and email each of the clinics on your list. Know what you want to find out before you make contact with them, such as:

- When is the next available appointment?
- Does they have a specific interest in ADHD?
- Do they do telehealth appointments?
- Can I go on a cancellation list?
- How much does the assessment cost?
- How much of a rebate does Medicare give back?
- What do I need to do to prepare for the appointment?
- .....

Psychiatrist: Next available: ADHD interest? Y / N Telehealth? Y / N Cancel list? Y / N Cost: \$ Rebate: \$ Preparation:	Psychiatrist: Next available: ADHD interest? Y / N Telehealth? Y / N Cancel list? Y / N Cost: \$ Rebate: \$ Preparation:	Psychiatrist: Next available: ADHD interest? Y / N Telehealth? Y / N Cancel list? Y / N Cost: \$ Rebate: \$ Preparation:	Psychiatrist: Next available: ADHD interest? Y / N Telehealth? Y / N Cancel list? Y / N Cost: \$ Rebate: \$ Preparation:	Psychiatrist: Next available: ADHD interest? Y / N Telehealth? Y / N Cancel list? Y / N Cost: \$ Rebate: \$ Preparation:
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### Step 3

Reach out to other services, such as your GP or other allied health professionals, to get advice if you're not able to find a psychiatrist on your own. Sometimes these professionals have colleagues they can recommend.

### Step 4

Once you have confirmed which psychiatrist you want to attend for your assessment, you'll need to attend an appointment with your GP to get a referral to the psychiatrist for the assessment. Request a print out from your GP of the referral letter to keep on hand (photocopy a couple extra just in case).

### Step 5

Prepare for the appointment with your psychiatrist. Give yourself plenty of time to do this. Commonly sought records and information are listed below. Your psychiatrist may also provide you with specific forms to complete.

Copies of your school reports	<input type="checkbox"/>
The perspectives of a parent or partner about your symptoms	<input type="checkbox"/>
An overview of your family history regarding mental health and neurodiversity	<input type="checkbox"/>
An overview of your own history of mental health	<input type="checkbox"/>
An overview of your presenting symptoms	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

### Step 6

Think about what you really want to gain from an ADHD assessment and diagnosis, so that you and your psychiatrist can effectively plan for your follow up care.

Medicated options
Non-medicated options
Learning specific skills



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### Step 7

It can be hugely beneficial to have numerous supports in place, to complement your treatment plan. Some suggested supports are listed below. Spend some time researching what's available for you.

**Online education programs...** such as ADHD Ambition by Create Balance Courses

**Other professionals...** such as coaches, psychologists, psychotherapists, social workers etc

**Online or face-to-face ADHD communities...** such as Facebook groups

### Step 8

In Australia, medication for ADHD is a schedule 8 drug, which means that they are a restricted drug. To access a schedule 8 drug, you are given a prescription which your pharmacist is required to hold onto. If medication is something you are seeking, you'd be required to pick up your medication once a month, so it's a good idea to pick a local pharmacy that is easy to get to and that you like dealing with. Have their details ready for your appointment.

### Step 9

Attend your appointment. The first appointment usually goes up to 1.5 hours. Most psychiatrists offer one hour appointments, so they may require two appointments for a diagnosis. Follow up appointments may also be needed to manage medication if that is part of the treatment plan. Long and intensive appointments can be overwhelming, so taking notes of things discussed or questions you have can be helpful to get the most out of your appointments.

Notes

Questions