



Private ADHD Assessment & Diagnosis

Our aim is to keep it as simple and cost effective for all our clients as is possible.

Steps to screening and full diagnosis.

Please do not make any appointment with us for ADHD screening, coaching or diagnosis until you have read this document in full and agree to its terms and conditions. Once read and agreed please bring it with you at your consultation for inclusion in your records with us.

1. Book a complimentary ADHD initial assessment consultation usually completed by telephone.
2. If during the initial consultation you are considered to present with ADHD traits, should you wish you can then be progressed through to the ADHD screening assessment.
3. At the screening consultation please bring any school reports if you have them, a short note from at least two people who have known you as a child or adult for some time will also be required. Please also ask your GP for a print out of your summary patient care record. We will require those documents before we can write your report. A partner, parents, relative or friend can also attend the consultation.
4. Once you have received your screening report from us (usually within five days) we will send it to your E-mail address as a PDF document, you should take a copy of the report or E-mail it to your GP. Then request referral back to us for private treatment or to another provider. We will then book you in for your final ADHD diagnostic assessment appointment.
5. At the end of a final diagnosis appointment you will receive confirmation of ADHD and a letter will be sent to your GP advising of the formal diagnosis.
6. At any point you can call us after diagnosis regarding ADHD, or any ADHD associated issues.
7. We only diagnose ADHD, we do not prescribe ADHD medication.
8. Many individuals manage ADHD successfully with the use of psycho-education and coaching. If you wish to take ADHD medication you are advised to have your ADHD diagnosis undertaken by a provider other than Different Minds and ADHD Norfolk.

ADHD Wellbeing clinic. 35a prince of Wales Road, Norwich. Norfolk. NR1 1BG

www.adhdnorfolk.org

Email; enquiries@adhdnorfolk.org.uk



Professional Fees.

Option 1. ADHD screening consultation and report £195.00, Payable at the time of booking.

Option 2. (After completing Option 1) £800.00 ADHD full diagnosis with our multidisciplinary team, (this option is diagnosis only without progressing to medication).

Two ADHD Coaching sessions are provided to option 2 services and do not have a monetary value. They must be undertaken within two months of an option 2 diagnosis.

- ADHD telephone and email support for the first year. £0.00
- After the first year an additional fee of £200 per year will apply for continued private care by us with regard to option 2 ADHD services.

Important Information

- ADHD Norfolk will not prescribe medication.
- We suggest that exercise and a balanced diet be implemented prior to ADHD screening or diagnosis appointment requests. ADHD coaching can also be provided prior to any full diagnosis.
- Before a full assessment can be made at least **two letters describing the person being assessed must be provided prior to the final consultation, preferably from people who have known the assessed person from before the age of twelve or for as long as possible. If the person being assessed is a child, copies of recent, as well as older school reports should be provided.**
- **A print out of your Patient summary care record from your GP must be provided prior to the screening consultation.**

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- ADHD **psycho-education and coaching** as well as a **good diet** and **regular exercise** are important to help you manage ADHD. Many people do not require medicating.
- After assessment and a full year of our support from the date of assessment, should you wish to continue with our support there will be an additional charge of £200.00 per year for private ongoing support.
- All ADHD Norfolk's services are delivered by Different Minds East Anglia LLP
- Exercise should be increased and foods high in Vitamin 'D' & 'B' should be included in your diet. Alcohol consumption, sugar and the use of illicit substances should be reduced.
- Once you have your appointment confirmed and payment has been made, any cancellations made within 48 hours of your appointment will be chargeable in full. Unfortunately we are unable to fill appointments cancelled at short notice.

ADHD Norfolk and Different Minds East Anglia reserve the right to decline working with any individual. ADHD Norfolk and Different Minds East Anglia have a no violence and non-abuse policy, if any of our staff are subject to any form of abusive interaction with person abusing the member of staff will be terminated immediately.

I have read and agree to the above;

Name _____ **Mobile No.** _____

Signed _____ **Date** _____ **E-mail** _____

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