

## Information Sheet

Catholiccare Assessment Services (CAS) offers assessments to both children and adults to explore their experiences and whether they are concordant with a diagnosis of ADHD or are better explained by something else. CAS aims to ensure all assessments are evidence-based, trauma-informed, strengths-based, neurodiversity-affirming, collaborative and validating.

CAS comprehensive ADHD assessments occur across a minimum of 3 appointments: (1) The Initial Appointment, (2) The Assessment Session, (3) The Feedback Session. These appointments can be completed in person at the Catholiccare Wollongong Office, or online via telehealth depending on your preference. For complex assessments, assessments requiring cognitive assessment, or assessments of young children, additional appointments may be required and/or telehealth appointments may not be suitable.

### The Initial Appointment

During the Initial Appointment your Psychologist will go through your intake paperwork with you, and work to get a better understanding of your experiences and what has led to you seeking assessment. Your Psychologist will talk through the assessment process with you, including what you need to know for the assessment sessions and receiving/completing the online assessment questionnaires. This would include confirming contact details for your chosen family member (or other person who knows you well) who may be completing assessment questionnaires for collateral information.

### The Assessment Session

The Assessment Session is a clinical interview, used to ask about the presence of ADHD symptoms that you experienced during your childhood and adulthood. The questions are based on the official criteria for ADHD in the DSM-5. For each question, your Psychologist will ask whether you recognise the problem. To help you, your Psychologist will also provide some examples that describe the way that children and adults often experience difficulties related to each of the characteristics of ADHD.

Whenever possible the Assessment Session (Clinical Interview) should be completed in the presence of a partner and/or family member so that collateral and retrospective (childhood) information can be ascertained at the same time. First of all, you will be asked the questions. Then, your partner and/or family (if present) will be asked the same questions. Both childhood and adulthood need to be discussed in order to establish a diagnosis of ADHD.

### The Feedback Session

Once your diagnostic report and results are complete (typically within 4-6 weeks after the completion of your assessment session and the return of all online questionnaires) you will be contacted to schedule a Feedback Session. During the Feedback Session, your Psychologist will provide you with a copy of your report and go through the results with you. You will be given time to ask any questions you may have and discuss next steps for support (i.e. referrals for therapy, self-management support, workplace/education supports) or further investigation if required.

**Important:** Psychologists cannot prescribe medications, and this assessment alone will not provide access to medication for ADHD. To access medication for ADHD you will need to have an appointment with a Psychiatrist who prescribes for ADHD.

For more information or enquiries, please contact the CAS team at [cas@catholiccare.dow.org.au](mailto:cas@catholiccare.dow.org.au)