

What to Expect from your ADHD Assessment

If you have not previously been diagnosed with ADHD, or you have not had treatment for more than one year, you will need to complete some forms which are an important part of your assessment. These forms can be completed online by logging into your portal where you will see links on your portal dashboard. Your psychiatrist will review your forms before they meet you, so it is important to complete them as soon as possible before your appointment is due to take place. Your psychiatrist will also ask you to show **photo ID** on meeting you at the start of your appointment.

You will be assessed by a consultant psychiatrist. A psychiatrist is a **medical doctor** who specialises in mental health. Your psychiatrist will undertake a structured medical assessment of your mental health and take a full psychiatric history. This means the doctor will look at other health conditions, especially mental health conditions, which may either exist alongside possible ADHD or exist instead of ADHD.

Part of this assessment is to ask for details about your past. For some people, past history can be upsetting to talk about. If there is anything your psychiatrist asks that you are not comfortable answering, **please say so**. Your psychiatrist will not force you to answer or reveal anything you are not comfortable with.

Your psychiatrist will then discuss with you what they think your diagnosis is. Alternatively (or additionally) your psychiatrist may need further information or investigations before they can offer a diagnosis. They will discuss this with you. After diagnosis, your psychiatrist will discuss the recommended treatment.

Your psychiatrist will write a letter to your GP after seeing you, as any other doctor would do. If there is any information you do **not want** your psychiatrist to include in this letter, please tell them, and it can be omitted. You will have access to a copy of this letter. A letter does need to be shared with your GP though in order for us to safely prescribe medication.

Medication

If medication is recommended, your psychiatrist will refer you to our nurse led 'titration service'. Our nurses are highly experienced independent prescribers with experience and expertise in ADHD. They will oversee your medication, monitoring effectiveness and side effects, and adjust your medication accordingly. They will prescribe your medication for you.

There is a delay of a few weeks between referral to the titration service and being contacted by them (the delay varies due to demand for the service – [check our website](#) for updates). Many people find this short period of time useful to reflect on the diagnosis and to read information about ADHD.

Following medication treatment, once no further changes to your medication are needed, you will be seen again by your psychiatrist. If appropriate, your psychiatrist will then request your GP to take over prescribing.

Driving

If you receive a diagnosis of ADHD, the DVLA advises to only inform the DVLA if you feel your ADHD impacts your ability to safely drive. If you are not sure if this is the case, please discuss it with your psychiatrist. It is also advisable to inform your insurance company – this is unlikely to affect your premium.