

Information Sheet for ADHD Assessment ADULTS

OUR SERVICE

Changing Minds Pty Ltd is a private psychology practice located in Southwest Sydney providing high quality, evidence-based assessment and intervention for youth and adults. We offer 2 assessment pathways:

1. **Onsite evaluations:** for conditions such as Autism Spectrum Disorder, ADHD, Intellectual Developmental Disorder, Specific Learning Disorders and Giftedness. We assess those who are 6 years old to the elderly.
2. **Online evaluations:** for ADHD only, who reside outside 20 km radius from our location or are confined to their residence due to a medical condition. Our online assessments are for adults only.

This form provides information about our services and the evaluation process. Our service does not conduct evaluations for court, workers compensation or custody matters.

REFERRAL

- You do not need a referral for the assessment, as you can self-refer. However, we do accept referrals from GP's, other medical professionals, or family members. In these cases, you will still need to make the booking and engage in the intake referral screening process directly.
- Please note that referrals for NDIS applications are not eligible for ADHD-specific evaluations.
- We DO NOT assess or provide advice regarding medication.

ELIGIBILITY

- To be eligible for the assessment, you must be over 18 years old and reside greater than a 20 km radius from our onsite location. Alternatively, if you have a medical condition that confines you to your residence, you are also eligible.
- You must have access to the internet, a computer, and a private quiet space for testing.
- You need to be available for an online video consultation (Zoom) on a Friday.
- You should not have a current diagnosis of bipolar disorder or psychosis, nor should you have a history of substance abuse or alcoholism. Additionally, you should not be currently suicidal, involved in court/legal matters, or seeking compensation for matters related to the assessment.
- You must be willing and have the capacity to independently complete at least 4 online assessment measures.
- You will need to have another person who is willing and able to complete an online measure about your childhood, and another who is willing and able to complete an online measure about your current behaviour and functioning (n.b. they can be the same person for both measures).

FEES

The cost of an Adult Online evaluation is \$1300, payable prior to booking an evaluation session.

Payment can be made via EFTPOS, HICAPS, credit card, or through third-party funder arrangements (GST or different charges may apply). Please note that Mental Health Plan Medicare rebates cannot be used for this assessment. However, Private Health Insurance Fund rebates may be applicable. We advise contacting your individual health fund to inquire about rebate claims.

ASSESSMENT PROCESS

Welcome to our online ADHD assessment process! We're committed to providing you with a supportive and thorough evaluation experience. Below are the steps involved in this process:

- 1. Getting Started:** You've taken the first step by expressing interest in our ADHD assessment. We have provided you with this information sheet detailing what to expect during the evaluation process.
- 2. Eligibility Screening:** Next, you'll engage in a brief intake referral screening process with our administration staff to ensure that you meet the criteria for the evaluation.
- 3. Payment and Booking:** To secure your assessment session, you'll make a full payment of \$1300 and book your session time with our receptionist. An invoice will be promptly emailed to you upon payment.
- 4. Preparing for Assessment:** Ahead of your evaluation session, you'll receive an email containing instructions for the evaluation process. ***At least 48 hours before your session*** you'll also electronically complete:
 - a. An informed consent form.
 - b. An intake information form (which provides background and history)
 - c. Assessment Measure CAARS
 - d. Assessment Measure CEFI
 - e. Assessment Measure WHODAS 2

***It's essential to complete all forms and measures within this timeframe to avoid session cancellation.**

- 5. Assessment Session:** On the day of your evaluation, you'll log into a 1.5-hour video conferencing meeting where your Clinical Psychologist guide you through the assessment tasks. These include a discussion of informed consent, instructions for further client and observer assessment measures, a structured clinical interview, and guidance for completing the MOXO - continuous performance measure.
- 6. Post-Session Measures:** Following the evaluation session, you'll log in to complete the MOXO assessment within 45 minutes. Additionally, you and any observers will complete post-session measures to provide further insight.
- 7. Report Production:** Once we've received all assessment data, our Clinical Psychologist will score, analyse, and interpret the information. Within approximately two weeks, you'll receive a comprehensive report in the form of a protected PDF via email.

VIDEO-CONFERENCING

What is Cliniko Telehealth?

Cliniko Telehealth is a secure and convenient way for patients to connect with their healthcare providers remotely through video conferencing. It allows you to have appointments with your Clinical Psychologist, Gina Howland, from the comfort of your own home or any other private location.

How Does it Work?

- 1. Appointment Scheduling:** Your appointment will be scheduled as usual through our booking system.
- 2. Email Confirmation:** Once your appointment is confirmed, you will receive an email containing all the necessary details for your telehealth session, including the date, time, and a link to join the video call.
- 3. Preparing for Your Appointment:** Prior to your appointment time, ensure you have a stable internet connection and a quiet, private space where you feel comfortable discussing your concerns with Gina Howland.
- 4. Joining the Video Call:** At the scheduled time of your appointment, simply click on the provided link in the email. This will direct you to the virtual waiting room, where Gina Howland will join you shortly.
- 5. During the Appointment:** Your telehealth session will proceed similarly to an in-person appointment. Gina Howland will greet you and begin the session, allowing you to discuss your concerns, and guiding you through the evaluation process.

6. **Ending the Call:** Once your session is complete, Gina Howland will end the call, and you can disconnect from the video conferencing platform.

Where can you learn more?

- If you would like to watch a video about Cliniko Telehealth you can access it using this link:
<https://www.youtube.com/watch?v=EG6tp9pPgVM>
- If you would like to find out more about using the Cliniko Telehealth platform you can access a web guide called *Telehealth: a guide for patients* using this link:
<https://help.cliniko.com/en/articles/3843932-telehealth-a-guide-for-patients#joining-the-call>.

Important Notice: Recording of Telehealth Sessions

For the protection of your privacy and confidentiality, we kindly request that clients do not video or audio record their telehealth sessions with Clinical Psychologist Gina Howland.

Recording sessions poses several risks, including:

- **Violation of Privacy:** Recording sessions without consent may inadvertently capture sensitive information about other individuals, breaching their privacy rights.
- **Confidentiality Concerns:** Recordings of sessions could potentially be accessed or shared by unauthorised persons, jeopardising the confidentiality of your discussions with Gina Howland.
- **Legal and Ethical Implications:** Unauthorised recording may contravene legal and ethical guidelines regarding the confidentiality of healthcare sessions, potentially leading to legal consequences.

We prioritise your privacy and confidentiality and strive to maintain a safe and secure environment for all telehealth sessions.

CLIENT EXPECTATIONS & RESPONSIBILITIES

At our clinic, we believe in fostering a warm and respectful environment for everyone involved. We kindly ask that you adhere to the following expectations throughout the evaluation process:

- **Interacting with Courtesy:** Please interact with our staff and clinician courteously. We strive to provide you with the best possible experience, and your cooperation makes a significant difference.
- **Honesty and Integrity:** It's essential that you complete all measures and answer all questions honestly. This ensures that we can provide you with a reliable and valid assessment outcome that best meets your needs.
- **Understanding the Assessment Process:** Please understand that the purpose of this pathway is to conduct a comprehensive psychological assessment. However, it's important to note that this does not guarantee a specific diagnosis (e.g., ADHD) or the prescription of stimulant medications.
- **Creating a Suitable Testing Environment:** To optimise the assessment process, please ensure that you provide the most appropriate setting conducive to testing. This includes having privacy, access to a quiet space free from interruptions, and reliable internet and computer access.
- **Clarification of Responsibilities:** Please understand that the evaluation does not imply that the clinician is responsible for your ongoing treatment, care, or psychological needs beyond the assessment.
- **Respectful Use of the Report:** The report provided to you should only be used for its intended purpose. It's important not to misuse or distribute the report for any other purpose without prior agreement.
- **Limitation on Medication Advice:** Please note that the Clinical Psychologist will not provide advice regarding medication. If you have questions or concerns about medication, we recommend consulting with a qualified medical professional.

FURTHER INFORMATION

We offer a flexible and tailored response to referral needs and our website provides further information about our services: www.changingminds.net.au.