

## Private ADHD Assessment & Diagnosis

### *Steps to screening and full diagnosis.*

1. Book a complimentary ADHD initial consultation to discuss how we may assist you, usually completed by a short telephone conversation or you can just request a screening consultation and report if you think you or your child may have ADHD.
2. **At the screening consultation please bring any old school reports if you have them, a short letter from at least two people who have known you as a child or for some time will also be required, and these should describe your personality/behaviours in everyday life both the good and challenging. Please also ask your GP for a print out of your Patient Summary, (bring these documents to the consultation, please do not email them to us). A partner, parents, relative or friend can also attend the consultation.**
3. Once you have received your screening report by email as a PDF document (usually within seven days), If you would like to make an appointment for a full diagnosis after your ADHD screening please email and we will offer you the next available date.
4. At the end of final diagnosis appointment if medication is suitable for you and required you will receive a prescription for your initial titration medication. (You will need to pay the pharmacist for your initial medication whilst titrating, and up until your NHS GP agrees to provide ongoing prescriptions). We will send your GP a letter confirming your formal diagnosis and any medication prescribed. A copy of that letter will also be emailed to you within 7 days after diagnoses. **We will only medicate under 18's if your GP provides us with a letter indicating that the young person is fit and healthy and has no heart issues.**
5. After you have titrated successfully and your optimum medication dosage is ascertained we will send your GP another letter telling them about your diagnosis and medication, they may then choose to enter into shared care (some GP's do and some do not) and then supply you with prescriptions and medication in the long term. This means that we will engage with you for ADHD monitoring following medication and that your normal health practice will provide your ongoing medication.
6. At any point you can call us regarding your ADHD medication if prescribed, any adjustments we make will be notified to your health practice. Should your GP not agree to provide ongoing medication we can still provide private prescriptions for three months medication at a time, however private prescriptions are charged by our doctors at £50 each. You will still need to pay your pharmacist for your ongoing medication.

## Professional Fees.

- ADHD Screening & Report. £350.00 (**payable at the time of booking the screening**)
- ADHD Full diagnostic consultation after screening. £645.00 (**payable at the time of booking**)
- An ADHD psycho-education presentation is included with a full diagnosis (and must be undertaken within the first year of diagnosis) the presentation will be held 4 times a year at Postwick Village hall near Norwich. 6pm – 7.30pm.

**Please book your place in advance as there are limited spaces available. Bookings can be made by emailing, [jeannette@adhdnorfolk.org.uk](mailto:jeannette@adhdnorfolk.org.uk)**

- ADHD unlimited telephone and email support for one year after diagnosis. Please approach us for support, we do not chase you and ask if you require it.
- After year one support a fee of £200.00 will be charged for the medical reviews should you use ADHD medication.

**£350.00** Screening fee & report, paid at the time of booking the screening consultation.

**£645.00** Final fee payable at the time of making your diagnosis appointment.

**£995.00** Total cost of diagnostic assessment for one year.

## Important Information

**Please read before booking Assessment.**

- Confirmation should be requested and gained from your doctor that they will, after diagnosis, enter into shared care and then provide you with ongoing medication after titration (if medication is required).

***If shared care with your doctor cannot be agreed then you would be responsible for paying for your ongoing private prescription fee and medication costs. (Approximately £35 per month)***

- ADHD Norfolk **will only prescribe Atomoxetine** as a medication for ADHD. **We do not prescribe controlled medication such as Methylphenidate or Lisdexamfetamine as prescribed by the NHS.**

ADHD Wellbeing clinic. Ground floor 124 Thorpe Road, Norwich. Norfolk.NR1-1RS

[www.adhdnorfolk.org](http://www.adhdnorfolk.org) email; [enquiries@adhdnorfolk.org.uk](mailto:enquiries@adhdnorfolk.org.uk)

- You will need to pay your chemist/pharmacist for any private prescription medication while we titrate and optimise on your medication, if medication provision with your doctor cannot be agreed after titration, then you would be responsible for paying for your ongoing private medication costs at approximately £35 pounds a month depending upon the pharmacy you use.
- **Before a full screening assessment and report can be completed. Two letters/statements describing the person being assessed in their everyday life, must be provided at the assessment, 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 would also be useful to us as well as the screening form we will provide you for the school to complete.**
- **A print out of your Patient Summary from your GP must be provided at the screening consultation. Please note this is a summary and not your full medical history.**
- ADHD psycho-education and coaching as well as a good diet and regular physical exercise are just as important to help you manage ADHD as medication is, many people do not require medicating.
- We offer ADHD coaching for individuals, juniors, families and couples. These sessions are bespoke, approximately one hour and cost £95 per session in clinic.
- After assessment and a full year of our support from the date of diagnoses, to continue with our support there will be an additional charge of £200.00 per year for your annual medical reviews if you are medicated, this fee also covers private prescriptions (you will pay the pharmacy for the medication). If your GP has agreed to provide your medication you will still need annual reviews with us to comply with N.I.C.E. guidelines. This allow your GP to continue prescribing ADHD medication. Failure to comply with reviews could result in your surgery withdrawing shared care and medication. Once you have been re-diagnosed or our diagnosis ratified with the NHS you will no longer have to use our private services.
- 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 and the use of illicit substances should be reduced and in certain cases may render ADHD medication ineffective.

- 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.

Please do not make any appointments 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 sign and bring it to your screening consultation.

I have read and agree to the above;

Name \_\_\_\_\_ Mobile No. \_\_\_\_\_

Signed \_\_\_\_\_ Date \_\_\_\_\_ E.mail \_\_\_\_\_

**Please use the pay and display car park as parking is not available at the clinic.**



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