



# Preparing for Your ADHD Assessment

## A guide for adults, children, young people, and their supporters

### **What is an ADHD assessment?**

An ADHD assessment helps us understand whether Attention Deficit Hyperactivity Disorder (ADHD) may explain some of the difficulties or experiences you have had throughout your life.

As part of the assessment, your assessor will complete a structured interview called the DIVA (Diagnostic Interview for ADHD). The interview explores symptoms of ADHD in childhood and in current life, as well as the impact these symptoms may have on everyday functioning.

Your appointment may take place online or in person at one of our clinics.

### **Who Should Attend?**

#### **Adults**

Adults may attend the assessment on their own.

However, it can be helpful if a partner, relative, friend, or someone who knows you well is able to contribute information about your experiences.

Where possible, information from someone who knew you during childhood can be particularly valuable, as ADHD symptoms begin in childhood.

We understand that this is not possible for everyone. Your assessment can still proceed without a childhood informant.

#### **Children and Young People**

A parent, carer, or another adult who knows the child well should attend the assessment.

Depending on the child's age and needs, they may attend all or part of the appointment.

Information from parents, carers, schools, and other professionals may also contribute to the assessment process.



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### **Before Your Appointment**

#### If Your Appointment Is Online

Please:

- Use a laptop, desktop computer, or tablet if possible.
- Ensure your camera and microphone are working.
- Test your internet connection beforehand.
- Choose a quiet space with minimal distractions.
- Have a charger available if needed.

#### **If Your Appointment Is In Person**

Please:

- Allow enough time for travel, parking, or public transport.
- Aim to arrive a few minutes before your appointment.
- Contact us if you think you may be delayed.

### **Helpful Things to Have Available**

You may find it helpful to have:

- A drink nearby.
- Paper and a pen.
- School reports or educational records (if available).
- Previous assessments or reports.
- Notes about difficulties you would like to discuss.

You do not need to prepare detailed answers in advance.

### **What Will We Discuss?**

The DIVA interview explores ADHD symptoms across different areas of life.

Topics may include:

#### **Attention and Concentration**

- Difficulty focusing.



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- Forgetfulness.
- Losing or misplacing things.
- Becoming distracted easily.
- Organisation and planning difficulties.
- Completing tasks and following instructions.

### **Hyperactivity and Restlessness**

- Feeling restless or needing to keep moving.
- Difficulty sitting still.
- Excessive talking.
- Internal feelings of restlessness.

### **Impulsivity**

- Interrupting others.
- Acting without thinking.
- Difficulty waiting.
- Making quick decisions.
- Risk-taking behaviours.

### **Daily Life and Functioning**

We will explore how these experiences affect areas such as:

- Education and learning.
- Employment.
- Family life.
- Friendships and relationships.
- Household responsibilities.
- Emotional wellbeing and self-esteem.

### **During the Assessment**

### **What to Expect**



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The DIVA is a structured interview that helps assessors explore ADHD symptoms in a consistent way.

You will be asked questions about:

- Childhood experiences.
- Current experiences.
- Examples of how symptoms affect daily life.

Some questions may feel repetitive. This is normal and helps ensure that all relevant areas are explored thoroughly.

### **Your Role**

- Answer questions as honestly as possible.
- Give examples where you can.
- Let the assessor know if you are unsure about an answer.
- Ask for clarification if something is unclear.
- Request a break if needed.

Many people worry that they will forget important information. This is completely normal, and your assessor will help guide the discussion.

### **Supporting Yourself During the Assessment**

ADHD assessments can involve discussing experiences from many different stages of life, which some people find tiring.

You may find it helpful to:

- Have water or refreshments available.
- Use fidget items if these help concentration.
- Bring notes if you are worried about forgetting important examples.
- Plan some quiet time after the appointment.

Children and young people may find it helpful to have comfort items, sensory supports, or opportunities for movement breaks.

### **After the Assessment**

At the end of the appointment:



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- You will have an opportunity to ask questions.
- The assessor may explain whether any additional information is required.
- The next steps in the assessment process will be discussed.
- Information about feedback and reporting will be provided.

In some cases, further information may be requested from family members, schools, or other professionals before a final diagnostic decision is made.

### **Accessibility and Adjustments**

Please let us know before your appointment if any adjustments would help you participate comfortably.

Examples include:

- Additional breaks.
- Communication preferences.
- Sensory considerations.
- Support from another person.
- Mobility or access requirements.
- Difficulties using video technology.

We will do our best to make the assessment as accessible and supportive as possible.

### **A Final Reminder**

There is no test to pass and no "right" or "wrong" answer.

The purpose of the assessment is to understand your experiences and whether ADHD may explain some of the challenges you have encountered throughout your life.

You do not need to prepare perfectly or remember everything. Your assessor will guide you through the process and help you explore relevant examples.