

Vanessa Tan Psychology

Educational and Developmental Psychologist

AuDHD Assessment Structure (Adult)

This comprehensive **Autism and ADHD** assessment is for adults (18+ years) who are experiencing impacts on their functioning and well-being that might be due to an 'AuDHD' brain difference – in the context of day-to-day neurotypical (typically-developing) expectations. All assessment sessions are conducted via Zoom.

What to Expect

Questionnaires: 2 weeks before your assessment, Vanessa will get in touch and email you questionnaires to be completed by you, a trusted person who knows you well as an adult (e.g., partner, parent, sibling, close friend)*, and a trusted person who knew you well as a child*. Please return these questionnaires by your intake appointment to avoid delays to the completion of your assessment.

***Client privacy is our priority. Whilst it is best practice to obtain collateral information from a trusted source, this is not a requirement, especially if you do not feel comfortable.**

Intake session: In this first appointment, Vanessa would like to get to know you by gathering background information about you (e.g., current concerns, family, clinical history, experiences around work/study) and finding out your interests. If you have anything relating to your interests you're happy sharing (e.g., collections, artwork, things you made), get them ready because Vanessa would love to see them!

Autism diagnostic interview: Vanessa uses an adaptation of the MIGDAS-2 interview protocol. Vanessa will explore how you self-soothe, respond to changes, thinking patterns, the way you communicate and interact with others, your social relationships, and your emotional responses. All interview sessions are designed to feel more like a conversation about your experiences and perspectives.

ADHD diagnostic interview: Vanessa uses the DIVA-5 protocol to explore potential ADHD characteristics. Vanessa will ask about your experiences involving (but not limited to) organisation, planning, motivation, impulsivity, decision-making, self-regulation, and engagement in different types of day-to-day activities.

Feedback session: If no further information is required, the feedback session takes place within 1-2 weeks of the final interview session (so you're not left in anticipation for too long!) You'll be provided with the outcome of your assessment, information about your cognitive-behavioural profile to assist your self-understanding, along with recommendations, and summary report.

Kindly provide Vanessa with any of your previous assessment reports and primary school reports (with teachers' comments), if available.

Fee Structure

Intake session (60 minutes)	\$350
Autism diagnostic interview (120 minutes)	\$700
ADHD diagnostic interview (60 minutes)	\$300
Feedback session (60 mins)	\$350
Total	\$1700

Celebrating Diversity, Empowering Divergence.

Depending on each client's presentation, particularly if other potential presentations are being queried, an additional session may be required. This is charged pro-rata at \$250 per 60 minutes. Generally, the additional session does not exceed 60 minutes.

Report options

- 1) **Summary report:** The above fees include psychometric measures, time involved for scoring and thorough formulation, and a summary report which summarises the reason for referral, assessment tools used, outcomes, an explanation of your presentation and neurotype, and recommendations. This summary report is to facilitate self-understanding and is not a clinical report.
- 2) **Comprehensive clinical report:** You may request a comprehensive clinical report instead of a summary report for an additional fee. This report details your background information, assessment findings, psychometric scores, detailed explanation of your neurotype, and recommendations. The fee for this comprehensive report is \$1,250.
- 3) **Report for NDIS Application:** This report is written specifically addressing NDIS criteria to support your application for funding and includes a functional assessment. The fee for this report is \$450. You will still receive a summary report in addition to this NDIS report (unless you requested a comprehensive clinical report).

It's important that you're aware of all your options

As many ADHDers eventually decide to explore medication, it can be more time and cost-effective to complete the ADHD component of your assessment directly with a psychiatrist. This is because, even with a psychologist's assessment, psychiatrists will often do their own assessment before they can prescribe medication. If you are not open to exploring medication, you are most welcome to complete this assessment through Vanessa.

If you decide to proceed with a psychiatrist, it's important to make sure the psychiatrist is very experienced in recognising the various presentations of ADHD in adulthood.

Frequently Asked Questions

What if I don't have access to my school reports or don't feel comfortable with involving a trusted person in my assessment?

Whilst obtaining information from trusted persons and school reports is best practice, not having access to these does not preclude you from receiving a valid assessment. Your right to privacy is a priority. Your assessment will be tailored with your unique circumstances in mind.

Can I claim Medicare rebates for the assessments?

If you are under 25 years old: You may be able to access the Medicare rebate for the Autism component of your assessment if you have a referral from a paediatrician or psychiatrist. Unfortunately, you will not be able to obtain this referral from a GP.

If you are over 25 years old: Unfortunately, Medicare does not allow claiming of rebates for your assessment. If you have private health insurance, please check whether diagnostic assessment can be covered with your provider.

Can Vanessa prescribe medication?

Psychologists cannot prescribe medication. If you would like to explore your suitability for medication, please make an appointment with a psychiatrist experienced in supporting neurodivergent adults.

If you have any questions, you're most welcome to contact Reception at admin@vtpsychology.com.