

AuDHD Assessment Structure (Adult)

This comprehensive combined **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 telehealth.

What to Expect

During the **intake session**, Vanessa will gather background information about you (e.g., current concerns, clinical history, experiences around work/study, current interests etc).

For the **Autism diagnostic interview**, Vanessa uses an adaptation of the MIGDAS-2 interview protocol. For the **ADHD diagnostic interview**, the DIVA-5 interview is used to explore potential ADHD characteristics. These sessions are designed to feel more like a conversation about your experiences and perspectives.

The **feedback session** is scheduled for approximately 2 weeks (depending on availability) after the final interview session to provide time for you and your trusted person(s) to return all the forms, and for Vanessa to collate the results. You will be provided with the outcome of your assessment, information about your unique cognitive-behavioural profile to assist your self-understanding, recommendations, and a summary report.

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

Fee Structure

Intake interview (60 minutes)	\$350
Autism diagnostic interview (120 minutes)	\$700
ADHD diagnostic interview (60 minutes)	\$300
Feedback session (60 mins)	\$350
Total	\$1700
<i>Additional fee if a phone interview with a trusted person (30 minutes) is required</i>	\$100

The above fees include psychometric measures, time involved for scoring and formulation, and a summary report. This summary report is to facilitate self-understanding and is not a clinical report.

If you would like a report to support your application for NDIS funding, the fee for this is \$450. You will still receive a summary report in addition to this NDIS report.

It is important that you're aware of all your options:

It can be more time and cost-effective to complete the ADHD component of the assessment with a psychiatrist. This is because, even with a psychologist's assessment, psychiatrists will often do their own assessment before they prescribe medication. If you decide to proceed with a psychiatrist, we recommend making 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.