

Child and Young Person ADHD Assessment Guide

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SEIK Psychiatry

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Pre-assessment Questionnaires

1. Questionnaires Sent After Payment:

- Once you pay for the assessment, you'll receive pre-assessment questionnaires by email.
- Parent/guardian and child questionnaires need to be completed within 3 days. If you need more time, don't worry, just let us know.
- You can complete yours and your child's on the portal.
- Send the email with the school questionnaire link(s) directly to them to complete.
- School Questionnaires often take longer, so please encourage the school to return them promptly to ensure the assessment can proceed as planned.
- The assessment cannot go ahead without the questionnaires returned. Check our cancellation and rescheduling policy for charges.

2. Reminders:

- You'll get reminders for missing questionnaires 7 days before your appointment.
- Check your email for reminders and follow the instructions provided.

3. Device Recommendation:

- Use a laptop or tablet, not a phone, for better experience and accuracy.

The Assessment

1. Part 1 – Psychologist Session:

- **Focus:** ADHD symptoms in childhood.
- **Format:** A semi-structured discussion that explores traits and symptoms of ADHD (inattention, hyperactivity, and impulsivity). We encourage patients to reflect on examples of traits they feel they resonate with across different settings and time periods.
- **Duration:** Approximately 90 minutes (additional charges if it exceeds the time).
- **Attendance:** Both the child and their parent/guardian should join.

2. Part 2 – Psychiatrist Session:

- **Focus:** Comprehensive psychiatric assessment to rule out other conditions, covering developmental, medical, and family history.
- **Goal:** Conclude the assessment and provide recommendations for ongoing support.
- **Duration:** Around 45 minutes to 1 hour (additional charges if it exceeds the time).
- **Attendance:** Both the child and their parent/guardian should join. You or your child may find it helpful to have some time alone with the psychiatrist to talk freely about their challenges.

The Assessment - continued

3. Part 3 – Follow Up Session:

- **Focus:** Discuss recommendations for school and additional support.
- **Duration:** 30 minutes.
- **Attendance:** Younger children may not benefit from attending this appointment. Ask the psychiatrist if you're unsure.

Report & Confirmation Letter

- **Report Content:** Overview of psychologist and psychiatry assessment, outcome of your assessment, and any recommendations discussed.
- **Confirmation Letter Content:** Provided only when a diagnosis is reached and states the diagnosis given, and recommendations provided.
- **Timeframe:** Sent 2-3 weeks after your assessment has completed.
- **Amendments:** If you become aware of any inaccuracies please send a list to us at admin@seikpsychiatry.com within 6 weeks of receiving your document.

Internet and Device Requirements

- **Good Internet Connection:** Essential for smooth remote sessions.
- **Device:** Use a larger device like a laptop or tablet for the best experience.

Joining Your Appointments

- **Zoom Link:** You'll receive a zoom link within 24 hours of each appointment.
- **Attire:** Wear comfortable, appropriate clothing, as you and your child would for an in-person appointment.
- **Lighting:** Ensure you are in a well-lit area where your faces are clearly visible. Avoid sitting with a light source directly behind you.
- **Minimise Distractions:** Close any unrelated apps or tabs on your device and put your phone on silent.

Additional Support & Contact

Questions or Concerns?: Don't hesitate to reach out to us for assistance.

Phone: 020 8087 0831

Email: admin@seikpsychiatry.com

Opening Times:

Monday 09:00 - 15:00

Tuesday 09:00 - 15:00

Wednesday 09:00 - 15:00

Thursday 09:00 - 12:00

Friday: 09:00 - 15:00

