

Understanding your ADHD Assessment

A guide for children, teenagers, adults and their families

Choosing to have an ADHD Assessment is an important step, and it's normal to have questions.

At Empowr, we believe assessment is about understanding the whole person—not simply determining whether someone meets the criteria for ADHD. Our goal is to understand how attention, executive functioning, self-regulation and everyday functioning are impacting you or your child, so we can provide practical recommendations that support success at home, school, work and in daily life.

Every assessment is personalised to answer the questions that matter most to you and your family

Your Assessment Journey

Stage	What happens
Initial Enquiry	We'll talk with you about your concerns and whether an ADHD Assessment is the right next step.
Initial Appointment	Your psychologist will spend time understanding your concerns, background history, and goals.
Your Assessment Plan	Following the initial appointment, your psychologist develops an individual Assessment Plan tailored to your referral questions and selects the most appropriate assessment tools.
Questionnaires & Information Gathering	Questionnaires may be completed by parents, teachers, partners or the individual. Previous reports and relevant background information are reviewed
Assessment Sessions	Assessment activities, clinical interviews and possibly observations are selected specifically for you or your child.
Report	A comprehensive report explains the findings, strengths, challenges and practical recommendations.
Feedback	We'll discuss the results together and answer your questions and talk through the next steps.

Questions?

Please email contact@empowr.com.au or call 02 4071 9390
to discuss availability, suitability and next steps

Understanding the Whole Picture

There is no single test that can diagnose ADHD.

We bring together information from clinical interviews, questionnaires, observations, developmental history and everyday functioning to understand how attention, executive functioning and self-regulation affect daily life.

We also consider whether other factors, such as anxiety, learning difficulties, autism, sleep, medical conditions or life experiences, may be contributing to the concerns.

Our goal isn't simply to answer 'Does this person have ADHD?' It's to understand how your brain works, identify strengths, recognise challenges and provide recommendations that make everyday life easier.

Frequently Asked Questions

How long does the assessment take?

Most ADHD assessments are completed over several appointments. Your psychologist will discuss the expected timeline after your Initial Appointment.

Will I receive a report?

Yes. You'll receive a comprehensive written report explaining the findings and recommendations, diagnostic conclusions (where appropriate) and practical recommendations.

Can I ask questions during the assessment?

Absolutely. We encourage questions throughout the assessment process.

Is every ADHD assessment the same?

No. Every assessment is tailored to the individual through an Assessment Plan.

Can the report help with school, study or work supports?

Yes. Where appropriate, recommendations can support educational adjustments, workplace accommodations and ongoing therapeutic planning.

Our Commitment to You

We know seeking an assessment can feel overwhelming. Our commitment is to provide a welcoming, neuro-affirming and supportive assessment experience that focuses on understanding the whole person – not just their challenges.

We'll guide you through each step and provide clear, practical recommendations that help you or your child better understand strengths, navigate everyday life with confidence, and access the right supports moving forward.

ADHD Assessment Fee Guide

Understanding Fees & Funding

Every ADHD Assessment at Empowr is tailored to the individual.

Following your Initial Appointment, your psychologist will prepare an individual Assessment Plan and provide a personalised quotation before any additional assessment appointments are confirmed.

Common Assessment Pathways

Every ADHD assessment begins with an initial appointment, where your psychologist will discuss your concerns and develop an individual Assessment Plan. The pathways below provide a guide to our most common assessment journeys and provide a guide to typical fees.

Assessment Pathway	Typical Investment
ADHD Assessment – Registered Psychologist	From \$2320
ADHD Assessment – Provisional Psychologist	From \$1600
ADHD Assessment with additional Executive Function Assessment	From \$2800
This pathway provides a comprehensive assessment of attention, executive functioning impulsivity, emotional regulation and everyday functioning. The assessment may include clinical interviews, developmental history, standardized questionnaires, executive functioning assessment, behavioural observations (where appropriate); comprehensive report and a feedback appointment with practical recommendations	
Combined ADHD & Autism Assessment	Personalised Quote
Recommended when referral questions involve both ADHD and Autism Spectrum Disorder. The assessment is individually tailored and may include additional standardised assessments, adaptive functioning measures and developmental interviews.	

Every assessment is unique. Following your initial appointment your psychologist will develop an **Assessment Plan** outlining the recommended assessment components, expected timeframe and a personalised quotation before any further appointments are booked.

Funding Options

Funding	Available
Medicare (where eligible)	Yes
Private Health	Depends on Policy

Payment Schedule

Stage	Payment
Initial Appointment	Deposit required to confirm appointment
Assessment Plan & Service Agreement (quote)	Provided after the initial appointment
Assessment Appointments	Invoice/payable as appointments occur
Report	Released once final invoice has been paid

Frequently Asked Questions

Do I have to pay everything up front?

No. Assessments are invoiced progressively throughout the assessment process

Can the quote change?

If additional assessment is recommended, this will always be discussed with you before proceeding.

Will Medicare cover my assessment?

Eligible appointments may attract Medicare rebates where a valid referral pathway applies. Report writing is not rebatable. We are happy to discuss what kind of Medicare referral may be available to you.

When will I receive my report?

Usually within 2-4 weeks of the final assessment session, depending on complexity or within 10 days after your feedback appointment.

Preparing for your ADHD Assessment

Helping you feel prepared and confident for your upcoming assessment

Thank you for choosing Empowr Health Collective.

Our goal is to provide a calm, supportive and neuro-affirming environment where you or your child can feel comfortable being yourselves.

There are no pass or fail results, and there is no need to prepare or study beforehand. We simply want to understand how your brain works in everyday life.

Before Your Appointment

- Get a good night's sleep
- Eat before arriving
- Drink water
- Take prescribed medication unless advised otherwise
- Wear comfortable clothing
- Bring anything that helps you feel comfortable (e.g. favourite toy, sensory item)

What to Bring

- Previous allied health reports
- School reports (children & adolescents)
- Previous assessment reports
- Medical information
- Medication list
- Completed questionnaires
- Water bottle and snack
- Glasses/hearing aids

During the Assessment

Depending on your Assessment Plan, your psychologist may:

- talk with you about your concerns
- ask questions about your development and everyday life
- complete activities that explore attention and executive functioning
- review questionnaires completed by family members, teachers or other important people
- observe behaviour and problem-solving approaches
- discuss strengths as well as challenges

Most appointments last **60–90** minutes. Your psychologist will explain each activity and breaks are encouraged whenever needed.

Remember

There is no need to prepare or practice beforehand. There are no right or wrong answers. We're interested in understanding how your brain works in everyday life, not how well you perform on a particular day. The more honest and natural your responses are, the more helpful the assessment will be.

After the Assessment

Stage	What happens
Report Preparation	Your psychologist analysis the information gathered and prepares your report
Feedback Appointment	We'll discuss the assessment findings, answer your questions and explain our recommendations
Final Report	Your comprehensive report is provided after your feedback appointment

A Few Helpful Tips

For Children

- Explain that they will be meeting someone who wants to learn about how their brain works.
- Avoid telling them they are being "tested."
- Reassure them there are no pass or fail marks.

For Teenagers

- It's normal to feel unsure or nervous.
- The assessment isn't about judging you—it's about understanding your strengths, challenges and how you learn best.

For Adults

- Many adults tell us they feel anxious about the assessment, particularly if they have spent years wondering why everyday tasks seem harder than they do for others.
- Remember—you don't need to prove anything.
- Just come as yourself.

What if I forget something?

Don't worry if you forget to bring something.

If there are additional reports or documents we need, we can always obtain them later. The most important thing is simply attending your appointment; we'll guide you through the rest.

Understanding your ADHD Assessment Results

Making sense of your strengths, challenges and next steps

Receiving the results of an ADHD assessment can bring many different emotions.

For some people, the results provide relief and answers to questions they've had for years. For others, they may raise new questions about what happens next. Whatever the outcome, our goal is to help you better understand how your brain works and provide practical recommendations that support everyday success.

An ADHD assessment isn't about labelling you or your child - it's about providing understanding, validation and a pathway forward.

What did the Assessment tell us?

Your assessment looked at much more than attention...

Attention and concentration | Executive functioning

Impulsivity | Hyperactivity

Emotional regulation | Working memory

Processing speed | Organisation and planning

Everyday functioning | Strengths and interests.

We also considered whether other factors, such as anxiety, autism, learning difficulties, sleep, trauma or medical conditions, may be contributing to the concerns.

ADHD looks different for everyone

There isn't one "type" of person with ADHD.

Predominantly Hyperactive / Impulsive

- Constant movement
- Acting before thinking
- Difficulty waiting
- Talking a lot
- Restlessness

Combined Presentation

Many people experience a mixture of inattentive and hyperactive/impulsive traits.

Every person's profile is unique.

Predominantly Inattentive

- Easily distracted
- Forgetful
- Difficulty organising
- Losing things
- Daydreaming

The ADHD Brain

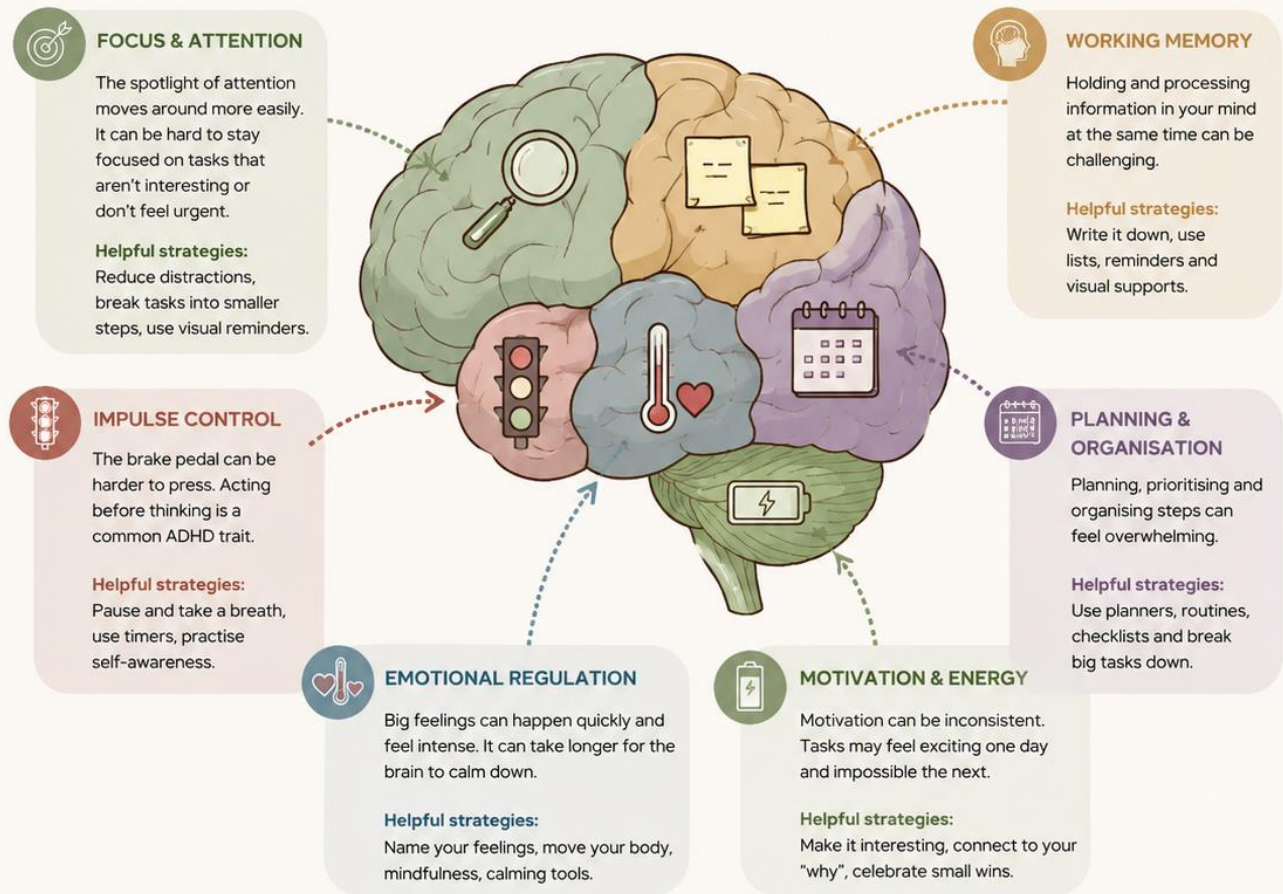
Different, not less.



EMPOWR

- Health Collective -

ADHD affects the way the brain manages attention, emotions and executive functioning. It's not about trying harder—it's about understanding how your brain works so you can use the right strategies and supports to thrive.



Remember...



ADHD is a neurodevelopmental difference.



It is **NOT** caused by laziness, poor parenting or a lack of intelligence.



Everyone's ADHD looks different.



With the right support, strengths can shine and challenges can improve.

Different brains can do amazing things.



Understanding Executive Functioning

Executive functioning is often described as the brain's management system.

It helps us:

- get started
- stay focused
- remember information
- organise ourselves
- plan ahead
- manage emotions
- switch between tasks
- finish what we begin

Many people with ADHD know what they want to do—but their brain finds it much harder to organise, prioritise and follow through.

Your strengths matter too

ADHD isn't just about challenges.

Many people with ADHD are:

Creative | Curious | Empathetic
Energetic | Passionate | Funny
Innovative | Excellent problem-solvers | Big-picture thinkers

One of the goals of your assessment is identifying these strengths and helping you build on them.

What happens next?

Your report may recommend supports such as:

- Psychology
- ADHD coaching
- Parent coaching
- Executive functioning strategies
- School adjustments
- Workplace accommodations
- Occupational therapy
- Speech pathology
- Medication discussion with your GP, paediatrician or psychiatrist
- Further assessment if required
- Not everyone needs every recommendation.

Your Next Steps Roadmap

From understanding to thriving



EMPOWR
- Health Collective -

You don't have to navigate ADHD alone. This roadmap shows what the journey can look like after your assessment.

1

ASSESSMENT

You've taken the first step in understanding yourself or your child.

- We explore strengths and challenges
- Gather information
- Build a complete picture



2

FEEDBACK APPOINTMENT

We talk through the results together.

- Understand the findings
- Ask questions
- Discuss recommendations
- Plan next steps that feel right for you



3

UNDERSTAND & PLAN

Take time to reflect on the results and identify the supports that will make the biggest difference.

- Prioritise what matters most
- Set realistic goals
- Celebrate small wins



4

ACCESS THE RIGHT SUPPORTS

Different supports can help you thrive in everyday life.

- Therapy & counselling
- ADHD coaching
- Executive functioning strategies
- School or study adjustments
- Workplace accommodations
- Parent or family support
- Allied health services



5

MEDICAL SUPPORT (IF APPROPRIATE)

For some people, medication can be a helpful part of the picture.

- GP, Paediatrician or Psychiatrist
- Discuss options
- Review and monitor
- Find what works best for you



6

THRIVE YOUR WAY

With the right understanding and supports, you can build a life that works for your brain and your goals.

- Build on your strengths
- Use strategies that help
- Keep learning and adapting
- You've got this!



Frequently Asked Questions

Does ADHD mean I'm not intelligent?

Absolutely not. People with ADHD have the same range of intelligence as everyone else. Many people with ADHD are exceptionally bright, creative and capable.

Can ADHD improve?

Yes. While ADHD doesn't simply disappear, understanding your brain, learning strategies, accessing appropriate supports and, for some people, medication can make a significant difference.

Will medication change my personality?

Medication doesn't change who you are. Its purpose is to reduce some of the challenges associated with ADHD so that your natural strengths can shine more consistently. Decisions about medication should always be made with your treating medical practitioner.

Will this report help at school or work?

Often, yes. Your report may include recommendations that support reasonable adjustments, accommodations and planning in educational or workplace settings.

Remember...

A diagnosis doesn't define who you are.

It simply provides another piece of information about how your brain works. Our hope is that this assessment helps you better understand yourself, build on your strengths and access the supports you need to thrive.