

Adult ADHD Diagnosis

Attention-deficit/hyperactivity disorder (ADHD) is a neurodevelopmental disorder that can lead to persistent problems with attention, hyperactivity and impulsive behaviour.

Receiving a diagnosis of adult ADHD is a process that involves various steps and considerations.

Step 1: Recognise Symptoms

Identifying with ADHD symptoms is crucial for seeking diagnosis. These symptoms can include difficulty focusing, hyperactivity, impulsivity, and trouble managing time and organisation.

Request an appointment with ADHD Doctors Tasmania if you recognise these symptoms for yourself.

Step 2: Initial appointment with the GP

At your initial appointment, the ADHD Doctors Tasmania GP will assess you for ADHD.

Step 3 is an appointment with a psychiatrist for a formal assessment and our GP will organise your referral at the initial appointment.

The Psychiatrist will be located in Australia and can be seen by Telehealth.

Step 3: Assessment by Psychiatrist

The Psychiatrist makes the formal diagnosis, they will send a report back to ADHD Doctors Tasmania and you will then book your next telehealth appointment with ADHD Doctors Tasmania.

According to the report, treatment options may include therapy by a psychologist, ADHD coaching, prescription medication, or a combination of these.

Step 4: Application to prescribe

The ADHD Doctors Tasmania GP will need to apply for permission (59E application) to prescribe stimulant medications if recommended by the Psychiatrist.

The Pharmaceutical Services Branch (PSB) assesses this application. The PSB may take several weeks to complete this.

ADHD Doctors Tasmania will then advise you when to book your next appointment.

Step 5: Treatment

Usually some pathology tests and an ECG are required before stimulant medication is started.

The dose starts low and is slowly increased until symptoms are best managed.

This step requires several appointments with ADHD Doctors Tasmania over a period of several weeks.

Step 6: Ongoing Review

Appointments with the ADHD Doctors Tasmania GP will be required ongoingly about 4 times a year for review and provision of scripts.

Further review by the Psychiatrist will be needed every 6-12 months to continue on the medications.