

## COMPREHENSIVE PSYCHOLOGICAL DIAGNOSTIC ASSESSMENTS

### Combined Autism and ADHD assessments

For a formal diagnosis of Autism Spectrum Disorder in WA a multidisciplinary assessment approach is usually required. Diagnostic assessment requires that stringent diagnostic assessment criteria are met, as assessed by the following professionals:

Which professionals required for your child's assessment and diagnosis may vary depending upon your child's areas of difficulty, your intention to apply for supports following diagnosis (ie. NDIS, Department of Education etc). It can also be determined by the age of the child. This should be discussed with your diagnostician/s. However, generally speaking, a minimum of two suitably trained professionals would be required to agree upon a diagnosis.

Diagnostic teams can be made up of Paediatricians, Psychiatrists, Clinical Psychologists, Speech Pathologists (with certification in autism assessment and diagnosis) and some others, as appropriate.

For families accessing assessments privately, the WA Autism Diagnosticians' Forum website may be a useful place to access a list of diagnosticians that may be able to assist with this process:  
<https://waadf.org.au/paad/>

Psychological assessment for ADHD provides a comprehensive assessment of the child's behavioural and cognitive functioning, in relation to the DSM-5 diagnostic criteria. Better understanding of a child's functioning in the context of environmental and familial factors is important; both in order to explore differential diagnoses and/or comorbidities, and to understand specific areas of cognitive strength and weakness.

While psychological assessment can provide a diagnosis of ADHD (or exclusion of this as the case may be) it should be considered as a provisional diagnosis subject to medical evaluation. Review by a Developmental Paediatrician or Psychiatrist/Neurologist (for example) is important to screen for and rule out any potential underlying medical causes or comorbidities, for example. Further, **psychologists are unable to prescribe or monitor medication for ADHD symptom management** if families choose this option as part of the child's treatment plan. The Psychologist's report of assessment findings can be used to inform & support medical diagnosis and intervention planning, or to assist with access to school/classroom accommodations. There are no Paediatricians at this clinic.

**It is important to note that assessment does NOT always result in diagnosis.**

## Referral & Acceptance

Under best practice guidelines, referral to our service for psychological assessments would come from a Paediatrician or Psychiatrist who has already undergone medical evaluation of the child. This is the ideal pathway for referral and assessment. Additionally, a nominal rebate via Medicare may be applicable if referred by Paediatrician/Psychiatrist for autism assessments (via the Helping Children with Autism pathway). Please ensure that your referring Paediatrician/Psychiatrist provides a written referral under Medicare requirements, if you plan to apply for any applicable rebates.

However, given the significant demand for Paediatric/Psychiatric services in the current climate, timely access to these services is proving to be difficult. As such, it may be possible for the psychological component of assessment to be completed *prior* to involvement of medical professionals, with referral via allied health professionals or GP's for example. Self-referrals may also be considered.

**Suitability for referral/assessment pathway is assessed on individual case-by-case basis (and may be subject to interim medical evaluation via the child's GP).** Under the APS Code of Ethics, the psychologist will assess each referral received to determine if this would be considered as a valid and appropriate reason for assessment. The psychologist determines this by considering whether the assessment will be suitable and beneficial for the child and is ethical under APS guidelines. The final decision regarding suitability rests with the psychologist. If it is determined that the assessment, psychologist, or referral reason is not suitable, this will be conveyed to the parent/s and/or contracting party and the psychologist reserves the right not to engage with the client in this service.

Generally speaking, without a valid referral from a Paediatrician under the HCWA pathway, **no Medicare rebate is applicable** to any assessment.

Some private health insurance rebate may be applicable on a portion of the assessment (child assessment) and clients may wish to check eligibility with their individual funds. Item code would be 100/10 and the cost for the child portion of the assessment would usually be approximately \$490.00.

## Assessment Process

As part of the intake process, families will be asked to complete some information forms to assist in determining whether assessment via this service is appropriate. Please note that assessments are not guaranteed until all documentation including referrals have been received and reviewed by the psychologist.

Psychologist assessment for both autism and ADHD is a very detailed and comprehensive process. This involves careful observation and interpretation of specific characteristics such as social communication, behaviours and fixed interests etc. First, the psychologist will ask parents/caregivers to complete a number of pre-interview forms to obtain as much information as possible regarding the social and developmental history of the child.

Following receipt of these documents, there will then be a comprehensive semi-structured interview (based on the ADI-R) with parent/s to explore the child's presentation, including individual strengths,



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weaknesses and specific areas of concern. Obtaining a comprehensive psychosocial and medical history is crucial. Parents are asked to provide (either via email or in person) copies of school reports, previous assessment and other health professional reports etc.

Following the parent interview, your child will attend an assessment session with the psychologist (done on a separate day). This will likely involve formalised cognitive assessment via the WISC-V, as well as informal interview and observation with the child. In some cases, the child session will not require the WISC-V and this will be discussed and determined at the time of booking or parent interview appointment. Depending upon your child's age, some self-report formalised assessments may also be included.

Additional assessment tools will also be administered, as indicated and based on the referral question.

Parents and teachers/daycare providers will also be sent a number of psychometric measures (online questionnaires) to complete. It is requested that these are completed and returned at earliest convenience to reduce any delays on reporting.

Following the parent and child appointments, all observational, interview, formalised assessment results and collateral data are carefully scored, analysed and interpreted against specific DSM-5 diagnostic criteria for autism and ADHD.

Parents receive a comprehensive report, including specific recommendations tailored to the child's specific areas of strength and weakness. The report is provided to parents electronically (approx. 4 weeks following assessment). The opportunity for a brief feedback session (up to 30 mins) is offered at this time (not included in package fee).

#### CHILD ASSESSMENTS:

Should a WISC-V be required, children will be asked to engage in a number of brief tasks including using blocks, looking at pictures and some verbal questions etc. There will be opportunity for short breaks between subtests. It is best to allow approximately 2 hours for the assessment that includes the WISC-V, (although the session is only charged at 50-60 minutes).

**IT IS IMPORTANT TO INFORM THE PSYCHOLOGIST (prior to booking) IF YOUR CHILD HAS HAD ANY FORM OF IQ ASSESSMENT IN THE PAST.**

Although not common, assessment may need to be completed over two sessions due to various circumstances. Additionally, there are times where children are not able to complete assessment. Assessment behaviour forms part of the process and is used in interpretation of the results. As such, in cases where full assessment is unable to be completed, this will still be a chargeable service (no refund/discount). A report will still be provided with any obtainable results and assessment behaviour reported.

Information on preparing for assessments is provided later in this document.



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Parents (and teachers) will be requested to complete a number of formalised assessment measures by way of evidence-based questionnaires and assessment tools as part of the diagnostic process. These are generally online assessments.

### Engagement of Services

Upon agreement between parent/caregivers and the psychologist, suitable dates and times for each stage of the assessment process will be arranged. Included in the packaged cost for the combined assessment is:

- A parent interview appointment – allowing approx. 1.5 hours (up to 2 hours)
- Observation and assessment of the child (only 1 hour is charged for this session, though the assessor provides allowance for up to 2 hours):
  - Including WISC-V assessment – allowing between 1-2 hours (up to 2 hours)
  - Without WISC-V assessment – allowing approx. 1 hour
- Time involved in the preparation, administration, scoring and interpretation of formalised assessment measures, including assessment of adaptive behaviour (Vineland-3 or ABAS-3)
- Psychologist review of supplementary data including school reports, medical/allied health professional reports, liaison with teachers/daycare/other health professionals, as required.
- Preparation of a comprehensive assessment report
- Emailed feedback and PDF of report. If more comprehensive feedback is requested, a face to face or phone/ZOOM feedback session can be arranged at a discounted rate of \$90 per 30-minute session.

### Costs of Assessment and Payment

**The current rate for a combined autism and ADHD assessment including components above is \$2,350.00\*\***

*\*\*Additional costs may be incurred if site visits (home/school/daycare) are required. All additional charges would be discussed and agreed upon PRIOR to service delivery, if applicable. If not all components listed above are required, total cost will be reduced accordingly (adjustment on final invoice).*

On occasion, the need for further/additional assessments may be required and will incur additional costs. Time taken to conduct additional assessment/s or gather further data outside of the above will be charged at the current clinician hourly rate of \$245.00, but will only be carried out in consultation with parent/caregiver.

Payment can either be made in full upfront, or in instalments over the course of assessment, provided that payment is made in full prior to the final feedback session and release of report.

Please note that report **will not** be released until payment of assessment has been received **IN FULL**.

The report will be provided to the parent/legal guardian only. A copy of report and/or letter of result will be provided to the referrer as a matter of professional courtesy. Copies of the report will only be shared with outside parties with consent of the parent/legal guardian.

Payments for completed parts of the assessment process are chargeable and non-refundable in the event that the client (or our service) chooses to disengage or terminate the assessment process for *any* reason, including child behaviour or legal/ethical reasons.

As noted prior, unless referred by a Paediatrician under the HCWA pathway, no Medicare rebates apply to assessments. Some private health funds may cover the child assessment portion of assessment, but clients are encouraged to check eligibility with their own funds.

Payments can be made via:

**DIRECT DEPOSIT:**

Child & Adolescent Psychological Assessment Services – Nicola Albrecht

BSB: 062-692

ACCOUNT: 46905127

Reference: ASD first name & surname of child (eg: ASD Andy Smith)

*Please email payment confirmation to Nicola at [nicola@growingminds.net.au](mailto:nicola@growingminds.net.au)*

**CREDIT CARD** (Visa or Mastercard Only) via SQUARE – please note that all credit card payments will attract a 2.2% surcharge (payable by client).

**CASH**

**Receipts/invoices are sent automatically to main contact email address on file and are formatted to provide clients with an estimated breakdown of fees, as they may wish to check eligibility for claiming part of the assessment via private health insurance, if applicable.**

**[Cancellation of assessments](#)**

Appointments are precious! Not only are there families who would like to the opportunity of earlier assessment dates, as a small business, late cancellations and no-shows impact us significantly. There is a lot of administrative and preparation work involved outside of clinic-based appointments.

As such, cancellation of any booked appointments or assessments must be done by providing a **minimum of 48 hours' notice**. In the case where insufficient notice (less than 48 hours) or a missed appointment occurs, a cancellation fee of **\$250.00** is payable to cover costs associated with preparation, administration and room rental fees. This includes circumstances where appointments need to be cancelled due to medical reasons, however please discuss your specific situation with Nicola.

The cancellation fee can be waived at the services' discretion, if a medical certificate can be provided, if requested.

**It is extremely important that, if you or your child are unwell, you do not attend face to face appointments.** Instead, you are encouraged to contact us as soon as symptoms are noticed, to try and arrange a telehealth session (where appropriate) or discuss rescheduling (cancellation fees as above may apply - please discuss this with Nicola).

Please note that cancellation or reschedule of appointments on more than two occasions may mean that your child is placed back on to the waitlist for service.

### **Confidentiality and Reporting**

Our service upholds client confidentiality in line with the Australian Psychological Society charter.

As per the APS Code of Ethics A.5.2:

The psychologist will disclose confidential information obtained in the course of their provision of psychological services **only** under any one or more of the following circumstances:

- (a) with the consent of the relevant client or a person with legal authority to act on behalf of the client;
- (b) where there is a legal obligation to do so;
- (c) if there is an immediate and specified risk of harm to an identifiable person or persons that can be averted only by disclosing information; or
- (d) when consulting colleagues, or in the course of supervision or professional training, provided the psychologist:
  - (i) conceals the identity of clients and associated parties involved; or
  - (ii) obtains the client's consent and gives prior notice to the recipients of the information that they are required to preserve the client's privacy, and obtains an undertaking from the recipients of the information that they will preserve the client's privacy.

All client records and information will be stored securely and in accordance with APS guidelines.

Following the assessment process and once payment is made in full, a written report is produced, including reporting of relevant history and background information (based on information obtained through interview, assessment, observation and collateral data). The final written report becomes the property of the client (and client's parent/legal guardian), and may be shared by the parent/legal guardian with other health professionals and or relevant services at their discretion.

### **RECORDING OF SESSIONS FOR CLINICAL NOTE TAKING**

This service uses an audio-text app called NovoNote for the purposes of our commitment to improving clinical documentation and enhancing patient care, aiming to provide more accurate and detailed documentation, as well as enabling greater focus on interpersonal communication during sessions.

NovoNote is a secure and encrypted platform, which converts the audio from consultations into tailored clinical notes. NovoNote complies with the Australian Privacy Principles and is compliant with AHPRA and HIPAA standards. It adheres to industry encryption and security protocols. Importantly, the audio recordings from sessions are never saved; instead, they are transformed into a transcript of the session and then discarded. NovoNote stores data on a secure server in Australia and our data processors never train AI models using your data. More information can be accessed via: <https://novopsych.com/novonote-security/>



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This format of note-taking is used at the discretion of the psychologist with consent of the client. By completing the consent form via link below, you (client) are acknowledging use of this app in this practice for the purpose of transcribing medical notes. No sessions will be recorded without your consent and your consent can be withdrawn at any time.

#### **IMPORTANT**

Please note, your psychologist **will not** provide any court reports or any medico-legal reports under any circumstances.

The psychologist reserves the right to restrict or terminate services if Growing Minds Clinical Psychology/Child & Adolescent Psychological Services: become aware at any time that you are using our services to support any legal or court proceedings or applications; if your psychologist receives any legal subpoena or summons initiated by you and/or your legal representatives; or if you or your legal representatives attempt to involve your psychologist and/or the Practice in any court or legal proceedings/applications or in any formal notification or dispute process without our express written consent.

The psychologist also reserves the right to terminate services if there are any concerns relating to personal safety, including threats or verbal abuse from clients or their families.

The psychologist practices under the APS Code of Ethics.

Our service values its clients and welcomes any queries or feedback (positive and negative).

Please direct any such communication directly to Nicola via email at [nicola@growingminds.net.au](mailto:nicola@growingminds.net.au) or feel free to discuss this during your scheduled appointments.

Please take the time to carefully read through this information and refer to the FAQ's on the website, or contact us should you seek clarification. Should you wish to proceed with our services, please complete the consent form attached – this will be required by the psychologist prior to commencement of services. Please retain this information, terms & conditions document for your reference.

Psychologist Medicare Provider Number: 5934313L AHPRA Registration Number: PSY0002170891

**Please let Nicola know if you have ANY queries or concerns regarding an information contained in this document, prior to signing and returning the consent form.**



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**A consent to service form must be completed to secure service booking.**

### **CONSENT TO SERVICE**

Online consent documents are accessible by clicking on the link below, or scanning the QR Code

<https://www.surveymonkey.com/r/9WJDT8L>





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## In preparation for your child's assessment

Before the parent interview session:

Please complete and return all required documents via email, *prior* to appointment. Please note that a consent form will need to be completed and returned before bookings are secured.

### **Part one: Parent session (allow approx. 90mins - 2 hours)**

It is useful to start gathering any relevant and recent correspondence, reports or other information that is relevant to the referral, to provide to the psychologist. This includes (but not limited to):

- School reports and any school documents that may be relevant to referral, such as IEP's or CAP's etc
- Copies of any previous cognitive assessment reports/results
- Copies of results/reports of any other assessments (including academic performance assessments etc)
- Letters/reports from any medical or allied health professionals involved in the child's care

The psychologist may also send through links to any supplementary online questionnaires etc at any point during the assessment process. It is helpful if these are completed as quickly as possible to ensure timely production of final report.

### **Part two: Child assessment session (50 mins to 2 hours – please allow up to 2 hours)**

Please ensure that your child has had a healthy and substantial breakfast on the day of assessment. Please limit intake of sugary foods or drinks prior to assessment. If your child usually takes medication, please ensure that they have taken this as usual on the day of assessment and please advise the clinician of medication and dosage taken on arrival at the clinic.

If a WISC-V is to be completed, then parents are strictly not allowed in the assessment room during testing. It is requested that parents wait in the waiting area or are within a 5-minute walking distance of the clinic at all times (please ensure you take your mobile phone with you if you leave the premises).

To bring to the assessment:

- A water bottle
- Glasses or hearing aides that the child usually wears
- A non-sugary snack

Child assessment sessions take anywhere between 50 minutes and 2 hours, depending on the individual child and required assessment measures etc. However, it is best to allow up to 2 hours for the session. Sessions will not exceed 2 hours. Fee calculated in the package cost is for 1 hour.