
— NEURODIVERSITY · ADHD ARM · CLIENT & FAMILY
INFORMATION

What to expect from an adult ADHD assessment

A calm, plain-language walk-through of how assessment works with us — what happens, what it feels like, and what you leave with.

01 Why does a proper assessment take more than a questionnaire?

An online quiz can tell you that some things resonate. It cannot tell you **why**, rule out the several other conditions that mimic ADHD, or give you a plan. A comprehensive assessment exists to answer a harder, more useful question than "do I have ADHD?" — it answers **"what is actually going on, and what will help?"**

We assess against internationally recognised criteria (DSM-5-TR), but the number at the end matters far less than the understanding you build along the way.

02 What are the steps?

- **A first conversation.** Low-stakes, no preparation required — we talk through what prompted this and whether assessment is the right next step at all.
- **A detailed clinical interview.** The core of the assessment: your history from childhood to now, across school, work, relationships, health and money — the places ADHD actually shows up.
- **Standardised rating scales.** Validated questionnaires you (and often someone who knows you well) complete, so your experience can be compared against a clinical benchmark.
- **Collateral information.** Where possible, a perspective from a partner, parent or old school report — memory is imperfect, and a second view sharpens the picture.
- **Ruling things out.** Sleep, mood, anxiety, stress and medical factors are considered honestly, because good diagnosis rules things out, not just in.
- **A feedback session.** We sit down with the findings and turn them into something usable — not a label handed over at a door.

03 What should I do to prepare?

Less than you would think. You do not need your life story indexed or your struggles neatly catalogued — that organisation is part of what ADHD makes hard, and we

would be slightly suspicious if it arrived pre-sorted. Old school reports, a rough timeline, or a willing family member are useful if they come easily. If they don't, come as you are.

04 Will it feel like a test I can fail?

No. There is nothing to pass or fail, and nothing to perform. The interview is a structured conversation, not an interrogation, and **our approach is strengths-first** — we document what you do well, and the intelligent adaptations you have already built, before we describe what is hard. Most people find the process itself clarifying, whatever the outcome.

"I expected to be caught out. Instead, for the first time, I felt accurately seen."

05 What if the answer is "no", or "not quite"?

That is a genuine and valuable outcome, not a wasted process. If ADHD is not the best explanation, the assessment will usually have surfaced what *is* — and pointed you toward the support that fits. A careful "no" is worth far more than a careless "yes".

06 What do I actually walk away with?

- A clear, written explanation of the findings — in language you can share with family or a GP.
- A formulation: not just *whether*, but *how* your particular wiring works, and where the executive load sits.
- Concrete next steps — which may include medication review, ADHD-adapted therapy, executive-function supports, or simply a better set of instructions for the brain you already have.

07 How does the Executive Frame™ fit in?

Diagnosis is the beginning, not the destination. The Executive Frame™ is our clinical framework for turning findings into a workable life — organising support around **Centre → Clarify → Choose**, so that you first steady the foundations, then build accurate self-understanding, then act deliberately on what matters. The assessment tells us where to start.

THE PRINCIPLE UNDERNEATH

A diagnosis explains you — it does not add anything to you. Everything you have achieved, you achieved with this brain. Assessment simply gives it the right name, and a better set of instructions.

