



WHAT TO EXPECT FROM YOUR ADHD ASSESSMENT (CHILDREN AND YOUNG PEOPLE)

INTRODUCTION

This leaflet outlines the standard components of the assessment process at The Owl Centre, however there may be variations depending on your individual needs.

Our ADHD assessment pathway typically consists of 2 appointments:

- Assessment and clinical observation
- Feedback

HOW TO PREPARE AHEAD OF YOUR APPOINTMENTS

- Please ensure you have completed the pre-assessment questionnaires prior to the appointments.
- Please use a laptop or tablet (not a phone).
- Make sure the device is fully charged or plugged in. It's important that all tech is functioning well.
- Test your internet connection, camera, and microphone.
- Choose a quiet, private space. Please find alternative childcare arrangements for other children, to avoid disruption.

WHO SHOULD ATTEND

- Your child should attend with one parent or carer.
- Set up your camera so your child is visible from head to hips. It's okay if they need to move around sometimes during the session.

WHAT TO EXPECT

- The session for children is split into 2 parts - it will begin with taking the child's developmental history with the parent/carer, and then we invite the child in for the second part, which is the ADHD assessment itself.
- We'll talk about your child's attention, impulsivity, and hyperactivity. We use a structured assessment tool to gather this information.
- How these behaviours affect their daily life, school, and relationships
- Whether ADHD or another neurodevelopmental condition (e.g. autism, learning difficulties) may be present.
- Any relevant medical or mental health history, including previous diagnoses or treatments.
- Family history of ADHD or Neurodevelopmental conditions, e.g. mental health or neurodevelopmental conditions.

HOW LONG IT TAKES

- The session usually lasts between 2 hours – 2 hours 30 minutes.
- Note down the date and time of the appointment.
- Set a calendar or phone reminder.
- Be ready to join the call 5-10 minutes early.



FEEDBACK APPOINTMENT

WHO SHOULD ATTEND

- For children, a parent or carer should attend.
(The child can join too if appropriate).

WHAT TO EXPECT

- The clinician will explain the assessment outcome, how the decision was made, and what happens next.
- You'll also have time to ask any questions.

HOW LONG IT TAKES

- Usually 15-30 minutes.

WHERE IT TAKES PLACE

- Held online via Microsoft Teams.
- Please check your confirmation email for the secure link



NON-ATTENDANCE (UNDER 18'S)

We know life gets busy. If you can't make your appointment, please let us know as soon as possible so we can offer the slot to another family or individual.

- If you don't attend without notice, this will be recorded as a **DNA (Did Not Attend)**.
- **Late cancellations** (less than 24 hours' notice) may also count as a DNA.

FEELING UNSURE OR NERVOUS?

You're not alone.

The Owl Centre is built on the belief that everyone deserves to be understood, supported, and treated with kindness. We take pride in offering professional, evidence-based care in a way that is approachable and human.

Whether you're attending an appointment for yourself or your child, we aim to make the process feel calm, clear, and centred around your needs. We look forward to being a part of your journey.