



WHAT TO EXPECT FROM YOUR ADHD ASSESSMENT (ADULTS)



The
Owl Centre

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.
- It's important an informant also completes their questionnaire and returns it to us before your assessment.
- 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 where you can focus. Please find childcare arrangements for any children, to avoid disruption.

WHAT TO EXPECT

- We'll talk about your current and childhood behaviours and symptoms, and how these behaviours affect your daily life, work, relationships, friendships and social situations.
- Your medical history and co-occurring conditions (e.g. anxiety, depression, autism).
- Family history and important life events.
- Coping strategies you use.
- You'll have time to ask questions
- We'll use a structured, evidence-based tool for the assessment. Your assessor will be making notes throughout.

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

WHAT TO EXPECT

- The clinician will explain the outcome of your assessment.
- They'll go through how the decision was made, including the information and observations used.
- You'll receive personalised advice on next steps, which may include:
 - Strategies for managing at home, work or in education
 - Signposting to helpful services and resources
 - Information about treatment options (e.g. behavioural strategies or medication, if relevant)
- You'll have a chance to ask any questions you may have.

APPOINTMENT REMINDERS

- 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.



NON-ATTENDANCE (ADULTS)

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.