

# Welcome.

## *Your guide to the ADHD assessment.*

Thank you for choosing Silverdale Medical for your ADHD assessment. This pack explains who you will see, what will happen, what it costs, and what to expect at the end. Please read it before your first appointment.

## Who you will see

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### **Your Health Improvement Practitioner**

They see you first, twice, before your ADHD formal assessment. At the first visit they explain the process and gives you forms to complete at home. At the second they go through everything with you and writes up your summary for the GP.

Both appointments are included. Nothing extra to pay.

### **Your GP**

Reads your summary, then meets with you for 45 minutes. By the end of that appointment, you will know the outcome and what happens next.

## What happens

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- 1. Booking** — reception explains the full process and costs before you commit.
- 2. HIP appointment 1** — 30 minutes. Your HIP explains the process and gives you forms to complete at home.
- 3. Complete your forms** — fill them in honestly at home and return them. A short note from someone who knows you well can also help.
- 4. HIP appointment 2** — 30 minutes. They review your forms, talk with you, and prepare your GP summary.
- 5. GP record review** — 15 minutes. Your GP reads everything before your appointment.
- 6. ADHD formal assessment** — 45 minutes. The outcome and next steps are given at the end.
- 7. Monitoring, Treatment Plan & Dosage Review** — starts immediately, after diagnosis and covers the next 6 months of your care.

## The forms

They cover your symptoms, history, and how things affect daily life — attention, organisation, mood, sleep, and more. Your HIP goes through each one with you at the first appointment, so nothing is unclear.

There are no right or wrong answers. Fill them in as honestly as you can.

## What it costs

The pathway is priced in two parts. The assessment is \$800. The 6-month bundle is a further \$400, and is optional — you only pay it if you choose to proceed with medication. If you take up the bundle, the total is \$1,200.

| What                                                                                                        | Cost           |
|-------------------------------------------------------------------------------------------------------------|----------------|
| <b>Assessment</b>                                                                                           |                |
| HIP Appointment 1 — intake and forms                                                                        | Included       |
| HIP Appointment 2 — interview and review                                                                    | Included       |
| ADHD formal assessment (led by GP)                                                                          | \$800          |
| <b>Assessment total</b>                                                                                     | <b>\$800</b>   |
| <b>6-Month Monitoring, Treatment Plan &amp; Dosage Review — optional, if you choose to start medication</b> |                |
| 2-week GP follow-up                                                                                         | Included       |
| 6-month GP review                                                                                           | Included       |
| Up to 4 contacts via portal or email — triaged, GP escalation if clinically needed.                         | Included       |
| HIP access — non-medication support                                                                         | Included       |
| <b>Bundle total (optional, if proceeding with medication)</b>                                               | <b>\$400</b>   |
| <b>Complete pathway total (if bundle taken)</b>                                                             | <b>\$1,200</b> |
| <i>If a consultation is needed beyond the two included — standard fee</i>                                   | Standard fee   |
| <i>After 6 months — ongoing monitoring, standard fee per visit</i>                                          | Standard fee   |

**The assessment fee is the same whether or not ADHD is diagnosed.**

You are paying for the assessment — the time and expertise of the clinicians. Not

the result.

Think of it like any medical test. A clear result still costs the same as one that finds something. If you have any questions about this, please talk to us before you begin.

Payment for the assessment (\$800) is due before the two GP appointments. The \$400 bundle is optional — it only applies if you choose to proceed with medication. If you take it up, it is payable at or before the 2-week follow-up.

If a psychiatrist is needed to review your file, the cost is \$170. This is always discussed with you first.

## Your monitoring, treatment plan & dosage review

If you choose to proceed with medication, you are not on your own. You can opt in to the \$400 bundle, which covers the first 6 months and includes:

### What your \$400 bundle includes

- 2-week in-person GP follow-up
- 6-month in-person GP review
- Up to 4 contacts via portal or email with our ADHD support team
- GP escalation if clinically needed during those contacts
- HIP access for non-medication support — wellbeing, coping, psychoeducation

If a face-to-face consultation is required in addition to the two GP appointments included, the standard consultation fee applies. ADHD support team contacts are limited to 4 over the 6-month period. After 6 months, the standard consultation fee applies for all ongoing monitoring.

## After the first 6 months

Ongoing monitoring continues at the standard consultation fee. Your GP will advise on the right review frequency based on how you are going.

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## After your assessment

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### **If ADHD is found**

Your GP explains the diagnosis and goes through your options. If medication is right for you and you choose to proceed, it can be started the same day, and you can opt in to the 6-month bundle from this point.

### **If ADHD is not found**

Your GP explains what the assessment showed. You will not leave without a clear explanation and a plan for what to do next. The bundle does not apply if no treatment is initiated.

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## A few things from you

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- Come to all appointments — the HIP appointments are the foundation, not optional extras.
- Fill in your forms honestly and thoroughly.
- Return them promptly so your second HIP appointment can go ahead.
- Give us at least 24 hours' notice if you need to reschedule.
- Bring any previous assessments, school reports, or relevant letters.

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## Your privacy

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Everything you share with us is confidential. Your information is handled under the Health Information Privacy Code and the Privacy Act 2020 and is only shared within the team involved in your care.

### **Questions before your first appointment?**

Call us and ask for our ADHD pathway coordinator. We are happy to help.

**09 427 9997** or email us at **adhd@silverdalemedical.co.nz**

*We look forward to seeing you.*