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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

Your Health Improvement Practitioner

You will have two appointments with our Health Improvement Practitioner (HIP) before your formal ADHD assessment with the GP.

At your first appointment, the HIP will explain the assessment process and provide forms for you to complete at home. At your second appointment, they will review your completed forms, discuss your responses and prepare a summary for the GP.

Both HIP appointments are included in the $800 assessment fee, with no additional charge.

Your GP

Your GP will review the summary prepared by the HIP before meeting with you for a 60 minute assessment. During this appointment, the GP will discuss the assessment outcome with you, explain the findings and outline the recommended next steps.

What happens

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 ADHD formal assessment** — 60 minutes. The outcome and next steps are provided.
6. **Optional : Six-month 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

ADHD Assessment Fees and Optional Care Package

The ADHD pathway is priced in two parts:

- ADHD Assessment – $800: This covers the assessment process.
- Optional Six-Month Care and Monitoring Package – $400: This provides ongoing care and monitoring over the first six months.

The six-month package is entirely optional. Medication can commence without purchasing the package. If you choose not to take up the package, follow-up appointments and monitoring services will be charged individually at the applicable rates.

The total cost is $1,200 if you choose both the assessment and the optional six-month package.

What	Cost
Assessment	
HIP Appointment 1 — intake and forms	Included
HIP Appointment 2 — interview and review	Included
ADHD formal assessment (led by GP)	$800
Assessment total	**$800**
Optional: 6-Month Monitoring, Treatment Plan & Dosage Review	
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
Optional Bundle total	**$400**
Complete pathway total (if bundle taken)	**$1,200**

*** If a consultation is needed beyond the two included in the 6-Month Monitoring, Treatment Plan & Dosage Review OR after the 6 month period- appointments and services are charged at the applicable standard rates.*

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 HIP 30-minute 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

Following the ADHD assessment, patients who commence medication have the option of purchasing a six-month care and monitoring package for $400.

This package is entirely optional and is not a requirement for commencing medication. Patients who choose not to purchase the package can still receive the necessary follow-up care and monitoring, with individual appointments and services charged at the applicable standard rates.

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.

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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.

After your assessment

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.

A few things from you

- 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.

Your privacy

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.