

Your questions, answered.

Everything you are likely to want to know before you begin.

About ADHD and the assessment

What is ADHD?

ADHD stands for Attention Deficit Hyperactivity Disorder. It is a recognised medical condition affecting concentration, organisation, impulse control, and attention. It often goes unrecognised until adulthood — many people only seek an assessment after years of struggling in ways they could not fully explain.

What does the assessment involve?

A structured process, not a single test. There is no brain scan or blood test for ADHD. A diagnosis is reached by gathering detailed information about your symptoms, history, and daily life, then applying recognised clinical criteria.

Is a GP able to diagnose ADHD?

Yes. GP-led ADHD formal assessments are now established in New Zealand primary care. For complex cases, we have a consultant psychiatrist available for a second opinion.

How long does the process take?

Three to five weeks from first appointment to GP assessment for most people.

Can I bring someone with me?

Yes. You are welcome to bring a support person to any appointment.

About the process

Why two HIP appointments?

They serve different purposes. The first ensures you understand the forms and can complete them well. The second is where your HIP reviews what you have returned, talks with you properly, and prepares your GP summary.

About the cost

How much does it cost?

Up to \$1,200 in total — \$800 for the assessment, plus an optional \$400 for the 6-month monitoring, treatment plan and dosage review if you choose to proceed with medication. If a psychiatrist review is needed, there is an additional \$170, always discussed first.

Do I have to take the \$400 bundle?

No. The bundle is optional. It only applies if you choose to proceed with medication after your diagnosis. If medication is not right for you, or you decide not to start it, you do not pay for the bundle.

Why is the Monitoring, Treatment Plan & Dosage Review part of the pathway?

Starting medication for ADHD requires careful monitoring and easy access to your clinical team. The bundle is how we ensure you are properly supported through the initial treatment period.

What does the Monitoring, Treatment Plan & Dosage Review include?

Two in-person GP appointments (a 2-week follow-up and a 6-month review), up to 4 contacts via phone, portal or email with the ADHD support team (with GP escalation if clinically needed), and HIP access for non-medication support throughout the 6 months.

What if I need to be seen in person in addition to the two included appointments?

That visit is charged at the standard consultation fee.

What happens after 6 months?

Ongoing monitoring at the standard consultation fee. Your GP will advise on the right review frequency.

What are the forms?

Questionnaires about symptoms, history, and daily life — attention, organisation, mood, sleep, and wellbeing. Your HIP goes through each one at your first appointment.

Do I need a letter from someone who knows me?

Not always, but it helps. A short note from a partner, family member, or friend can strengthen the picture significantly.

Can I reschedule?

Yes. Please give us at least 24 hours notice. Late cancellations may incur a fee.

Do I pay even if ADHD is not found?

Yes. You are paying for the assessment process, not the result. Whether ADHD is found or not, the cost is the same. The bundle (\$400) is optional and only applies if you choose to start medication.

Is this covered by insurance or funded?

This is a private service, not publicly funded. Check with your health insurer. If cost is a barrier, please talk to us before you book.

About the outcome**What if ADHD is found?**

Your GP explains the diagnosis and 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.

What if ADHD is not found?

Your GP explains what the assessment showed and what to do next. You will not leave without a clear plan. The bundle does not apply.

Can I get a letter for work or study?

Yes. Mention this to your GP at the assessment. A small additional charge may apply.

Still have questions?

Call us and ask to speak with our ADHD pathway coordinator.

(09) 4279997 adhd@silverdalemedical.co.nz