

# Neurodevelopmental Service

## ADHD Assessment Guide

### WHAT IS AN ADHD ASSESSMENT?

We will complete activities with children to get to know them and observe their interactions and behaviour. We look at focus, organisation, activity levels and communication. We really value the child's views and listen carefully to their thoughts, feelings and experiences.

A diagnosis of ADHD can be considered in young children but would not usually be confirmed until a child is at least 6 years of age.

Children might complete games, puzzles, and fun movement activities. The session might involve writing and drawing and may also include answering some questions about day-to-day life.

### HOW LONG WILL THE ASSESSMENT TAKE?

The assessment usually lasts around 1.5 – 2 hours.

### WHAT SHOULD I BRING TO THE ASSESSMENT?

We understand that children may get thirsty or hungry. It would be helpful to bring a snack and a drink with you as these cannot be provided.

Any aids that the child uses such as glasses should be brought on the day. A comfort toy or teddy may also be helpful.

### WHAT HAPPENS ON THE DAY?

When you arrive we will collect you from Reception and show you to the room. We will do introductions and allow a few minutes for everyone to get settled.

We understand that everyone may be anxious or feel unsure and will make every effort to make the environment comfortable. Staff won't wear uniforms and our interactions will be child friendly and as fun as possible.

Adults can stay in the room with younger children. We will talk through each activity. We will make notes, as this helps us to keep accurate records. If your child needs hugs or comfort during the assessment this is fine.

### WHO CAN COME TO THE ASSESSMENT?

Younger children need to be accompanied by an adult. This can be up to a maximum of two: parents, other family members, guardians or another adult that knows the child well.

Only the child having the assessment and their adult(s) should attend. We are not able to accommodate siblings and additional children. The Children's Centre is unable offer a waiting area for those not attending appointments.

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### WHERE WILL THE ASSESSMENT BE HELD?

We have two clinics in Norfolk:

**1. If you live in the Norwich area, your appointment will be booked for:**

The Children's centre  
Norwich Community Hospital  
Bowthorpe Road  
Norwich  
NR2 3TU

**2. If you live closer to King Lynn, your appointment will be booked for:**

St. James Clinic  
Extons Road  
King's Lynn  
Norfolk  
PE30 5NU

The appointment letter we send out will let you know where you need to go on the day as we do occasionally need to use other clinics.

### WHAT HAPPENS AFTER THE ASSESSMENT?

We will let you know when all activities are complete. We will then end the session with a brief chat and show you back out to reception so you can head home. Children may be tired after the session.

We will meet as a Multi-disciplinary team to discuss the assessment outcomes. If you are waiting for further appointments these will be completed on a different day.

When all of you/your child's assessments are complete and reviewed, we will invite you to a feedback meeting to discuss the assessment decision.

If you have any further questions prior to the assessment, please contact the admin team who will be happy to answer your questions:

01553 668712 Monday to Friday 9 – 5pm

Or email us on [nds@nchc.nhs.uk](mailto:nds@nchc.nhs.uk)