



Diagnostic Assessment for adult Attention Deficit Hyperactivity Disorder (ADHD)

Purpose

The purpose of the intensive ADHD assessment service is to assess the possible existence of ADHD using a standard ADHD battery that includes assessment of psychiatric and academic history, current symptoms, cognitive functioning, and level of impairment related to these symptoms.

Who will this be helpful for?

This service will be most helpful for individuals who are seeking clarification of a diagnosis of ADHD for the purpose of a medication consult with a treating psychiatrist, for treatment planning and for insurance or accommodation purposes. Assessment for adult ADHD is currently offered for individuals ages 18 to 60.

The assessment involves:

- A clinical intake interview
- Completion and review of self-report symptom questionnaires
- Review of report cards from elementary school if possible
- A series of intelligence and memory related cognitive tests that help to assess for the presence of attention related deficits
- A feedback session for 30 minutes
- A detailed report with identified results and follow up treatment recommendations

Is this service covered by extended health care coverage?

This service should be covered if you have extended health care benefits, however, you are strongly encouraged to follow up with your insurance company to confirm this.

Should I choose an ADHD assessment with or without cognitive testing?

ADHD assessment with cognitive testing is helpful for individuals who are concerned about impact of cognitive functioning (e.g., memory, attention, problem solving etc.) and are looking for school-related and/or work-related accommodations. The clinical psychologist completing the diagnostic assessment can help you decide if cognitive testing is needed and/or helpful relative to your goals & needs around assessment.

Is there anyone for whom an adult ADHD assessment is not recommended?

There are special considerations for doing an ADHD assessment in clients over age 60 that can necessitate the involvement of in-depth neuropsychological testing to rule out or investigate the potential contribution of cognitive decline, dementia, and other age-related changes in cognition towards

reported symptoms of inattention, concentration, hyperactivity, and impulsivity. As we currently do not provide the neuropsychological testing required to assess for the contribution of these factors to a client's reported symptoms, we cannot currently offer ADHD assessments to clients over age 60.

There are also important considerations for completing an ADHD assessment in clients with suspected or confirmed autism spectrum disorder (ASD), mild-intellectual disability, traumatic brain injury, multiple concussions and/or medical assessment. As we do not currently provide the ancillary cognitive, diagnostic, and medical assessment required to appropriately assess the contribution of these factors to a diagnosis of adult ADHD, we will redirect clients who present with these concerns to another service provider in the community who is better positioned to meet their needs.

For clients who are currently living with a moderate to severe substance use disorder, severe symptoms associated with a mood and/or anxiety disorder and/or who have an untreated sleep disorder (e.g., sleep apnea), we advise that an adult ADHD assessment only be completed after these more acute issues have been stabilized through appropriate treatment. This is done to maximize the probability of arriving at a clear answer around the presence of adult ADHD.

If I go through the diagnostic process, will I receive a diagnosis?

A diagnostic assessment is a rigorous, data-driven process where we explore clinical hypotheses around what may be causing your difficulties using a combination of your feedback (via interview and questionnaire), feedback from partner, family members, and/or friends (with your permission), the clinician's judgment & experience, and any other available information (e.g., report cards, cognitive testing).

Completing a diagnostic assessment will not necessarily result in being assessed as having a diagnosis of a mental disorder, including ADHD. Regardless of whether a diagnosis is assessed to be present, the assessment process will be completed in full, and you will be provided with in-depth treatment recommendations.

It is important to know that challenges with respect to attention, memory, concentration, hyperactivity & impulsivity can occur with many mental health challenges, not just ADHD. For this reason, we also assess for the presence of several mood & anxiety related disorders as well as personality features that could explain your symptoms. Assessment of ADHD in adults is lengthy and comprehensive precisely because it can, at times, be challenging to determine exactly what is causing your symptoms.

What is the process & how long does it take?

We have provided an infographic on the following page that provides a depiction of the steps in our adult ADHD assessment process. Wait times can vary throughout the year with demand for services. You will be advised of the current wait-time at the earliest possible juncture.

What is the fee for services?

As part of standard clinical practice, rates for services increase regularly (typically, yearly) by approximately \$5 to \$15 per clinical contact hour; however, the increase can vary by program. Please visit <https://www.ottawacbt.ca/current-fees> for a list of current rates for services as well as for any upcoming rate changes (these are published when available, typically 3 months in advance of any rate change). For new clients, the costs of services will be determined by the anticipated or scheduled start date of services, as opposed to when a client is placed on a waitlist.

Insurance coverage

This type of service is usually covered for individuals with extended health care benefits; however, we recommend that you follow-up with your insurance company to confirm this.

Who should I contact if I wish to discuss this service?

To make an assessment appointment, or to get more information about this service, including the fees, please go to www.ottawacbt.ca, and click on the “Book Now – Free Information Call Adults/Seniors”. If you have any other questions, you can contact us by phone (613-820-9931 x:0) or by email at info@oicbt.ca

Holistic, Client Centered & Diversity-Informed Care:

An important component of our services is holistic, client-centered and diversity-informed care. Life satisfaction and fulfillment requires consideration of several domains (biological, social, psychological, and spiritual), in addition to an equilibrium across all important goals defined by a client. Aligned with diversity-informed care, we inquire from all clients if there are any aspects of their being that are highly important to them that they would like us to integrate in their assessment/treatment recommendations (including but not limited to identity(ies) related to Race, Culture, Immigration Status, Gender, Sexual Orientation, Religion, Disability, Employment, etc.). Our aim at the OICBT is to account for clients in their fullest totality (in terms of diverse backgrounds, and experiential, philosophical, contextual and systemic influences). There are a variety of types and stages of therapy at OICBT to meet these aims. For more information, please refer to our Individual Therapy Fact Sheet.

OICBT INTENSIVE ASSESSMENT FOR ADHD

