

Finding it hard to focus, stay organised or keep up?

Specialised ADHD Assessment & Care for Adults

Now available at your
GP Practice.



adhdreferrals@phcl.health.nz

Let's talk ADHD



What is ADHD?

ADHD, or attention-deficit/hyperactivity disorder, is a neurodevelopmental condition that can affect:

- Attention and focus
- Organisation and planning
- Impulse control
- Emotional regulation
- Restlessness or activity levels

ADHD begins in childhood, although many people do not recognise or receive a diagnosis until adulthood.

How ADHD can show up

ADHD can look different from person to person. Some people may have spent years trying to manage certain challenges with being unfocused, forgetfulness, or feeling emotionally overwhelmed. These experiences can affect work, study, relationships, health and wellbeing, and they can feel exhausting without the right support.

How an Assessment can help

Seeking an ADHD Assessment can be an important first step toward understanding your experiences with more clarity and compassion.

It can help identify what support, medication, strategies or treatment options may be helpful for you moving forward.



It's easy to take the first step

Step 1: Talk to your GP

The first step is to book a pre-assessment appointment with your regular GP. This is a chance to talk through your concerns and whether an ADHD assessment may be helpful for you.

Your GP will complete initial checks such as reviewing your medications and relevant history, or completing an ECG if required. An ECG is a simple heart rhythm check that helps identify whether certain ADHD medications would be safe to consider.

Step 2: Complete the ADHD Questionnaire

You will be asked to complete an online ADHD questionnaire, which usually takes around 20 minutes. This will be reviewed by our specialised ADHD doctor to prepare for your assessment.

Step 3: ADHD Assessment appointment

After your questionnaire has been reviewed, we will contact you to book your **video appointment** with our specialised ADHD doctor. In some cases, assessment by a psychiatrist or another specialist service may be more appropriate. If this applies, we will contact you with further information.

Your first consultation can take up to 90 minutes and gives the doctor time to understand your experiences, history, wellbeing and day-to-day challenges. You are welcome to have a support person with you.

Step 4: Follow-up appointment

A follow-up consultation of up to 30 minutes is included in your assessment package. This appointment gives you and the doctor time to review how things are going with medication, talk through any questions or side effects, and make changes to your treatment plan if needed.

Meet your specialised ADHD Doctor



Dr Nichola Johnstone

Dr Nichola Johnstone is an experienced doctor with a special interest in ADHD, shaped by her professional experience and her personal understanding through her own neurodivergent family. She has undertaken further learning in ADHD and has worked alongside specialist psychiatrists.

Dr Johnstone has more than 25 years' experience in general practice, including family medicine, adolescent health, and community care. She brings a thoughtful and supportive approach to Adult ADHD Assessment and looks forward to meeting with you.

Pricing

GP Pre-Assessment Consultation Pre-assessment appointment with your regular GP. ECG, if required, is an additional fee.	Standard GP appointment fee
ADHD Assessment Package Initial consultation of up to 90 minutes, and one follow-up consultation of up to 30 minutes	\$1,150
Additional follow-up consultation If a further follow-up appointment is required beyond the package to review medication or treatment options	\$295

*Missed Appointment/Did not Attend (DNA)

If you do not attend your appointment and have not cancelled or rescheduled with at least 24 hours' notice. The following charges will apply:

- \$495 (Initial 90-min consult)
- \$295 (30-min follow-up).



Preparing for your appointment



Find a comfortable space at home



Have any useful information ready such as medication lists



A support person is welcome to be with you



It is okay to feel nervous



Important to know

An assessment appointment does not mean an ADHD diagnosis is confirmed or guaranteed.

Not everyone assessed will be suitable for ADHD medication. Your clinician will talk with you about what is appropriate and safe for your situation.

Treatment options may include medication, education, behavioural strategies, lifestyle adjustments, psychological therapy, or a combination of supports.

Questions?

If you have any questions about your appointment or this ADHD assessment pathway, please send us an email at adhdreferrals@phcl.health.nz