

UNDERSTANDING DIFFERENCE

ADHD is a neurodevelopmental difference. Just like other children, no two children with ADHD are the same. It is important to understand each child's particular strengths and needs.

ADHD is not a disease and it is not assessed by a brain scan or blood test. There are particular behaviour patterns that we can observe in children with ADHD. These include difficulties paying attention, being easily distracted, increased need for movement and saying or doing things without thinking.

All children at different stages of development will display these behaviours. ADHD is only diagnosed when these behaviours are more frequent than expected and are impacting important areas of a child's life.

Signs of ADHD can be very clear but sometimes they are more subtle, especially if a child has learned ways to cope or 'masks' their difficulties. Our team of specialist ADHD clinicians are experienced in assessing for ADHD and ensure the views of the young person, their family and their school have the opportunity to contribute to the process.



ABOUT HEALIOS

Healios is a leading UK digital healthcare company specialising in mental health and neurodevelopmental services. Our family-focused solutions have been shown to benefit long-term outcomes and well-being for young people struggling to cope with psychological difficulties and neurodevelopmental conditions.

Healios clinicians are available anytime between 8am and 8pm five days a week, and certain weekend hours making it easy to find a time that works well for you.

What parents say about Healios

"We have been really pleased with the Healios service and feel online care is the perfect way to do it. So convenient and really fitted in with family time, especially being able to have sessions on a Sunday."

Parents to a 13 year old son

Please contact us

0330 124 4222
info@healios.org.uk
www.healios.org.uk
@_Healios_



**Identifying Needs
Supporting Lives
Embracing Diversity**



ADHD ASSESSMENT FOR CHILDREN AND YOUNG PEOPLE

*Information for parents
and carers*

IS OUR ASSESSMENT RIGHT FOR YOU?

Setting up for a Healios assessment is straightforward, all you need is a PC or laptop.

Our staff will contact you and guide you through the process. Your assessment will be undertaken via our secure online platform, and your clinicians will link with you and your child via video.

Many children find this less anxiety-provoking than having to attend appointments in an unfamiliar environment.

The National Institute for Care Excellence (NICE) sets guidelines for the standard of best practice in ADHD assessments and our assessments meet these guidelines. Healios assessments are extremely high quality. All of our clinicians have extensive experience of undertaking ADHD assessments.

We use the most recent (DSM-5) diagnostic criteria, and are skilled in understanding the different ways ADHD children present.

All assessments undertaken at Healios are reviewed by senior members of our Multi-disciplinary team. Our ADHD experts ensure that our high assessment standards are consistently met.



www.healios.org.uk

STEPS OF OUR ADHD ASSESSMENT

What you can expect to happen

01



Questionnaires - home and school

After your welcome call you will be asked to complete some questionnaires via your Healios platform. We will also contact your child's school so they can contribute to your child's assessment..

02



Initial Session

In this session we ask about current concerns and gather a developmental history. This session will last 1 hour.

03



Parent Interview

In a follow-up appointment, we will ask you in-depth questions about your child's difficulties. This is a semi-structured interview to assess signs of ADHD.

04



Child Observation

The next step is to meet with your child to ask them how life is going for them.

05



Team Review

We will have gathered a substantial amount of information about your child. Our team will review this information and come to a conclusion about whether your child meets diagnostic criteria or not.

06



Feedback

After you have been advised of the outcome of your assessment, one of our clinicians will meet with you to explain the assessment, outcome and advise you about next steps.