



autism & adhd
assessmenthub

ADULT ADHD

WELCOME PACK



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WHAT DO WE DO?



At Autism & ADHD Assessment Hub, we understand the importance of a supportive and thorough assessment journey. With over 23 years of experience delivering assessments to individuals, families, local authorities, and organisations as part of the Antser Group.

Our team is led by Dr Zoe McGovern and Dr Jessica Donohoe - two highly specialist Clinical Psychologists with over 15 years experience working in the field of neurodiversity.

Our clinicians specialise in assessing for autism, ADHD and further neurodiverse learning differences following a neurodiversity-affirmative approach to provide a positive and empowering experience. All assessments are completed by a multidisciplinary team, using the latest diagnostic tools, fully aligned with NICE guidelines. From the first consultation, individuals and families are supported by their own team of highly specialised and qualified clinicians.

We take pride in ensuring that every report is rigorously quality checked, achieving a 100% recognised rate by NHS, GPs, schools and local authorities.

We are committed to fostering inclusivity and understanding the diverse needs of neurodivergent students, including those from minority backgrounds and the LGBTQ+ community. By working in partnership with schools, we help create environments where every learner feels supported and valued.

We want every individual and family to feel supported from the very start, so we've made our assessment fees clear and offer flexible payment plans helping you manage costs in a way that suits your budget.

Cost: Adult ADHD assessment is £1,495, which includes your £195 initial consultation fee.

You after your initial consultation you can choose to pay the remainder in full or spread the cost over 3, 6, 9, or 12 months.

OUR ASSESSORS



Who will be your clinician?

Our ADHD assessors come from diverse backgrounds and are fully qualified **HCPC or GMC registered** Clinical Psychologists or Psychiatrists (both are NICE guideline compliant) – each has a minimum of 5 years post qualification experience in working with neurodivergent adults and children.

Specialist Training & Experience

Many **women and girls** present differently to traditional diagnostic profiles, often using strategies to **“mask”** or compensate for their difficulties. This can make their traits less visible, particularly in structured or clinical settings.

Our clinicians have specific experience in recognising subtle and masked presentations, including those more commonly seen in women and girls. We take a holistic, multi-method approach to assessment, rather than relying on a single tool or observation.

Supported by our two in-house **Clinical Directors**, Dr Zoe McGovern and Dr Jessica Donohoe, who bring over 15 years of combined experience assessing both adults and children for a range of neurodevelopmental conditions. They have a particular interest in identifying subtle and masked presentations, including those more commonly seen in women and girls. They have developed our comprehensive assessment framework and clinical pathways, and continue to provide ongoing clinical oversight. This ensures that all assessments are thorough, evidence-based, and fully aligned with national guidelines, including NICE and UKAAN standards.

MEET OUR CLINICAL DIRECTORS

DR. JESSICA DONOHOE



Jessica is a Chartered Clinical Psychologist and accredited Clinical Supervisor, who qualified in 2014 and is registered with the Health and Care Professions Council (HCPC).

Jessica has wide experience of working with young people and families and a particular interest in the assessment and diagnosis of autism and ADHD. Jessica embarked on specialist work in mental health and autism soon after qualifying and along with pre-qualifying placements, has worked in the area of neurodevelopmental assessment for over 10 years in wide-ranging sectors. She has a particular interest in how neurodivergence presents in girls and women and is committed to developing an approach to neurodevelopmental diagnostic assessment that is neuro-affirmative and that promotes a positive neurodivergent identity.

Qualifications:

- Doctorate in Clinical Psychology from the University of Birmingham
- Masters in Clinical Psychology Research from the University of Birmingham
- Bachelor of Science in Psychology from the University of Warwick

DR. ZOE MCGOVERN



Zoe is an experienced Consultant Clinical Psychologist who qualified in 2003 and is registered with the Health and Care Professions Council (HCPC). She has worked in NHS inpatient services with children and young people, in multidisciplinary teams for adult neurodevelopmental services and in Community Learning Disability Services. Over the years Zoe has provided assessment and intervention for a range of mental health difficulties and has worked extensively with neurodivergence. Alongside direct clinical work, she has significant experience of working with staff teams, residential organisations and other care providers offering a range of teaching, training, consultation and supervision. She has been a Consultant for the last two years, leading and shaping the delivery of psychological services for adults with learning disabilities.

Zoe has a particular interest in how neurodivergence is experienced by girls and women and has had additional training in this area. She is committed to a collaborative, neuro-affirming and trauma-informed approach to neurodevelopmental assessments and in supporting individuals and families to find a positive way forward following diagnosis.

Qualifications:

- Doctorate in Clinical Psychology from the University of Leicester
- Bachelor of Science in Psychology from the University of Lancaster

HOW IT WORKS?

Step One: Referral

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As soon as we receive your referral, we will send you our welcome pack with details about the processes, pricing and next steps which is to complete our self referral form. Once we have your completed self referral form, we'll then send you a secure link to make payment for your initial consultation.

Step Two: Initial Consultation

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Your clinician will meet with you via video link. This session is designed to explore your experiences in more detail, helping to determine whether a full assessment would be beneficial and which pathway may be most appropriate. As part of this, your clinician will consider whether ADHD may be present on its own or alongside other conditions, such as autism, and will also explore any alternative explanations for your difficulties.

Step Three: QB Check

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The QB check is a diagnostic screening tool designed to capture important characteristics commonly associated with ADHD. The QB Check measures attention, movement, and impulsivity through a simple computer-based test you can complete at home from any PC or laptop with a webcam.

Step Four: Clinical Interview (ACE+ / DIVA-5)

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This is a structured clinical interview exploring your history and everyday experiences. Wherever possible, someone who knows you well will also contribute their perspective. The interview usually lasts 1–2 hours and is usually completed remotely.

Step Five: Clinical Review /MDT

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Your clinician will review all information gathered throughout your assessment to reach a balanced and evidence-based conclusion. Where appropriate, they will draw on multidisciplinary input and clinical oversight, including consultation with senior clinicians or clinical directors, to ensure all aspects of your presentation are carefully considered and fully explored.

Step Six: Report

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Following completion of all assessment sessions, you will receive a comprehensive clinical report. This will clearly outline whether the diagnostic criteria for ADHD have been met, how conclusions were reached, and the impact of your experiences across different areas of life. Your report will also include personalised recommendations and practical next steps to support you at home, work, or in education.

Step Seven: Feedback Session

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After you have received your report, your lead clinician will meet with you for a feedback session. This session is usually conducted via telephone or video chat and lasts around 30-45 minutes. This gives you the opportunity to consider together different aspects of the report and to ask any questions you have. During this session, your lead clinician will explain again how the outcome of the assessment was reached, considerations to make moving forward and what individualised recommendations they make as you continue your journey with a better understanding.

Step Eight: Post Diagnostic Support (optional)

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Your diagnosis doesn't have to be the end of the journey. Our optional post-diagnostic support services are tailored to your individual goals, helping you better understand your diagnosis, build on your strengths, and develop practical strategies to thrive at home, in education, at work, and in everyday life.

YOUR ASSESSMENT EXPLAINED

Clinical Interview - ACE+ / DIVA 5

As part of the ADHD assessment, your clinician will conduct a semi-structured clinical interview using either the ACE+ or DIVA 5. **Both tools are in line with NICE guidelines and are designed to gather in-depth information about your developments and symptoms.**

The interview will be completed remotely via video call by one of our **HCPC or GMC registered clinicians.**

Before the interview, your clinician will review all supporting documentation, including self-referral form, screening questionnaires (if appropriately utilised), GP/medical reports, and ensuring they are familiar with your background and needs.

They will then ask questions related to various developmental stages, focusing on how you navigate different situations. This will be asked to provide examples of behaviours or challenges that you have experienced across different contexts (e.g., home, school, social settings).

There are no right or wrong answers to these questions. They are based on your own experiences. Our clinicians are trained to identify gender differences in presentation, including signs of 'masking,' and will interpret responses on an individual basis.

The clinician will make notes based on your answers in relation to the diagnostic criteria for ADHD.

ACE+ vs. DIVA 5:

Both ACE+ and DIVA 5 are structured clinical interviews used to assess ADHD. The choice of tool depends on the clinician's qualifications, but **both are recognised as gold-standard diagnostic tools and are in line with NICE guidelines.** Your clinician will select the most suitable tool based on their expertise to ensure the best possible assessment for you.

Duration: This interview usually last 1-2 hours.

QB Check

A QB Check is an important part of the assessment process and is used by both the NHS and private sector. Our QB Check is administered in the comfort of your own home without the involvement of a clinician.

All you'll need is a computer/laptop with a webcam. The webcam is important as the software uses visual markers to score for core symptoms relating to concentration, movement and impulsivity. Once you receive your login from one of our team, you'll find that the test has very simple instructions and the tasks are easy to complete.

The result from this test is scored against a wide range of data based including baseline, age and gender.

This tool was specifically developed to aid in the assessment of ADHD in both adults and children. Your clinician will use these results to form part of their conclusion.

Duration: 25-35 minutes



POST DIAGNOSTIC SUPPORT



At the Autism & ADHD Assessment Hub, we understand that an assessment is just one part of your journey. Receiving a diagnosis can bring clarity, validation, and new questions about what comes next. Our Post-Diagnostic Support (PDS) service is designed to help you feel supported, understood, and empowered as you move forward.

Our specialist team can work with you to explore what your diagnosis means for you, identify areas where additional support may be beneficial, and provide practical strategies to help navigate everyday life. We recognise that every individual's experience is unique, which is why our support is tailored to your personal needs, goals, and circumstances.

Using a neuroaffirming approach, we focus on recognising strengths, valuing individuality, and helping you build confidence in your identity and future. Support may include a combination of therapeutic and practical interventions delivered by our multidisciplinary team, including psychologists, therapists, counsellors, speech and language specialists, and occupational therapists.

With one of the largest networks of specialists in the UK, we are able to connect you with the right professionals to support your needs. Whether you are looking for guidance, therapeutic support, workplace recommendations, or strategies to support daily life, our aim is to ensure you feel equipped, confident, and supported at every stage of your journey.

Digital ADHD Support - Stimuli

We are pleased to offer access to Stimuli, a specialist digital ADHD support platform designed for adults. Following your diagnosis, you will receive two complimentary courses to support your understanding and next steps. Stimuli provides structured, ADHD-friendly support through short, audio-based sessions delivered directly to your phone. Sessions are designed to be manageable (typically 5–10 minutes) and are released gradually to support learning, consistency and habit-building.

Stimuli is designed to complement your any ongoing support, helping you to build confidence, develop strategies and better understand your ADHD over time.

You will receive details on how to access your courses following your diagnosis.

ADHD Medication Support (Optional – additional fees apply)

If medication is something you would like to explore after receiving a diagnosis, you can self-refer to our partner clinic using your AAH report. They are a CQC-registered private clinic specialising in ADHD medication, supporting both safe initiation and titration of treatment overseen by specialist psychiatrists (available from age 11+ and subject to eligibility).

They also offer supported Shared Care Agreements with your GP – subject to GP acceptance. Ask one of our team for more details.

THE PRE-ASSESSMENT QUESTIONNAIRE



The pre-assessment questionnaires can be a helpful part of the assessment process for both ADHD and/or autism. These are usually completed at home, prior to the initial consultation, or at any stage of the process and then interpreted by one of our specialist clinicians:

- They can save time during the initial consultation by allowing the clinician to focus on more in-depth discussions, rather than gathering basic information.
- They can be helpful in gathering detailed information about other agencies, accessibility, and physical/mental health issues from early childhood to the present day, providing insights into both ADHD and autism characteristics.
- They encourage you to share specific experiences, helping the clinician to understand your perspective and share your experience.

If required your clinician will send you the questionnaires most appropriate for your assessment. Common questionnaires include AQ, CAT-Q, ASRS, SNAP and Wender Utah

It is also important to provide any supporting documents you may have, such as GP letters, school reports, or previous observations/assessments. These additional documents assist the clinicians in forming a comprehensive view of your strengths and difficulties.

FAQs

You'll find answers to common questions about the Hub and our assessments here

How long does the ADHD assessment take?

In most cases, an assessment can be completed in 4-8 weeks (lead times can vary). You will always be given a clear idea of assessment timescales before booking in with us.

On occasion, timescales may be affected by how soon we can access any supporting evidence you may hold. We will let you know any supporting information we require at your initial consultation.

What are the advantages of gaining an diagnosis?

A diagnosis of ADHD and/or autism can greatly assist individuals in accessing targeted interventions that are beneficial for their specific needs. These interventions can be evaluated based on safety, acceptability, efficacy, and effectiveness, ensuring that they align with the individual's diagnostic criteria.

Additionally, obtaining a diagnosis ensures that reasonable adjustments are made in the care of individuals with autism and/or ADHD. This can lead to more personalised and effective interventions tailored to their unique requirements.

An autism and ADHD diagnosis also plays a crucial role in enabling individuals to access various forms of statutory support. For instance, it may be a significant factor when applying for an Education, Health and Care Plan, helping to secure necessary resources and services.

For many individuals, receiving a diagnosis can provide a sense of validation, enhancing their understanding of themselves and their perspectives on the world. This understanding can alleviate feelings of isolation, boost confidence, and foster connections within the neurodiverse community by facilitating access to broader social support networks.

What is a neuroaffirmative approach?

A neuroaffirmative approach recognises and respects the unique experiences, strengths, and challenges of neurodivergent individuals. Rather than viewing neurodivergence as a deficit, it embraces the diversity of the brain and encourages understanding, acceptance, and support in a way that honours each person's perspective. This approach focuses on working collaboratively with individuals, ensuring that their voices and experiences are at the heart of any assessment or support process. It aims to create a positive, empowering environment for neurodivergent individuals, fostering self-acceptance and well-being.

Do I need a GP referral?

No – you can self-refer for an assessment through the Autism Assessment Hub via our [Make a Referral](#) page.

Do you offer medication for ADHD?

We don't prescribe in-house, but we partner with a private clinic (for ages 11+) who can assist with initiation and titration, and then write to your GP to request shared care — giving you options to explore. Ask us for more details

Do you offer financing options?

Yes, we offer flexible payment options over 3, 6, 9 and 12 months.

GLOSSARY OF TERMS - ADHD

Neurodiversity

The concept that neurological differences are to be recognised and respected as any other human variation

Multidisciplinary

Multidisciplinary refers to involving professionals from different fields or areas of expertise working together to address a particular issue or provide comprehensive support.

HCPC Registered

HCPC (Health and Care Professions Council) registration means that a clinician has met the necessary professional standards for education, training, and conduct. It ensures they are qualified, competent, and adhere to ethical practices in their field.

Screening Tools

Questionnaires or checklists used to identify characteristics of ADHD, which may indicate the need for a full diagnostic assessment.

Developmental History

Information gathered about a child's developmental milestones and early behaviors, often used as part of the assessment process. This is usually gathered using the ADI-R tool.

Diagnostic Assessment

A thorough evaluation process used to determine whether an individual is autistic and/or has ADHD.

Hyperfocus

An intense focus in relation to a activity, specific event or topic. This is often a characteristic of autism and/or ADHD

NICE Guidelines

NICE (National Institute for Health and Care Excellence) Guidelines are evidence-based recommendations for healthcare and social care practices in the UK.

Social Communication

The use of verbal and nonverbal communication in social contexts, including understanding and using language different ways.

Executive Functioning

Cognitive processes including planning, working memory, attention, problem-solving, verbal reasoning, inhibition, mental flexibility, task switching, and initiation and monitoring of actions.

Stimming

When an individual uses self-stimulatory behaviour such as repeating movements or sounds. It may be used to self soothe or increase focus. This is often seen with autism and/or ADHD

Sensory Processing

The way the nervous system receives messages from the senses and turns them into appropriate motor and behavioral responses.

ADHD Coach

A professional trained to coach individuals with ADHD to move past obstacles and reach their goals.



CHECKLIST FOR ADULTS

STEPS TO TAKE BEFORE THE ASSESSMENT

 Confirm details	• Check the date, and time of your initial consultation
 Prepare yourself	• Read through information given in your welcome pack to remind yourself of what will happen during the assessment process
 Give regular medications	• Administer as usual
 Plan transportation	• Arrange reliable transportation • Allow extra time for traffic
 Write down questions	• Prepare any questions you have
 Inform your support people	• Let your support network know the plan
 Comfort items	• Items that help you stay calm (e.g., fidget toys, headphones)
 Comfort strategies	• Prepare ways to keep yourself calm

CLIENT REVIEWS



"I can't thank the team enough for how friendly and supportive they were through the whole process. I'd been thinking of getting a diagnosis for a few years and so glad I've finally done it."

"I recently received my diagnosis, and it feels as though aspects of my life have fallen into place. Nicola and Claire have both been fantastic and so supportive during my assessment."

"I recently completed my assessment with Autism Assessment Hub. They were absolutely brilliant. Communication was excellent from the start. My assessments with Dr. Jessica and Claire Huxford felt relaxed and they took away a lot of the anxiety around the process just by being so kind, friendly and professional. The assessment was completed within the time frame specified, and the report is detailed and extensive, with plenty of resources of various kinds to look into going forward."



CONTACT US

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