



autism & adhd
assessmenthub

ADULT COMBINED 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 combined assessment is £2,495, 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 lead Autism & 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.

Your secondary clinician will be a experienced speech and language therapist or occupational therapist (both NICE guideline compliant for adult assessments). Both of these clinicians will form part of a multidisciplinary team.

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?

1

Step One: Referral

As soon as we receive your referral, we will send you our welcome pack. This includes details about the process, and the supporting documents we will need.

2

Step Two: Initial Consultation

Your lead clinician will meet with you either in person or via video. This is an opportunity to share your experiences, explore your reasons for seeking an assessment, and decide whether moving forward with the full assessment will be helpful.

3

Step Three: QB Check

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.

4

Step Four: Observational Assessment (Autism)

During this stage you will complete an observation session using the **ADOS-2** tool. This looks at communication, social interaction, play (creativity), and repetitive behaviours or interests. It helps the clinician gain valuable information about how people communicate and engage with others and the world around them. This session usually takes 1-2 hours and is completed face-to-face at a hub.

5

Step Five: Clinical Interviews (Autism and ADHD)

This stage combines detailed interviews that explore your developmental history and current presentation.

- **For Autism:** the ADI-R focuses on communication, social interaction, and restricted or repetitive behaviours.
- **For ADHD:** the ACE+ or DIVA-5 interview explores traits across different stages of life and in everyday experiences.

These interviews are carried out remotely and each usually takes 1–2 hours.

6

Step Six: Multidisciplinary Review

Once all stages are complete, the professionals involved in your assessment meet together as a team. They share perspectives, review the information in full, and reach a balanced conclusion.

7

Step Seven: Report

Following completion of all assessment sessions, you will receive a comprehensive clinical report. This will clearly outline whether the diagnostic criteria for Autism and/or 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.

8

Step Eight: Feedback Session

After you receive your report, your lead clinician will meet with you for a feedback session, usually by telephone or video call. This is a supportive space to discuss the findings, ask questions, and explore the recommendations together.

9

Step Nine: Pre and Post Diagnostic Support

We offer support both before and after a diagnosis. This may include therapy, practical strategies, or family sessions to help you or your child feel understood and supported at every stage.

YOUR ASSESSMENT EXPLAINED

Clinical Interview – ACE+ / DIVA-5

For ADHD assessments, you will take part in a structured clinical interview led by one of our experienced clinicians. The ACE+ and DIVA-5 are internationally recognised tools that explore how ADHD traits may appear across different stages of life and in everyday experiences. For adults, this interview is usually completed directly with you, but a partner, parent, or close family member may also be invited to share their perspective. The interview can take place remotely and usually lasts 1–2 hours.

QB Check

Alongside the clinical interview, the QB check is used to provide further insight. The QB Check is a computer-based test that measures attention, movement, and impulsivity. It is simple to complete at home with a PC or Laptop with a webcam and provides objective data that is compared with age and gender ranges .

Observational Assessment – ADOS-2

For autism assessments, you will complete an observational session with a second clinician, usually at one of our hubs. This involves the Autism Diagnostic Observation Schedule, known as ADOS-2. It is a structured and standardised tool that looks at communication, social interaction, and repetitive or restricted behaviours. The session may include conversation, tasks, and problem-solving activities, and gives valuable information about how you communicate and engage with others. The ADOS-2 can be used across all ages and abilities and usually lasts 1–2 hours.

Autism Diagnostic Interview – Revised (ADI-R)

As part of the autism assessment, another member of our team will carry out a detailed developmental interview. The ADI-R is usually completed with someone who knows you well, such as a parent, partner, or carer. It focuses on language and communication, social interaction, and restricted or repetitive behaviours. This session helps to build a detailed understanding of your experiences over time and usually lasts 2–3 hours.

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.

If you would like to find out more about our Post-Diagnostic Support services, please speak to a member of our team.

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 may be used as 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 to help support with further evidence for your assessment, and then interpreted by one of our specialist clinicians:

- They can be helpful at initial consultation by allowing the clinician to focus on more in-depth discussions, rather than gathering basic information.
- They can be helpful to gather 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 combined assessment take?

In most cases, an assessment can be completed in 6-8 weeks (lead times may 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 12months (subject to credit checks)

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

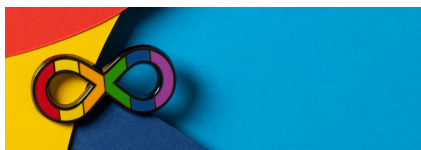
When an individual uses self-stimulatory behaviour such as repeating movements or sounds. It may be used to self soothe or increase focus. This is often seen with autism and/or ADHD

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.



GLOSSARY OF TERMS - AUTISM

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 signs of autism, 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.

Diagnostic Assessment

A thorough evaluation process used to determine whether an individual has autism spectrum disorder.

Social Communication

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

NICE Guidelines

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

Stimming

Repetitive movements or sounds often made by individuals with autism to self-soothe or manage sensory input.

Sensory Processing

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

Special Interests

Intense focus on specific topics or activities that are common in neurodivergent individuals.



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



Getting my daughter's diagnosis with the Autism Assessment Hub was amazing they had empathy and understanding. They really had my child's best interests. I was explained about the process and nothing was too much. Matty was amazing and really down to earth. We opted to get a cognition and learning assessment which has really helped with my child's learning. Thank you all

"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."

The Autism Assessment Hub has honestly been a life-changing experience for us in the most positive way. We knew from an early age that our daughter had ASD-related symptoms, and as she got older she desperately needed an assessment in order to get support. A 2+ year wait list wasn't going to work for us so we turned to this wonderful team for help! Debbie, Helen, and Jane were absolutely wonderful from start to finish, from the initial appointment to post-assessment call we were treated with the upmost respect, given professional advice in a way we would understand, and all of our needs were met. No question was left unanswered, our worries were matched with comfort and support throughout, truly an outstanding process! Our daughter got a full diagnosis, taking less than 4 weeks from initial contact to the end. They also offer support for 3 months post assessment which we found to be wonderful, and offered us a huge range of support, and gave advice on our next steps regarding professionals we needed to contact and workshops that we would find helpful! We would recommend to anybody that is on the fence, the money was 1000% worth going private. Thank you again you wonderful people!



CONTACT US

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