



autism & adhd
assessmenthub

CHILDREN'S ADHD WELCOME PACK



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WHAT DO WE DO?



AAat 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: Child 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.

For younger children (below ages 11) a secondary clinician will also form part of the assessment. This is usually a speech and language therapist.

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?

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Step One: Referral

As soon as we receive your referral via phone, email or through our website, 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 child self referral form, we'll then send you a secure link to make payment for your initial consultation.

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Step Two: Initial Consultation

Your clinician will meet with you & where age appropriate your child (ages 10+) via video link. This session is designed to explore your and your child's experiences in more detail, helping to determine whether a full assessment would be beneficial and which pathway may be most appropriate for your child.

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.

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Step Three: Clinical Interview (ACE / Young DIVA)

The ACE and Young DIVA are structured interviews designed to explore ADHD traits in children and young people. Your clinician carries out this part of the assessment, with your child present if they are aged 11 or above. For younger children, parents and carers are central to this stage and provide the key information. This is completed remotely.

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Step Four: Clinical Observation (under 11 years old)

For children under 11, we also include an in-person clinical observation session with a Speech and Language Therapist. The QB Check is often completed at this stage too. This gives us additional insights into how your child engages and responds in a natural setting. Completed face-to-face at your nearest hub.

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Step Five: QB Check and Conners

The QB Check is a computer-based tool that measures attention, movement, and impulsivity. It is simple to complete and gives objective data to support the assessment. The Conners questionnaire is used alongside this to capture detailed information about ADHD traits from both parents and teachers, giving a complete picture of your child's experiences across home and school.

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Step Six: Clinical Review/ MDT

All the clinicians involved in your child's assessment meet together using our structured MDT process. If only one clinician is present during the assessment process they may draw on multidisciplinary input and clinical oversight, including consultation with senior clinicians or clinical directors, to ensure all aspects of your child's presentation are carefully considered and fully explored.

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Step Seven: Report

Following completion of all assessment sessions, you will receive a comprehensive clinical report. This will clearly outline whether your child met the diagnostic criteria for ADHD, how conclusions were reached, and the impact of your and your child's experiences across different areas of life.

Your report will also include personalised recommendations and practical next steps to support you and your family at home & school.

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Step Eight: Feedback Session

After you have received your report, your lead clinician will meet with you for a feedback session. This is a supportive space where you can ask questions, explore the recommendations, and think together about what they mean for your child's future. This is completed remotely.

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Step Nine: Post Diagnostic Support (optional)

A diagnosis is just the beginning of understanding your child. Our optional post-diagnostic support services are designed around your child's unique strengths, needs, and your family's goals, providing practical strategies and guidance to help them thrive at home, in education, and throughout everyday life.

YOUR CHILD'S ASSESSMENT EXPLAINED



Clinical Interview - ACE / Young DIVA 5

This part of the process is a structured interview that looks closely at ADHD traits across your child's development and day to day life. A secondary clinician will lead the session and invite both you and your child to share your perspectives. Children aged 11 and over usually take part directly in this stage, while for younger children the interview focuses on information provided by parents and carers. Teachers or other adults who know your child well may also be asked to contribute their views. The aim is to build a full picture of your child's strengths, challenges, and how ADHD traits may appear across home, school, and social situations.

Clinical Observation (for children under 11)

If your child is under 11, we also include an observation session with a Speech and Language Therapist. This is carried out in a relaxed and supportive setting and is designed to help us understand how your child communicates, concentrates, and responds in real time. Play activities and conversation are used to explore areas such as attention, listening, problem solving, and social interaction. The observation is gentle, age appropriate, and carried out at your child's pace, with breaks offered whenever needed. Parents and carers remain nearby, offering context and reassurance.

QB Check and Conners Questionnaires

Alongside the interview and observation, we use two additional tools. The QB Check is a computer-based task that measures attention, movement, and impulsivity. It is simple to complete, either at home or during the observation session if your child is younger. The Conners questionnaires are completed by parents and, where possible, teachers. These look at your child's behaviour, concentration, and emotional regulation across different settings. Together, the QB Check and Conners add objective and structured information that supports the wider clinical picture.

All of the information gathered from the interview, observation, QB Check, and Conners is later reviewed in a multidisciplinary discussion by the whole clinical team. This ensures that conclusions are balanced, collaborative, and based on a wide range of professional expertise.

PRE AND 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 a range of emotions, questions, and considerations for the future. Our Post-Diagnostic Support (PDS) service is designed to help you feel supported, informed, and empowered as you move forward.

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

Using a neuroaffirming approach, we focus on recognising strengths, valuing individuality, and helping children and young people build confidence in their 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 families with the right professionals to meet their needs. Whether you are looking for guidance, therapeutic support, or specialist interventions, 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 - Ages 11+ - 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 child's 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 child's 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 12months.

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 PARENTS/CAREGIVERS OF A CHILD

STEPS TO TAKE BEFORE THE ASSESSMENT

 Confirm details	• Check the date and time of your initial consultation
 Prepare your child	• Explain what will happen in simple terms • You can talk to your child about meeting with someone who wants to understand what makes them unique.
 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 other caregivers	• Ensure everyone involved knows the plan
 Comfort items	• Favorite toys or books to help soothe your child

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!



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