

OPTIMISE
Healthcare Group



ADHD Assessment

Patient Information

Please read this booklet carefully and ensure you are familiar with the information prior to booking your assessment

Who We Are

Optimise Healthcare Group is a private outpatient mental health clinic, dedicated to providing high-quality care tailored to individual needs.

We offer a comprehensive range of assessments and treatments for various mental health conditions. In addition, we collaborate with select NHS services to support the assessment and treatment of ADHD.

Founded by experienced medical professionals, our mission is to deliver safe, effective, and efficient care in a supportive environment.

As a psychiatry-led service, we bring specialist expertise to every stage of the mental health assessment and treatment process.

If we are not a suitable service for you

In some cases, Optimise Healthcare Group may not be the most suitable service to meet your clinical needs particularly if you require a higher level of care, more intensive support, or ongoing intervention.

If our team feels that we are unable to safely manage your care, we will support you by referring you to a more appropriate service in your local area. This may include your GP, NHS crisis services, or other relevant NHS mental health teams.

For urgent support and safeguarding information, please visit our “Help in a Crisis” page, where you’ll find guidance on how to access NHS and emergency services.





Consent to Share Information

If you would like a parent, partner, or friend to speak with us on your behalf whether to arrange appointments or enquire about your care we will need your written consent first.

To protect your privacy, our admin team cannot discuss your care with anyone without your prior consent.

A consent form can be completed online via the link included in your confirmation email. This process helps us maintain strict confidentiality throughout your care journey.

If you're having trouble locating the link to the consent form, please get in touch with our team and we'll be happy to send it to you directly.

For more information on how your data is handled, please refer to our Privacy Policy on our website at www.optimisehealthcaregroup.co.uk

Please note: All final reports are shared with your GP to support overall risk management and ensure a holistic approach to your ongoing care.

Referrals

Patient's can enter into our service via one of the following routes:

GP referral (NHS & Private services)

Self Referral (Private Services)

Referrals can be sent to:

Referrals@optimisehcg.co.uk (NHS Patients)

Private@optimisehcg.co.uk (Self-funding patients)

Booking your Appointment

Assessment Information

The assessment is carried out over two separate appointments. Cost includes:

- Both assessment appointments
- A comprehensive written report
- Your first prescription (if a diagnosis is made)
- Includes post diagnostic appointment

Booking Your Assessment

You can book your assessment by:

- Phone - **01925 691 502**
- Emailing our team at **info@optimisehcg.co.uk**

Assessment Pricing

- Adult (18+) - £1000
- Child (16-17) - £1400

Our phone lines are open:

MondaytoFriday:9:00am - 5:00pm.

Appointment	Clinician	Length of appointment	Virtual & In person
Structured questionnaire-based assessment	<i>Practitioner</i>	<i>60-90 minutes</i>	<i>Virtual Available 9am - 5pm Monday - Friday</i>
Clinical Interview	<i>Psychiatrist</i>	<i>60-90 minutes</i>	<i>Virtual & In person Available 9am - 5pm Monday - Friday Weekends available upon request</i>

Assessment Preparation

Informant Requirement

An informant who has known you since before the age of 12 must attend at least one of your assessment appointments — ideally both.

This person should be a parent, grandparent, aunt, uncle, or another close relative who can provide information about your early development.

If you are unable to attend with an informant, please inform the clinic as soon as possible.

Please note: the absence of an informant may limit our ability to reach a diagnostic conclusion.

Questionnaires

You will receive a set of questionnaires in your appointment confirmation email. These must be fully completed at least 72 hours before your appointment. If we do not receive your completed questionnaires within this timeframe, your appointment will be automatically cancelled. If you experience difficulties completing the forms, please contact the clinic so we can offer support.



DNA and Cancellation Policy

- Two DNAs will result in discharge back to your GP.
- Arriving over 10 minutes late or cancelling within 24 hours of your appointment will also be considered a DNA.
- For privately funded patients, all DNAs and cancellations made within 48 hours of the appointment are at a cost of £200.
- No further appointments will be booked until any outstanding invoices have been paid in full.

After your Assessment

If You Are Not Diagnosed with ADHD

If your assessment does not result in an ADHD diagnosis, you will still receive a comprehensive report outlining the findings, along with any relevant recommendations to support your ongoing care.

You will then be discharged from the ADHD pathway and referred back to the care of your GP.

Please note: If you are also undergoing any other assessments with Optimise Healthcare Group, this discharge applies only to the ADHD pathway and will not affect other ongoing assessments.



If You Are Diagnosed with ADHD

If you are diagnosed with ADHD, your clinician will explain:

- How the diagnosis applies to you
- The type of ADHD identified
- Available treatment options

You will be sent patient information leaflets on the medications discussed to help you make an informed decision about starting treatment. You'll also receive a physical health monitoring booklet and a blood pressure monitor, which are essential for safely starting medication. Please see our ADHD Medication Titration booklet for more information.

Medication & Treatment

If you decide to begin ADHD medication, you will receive a letter after your assessment inviting you to book an appointment to start the medication titration process. Please be aware that waiting times can vary, so feel free to speak to a member of staff if you have any questions or need further guidance.

Post-Diagnostic Support

If you are diagnosed with ADHD, you will be offered a 30-minute virtual post-diagnostic session with one of our support workers. This session is designed to provide you with personalised, practical strategies to help manage your symptoms. Please note: **This session will not cover medication**, as it is focused on non-medical support and self-management techniques.



Important Information

Please note that we do not provide:

- Fit-to-work reports
- Medico-legal reports for court proceedings or legal hearings
- DWP forms or forms related to disability benefits

Our reports are intended for clinical purposes only, to support your ongoing care and treatment planning.

Reports are based solely on information provided before or during your appointments. Any information submitted after your assessment cannot be included in the final report.

Once a report has been completed and issued, it cannot be amended retrospectively.

FAQs

Can My Appointment Be a Phone Call?

No. We do not offer appointments by telephone at any stage of our care pathway. We provide either face-to-face appointments or secure video consultations for patients who are unable to travel to clinic.

When Will I Receive My Assessment Report?

We aim to send your draft report within 10 working days of your assessment. You will have 7 days to review the draft and provide any feedback or suggested amendments to ensure the content accurately reflects your experience. Once approved, the final version will be sent to your GP.

What happens if I am late or do not attend?

Please ensure you join your appointment promptly. If you arrive more than 10 minutes late, your appointment will be recorded as a Did Not Attend (DNA), and you will need to reschedule. If you have any concerns about accessing the video link, we are happy to arrange a practice call beforehand. Please contact the clinic to set this up.

Do I Need to Attend the Clinic in Person?

We offer virtual appointments via secure video call. However, if you experience repeated technical difficulties or if your clinician determines that an in-person consultation is clinically necessary, you may be asked to attend the clinic. If you're unable to travel or feel an in-person visit would not be feasible, please contact our admin team on 01925 691 502 to discuss alternative arrangements.

Do I Need to Inform the DVLA of My Diagnosis?

You are not automatically required to inform the DVLA of an ADHD diagnosis. However, if your condition or your medication affects your ability to drive safely, you must notify the DVLA. If you're unsure, it's best to seek medical advice. When in doubt, we recommend erring on the side of caution and informing the DVLA. Disclaimer: This guidance was accurate at the time of writing but is not intended as formal legal or medical advice. Please consult the DVLA or discuss this further during your medication review.

Useful Resources

ADHD apps for adults:

- **Best overall: SimpleMind Pro – Mind Mapping**
- **Best for setting reminders: Due – Reminders & Timers**
- **Best for taking and organising notes: Evernote**
- **Best to build good habits: Habit Tracker**

Websites

- **<https://www.additudemag.com/category/adhd-add/>**
- **<https://www.verywellmind.com/adhd-overview-4581801>**
- **<https://www.adhdandyou.ca/adults>**

Other

- **ADDISS The UK adult**
- **ADHD network The UK**
- **ADHD Partnership**



Help in Crisis

Emergency Crisis Services

If you feel you are unable to keep yourself safe and require immediate support, please call 999 or attend your local A&E department

Local Crisis Services

Contact 111 for details of crisis services in your local area

You can call any of the following if you feel you need to talk to someone but are not in a crisis:



Samaritans - *phone:* 116 123

Papyrus - *phone:* 0800 068 41 41

CALM - *phone:* 0800 58 58 58

SHOUT - *Text* (85258)

Safeguarding

If you believe that you or someone you care for is vulnerable or at risk of harm, neglect, exploitation, or abuse, it is important to seek help promptly. Anyone can make a referral to their local safeguarding team.



If you or a family member are at risk, please reach out for support without delay. You can contact your GP, local safeguarding team, or appropriate authorities who are trained to assist in these situations. Additionally, you can call 111 for crisis support, safeguarding advice, and to be directed to relevant services.

If there is an immediate or imminent risk to you or a loved one, please call 999.

You can find contact details for your local safeguarding services here:

<https://safeguarding-guide.nhs.uk/contacts/>



Ready to book
your assessment?

Get in touch today!

01925 691 502

info@optimisehcg.co.uk

optimisehealthcaregroup.co.uk

