

# Your Guide to ADHD Assessments



## Understanding the Process, Preparing Your Child, and Knowing What to Expect

From Roundway Centre – Supporting families every step of the way.

### Introduction

Receiving an ADHD assessment can feel overwhelming for families. At Roundway Centre, we understand that this is not just about getting a diagnosis — it's about understanding your child, their strengths, and how best to support them moving forward. This guide will walk you through:

1. What happens during an ADHD assessment
2. How to prepare your child (and yourself!)
3. What happens next — and how we help you through every stage

### 1. Understanding the Assessment Process

Our ADHD joint assessments are designed to build a complete picture of your child's needs. This process includes:

- Clinical observation: Our experienced clinicians spend time with your child to observe attention, focus, and behaviour in a calm, supportive environment.
- Parent feedback: You know your child best. We include your insights through structured questionnaires and conversations to understand their everyday experiences.
- Child-focused testing: We use age-appropriate cognitive and behavioural tasks to explore strengths and challenges.

Together, these elements give a holistic view of your child — not just symptoms, but their unique personality and abilities.

## 2. Preparing Your Child

Preparing your child for an ADHD assessment can make the process more comfortable and reassuring. Here's how you can help:

- **Talk openly:** Explain that the visit is to help everyone understand how their brain works and how to make things easier at home and school.
- **Keep it positive:** Emphasise that everyone has strengths and challenges, and this is about finding ways to help them shine.
- **Bring familiar comfort items:** A favourite toy, snack, or sensory item can help your child feel at ease during the session.

## 3. What to Expect Next

After the assessment, we'll meet with you to discuss the findings and next steps.

This includes:

- **Clear feedback:** We explain results in plain language so you fully understand what they mean.
- **Practical recommendations:** We provide tailored advice on school support, strategies for home, and any further assessments or therapies that may help.
- **Ongoing guidance:** Unlike many services, we don't just hand you a report and send you away — we continue to support you through the next stage, helping your child (and you) move forward with confidence.

## Our Approach

At Roundway Centre, we take a holistic approach to every assessment. We see your child as a whole person — not just a set of behaviours or scores. Our multidisciplinary team, including clinicians and educational experts, ensures your child receives thoughtful, compassionate care.

Need Help or Ready to Book? We're here to guide you every step of the way. Visit [roundwaycentre.org.uk](http://roundwaycentre.org.uk) or contact our team to learn more about ADHD joint assessments and how we can support your family.

# Thank you!