



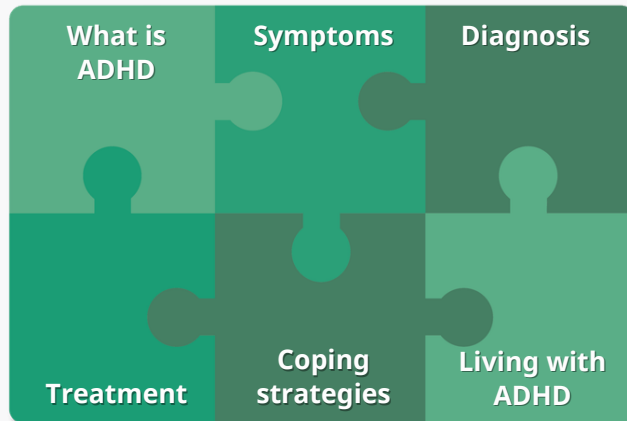
Psychoeducation Toolkit

Building understanding in ADHD



What is Psychoeducation?

Psychoeducation - building understanding in ADHD



Psychoeducation is a resource to help patients learn more about mental and physical health conditions, including ADHD.

Psychoeducation can be delivered in many forms including **leaflets, posters, online tutorials, videos, and forums.**

Together, these **bite-sized pieces** build up to a valuable resource, furthering your patients' **understanding** and **leaving them feeling supported** and **informed** by you and your team.

After all, better conversations = better care

ADHD psychoeducation best practices for clinics

Quality psychoeducation is:

- Tailored to the patient's age, gender, and information needs
- Uses relatable and easy-to-understand language
- Is grounded in medical understanding of ADHD
- Is positive and supportive – with practical advice to help patients
- Provides ongoing support, from diagnosis to living and thriving with ADHD

An ADHD diagnosis can be overwhelming for a patient. Some will have questions right away, while others may need some time to figure out what to ask and how they feel.

That's why we created this **clinician-to-patient toolkit** for you to hand out to your patients.

Empower them to ask the right questions and know **what to expect at each stage** of their ADHD journey.

Disclaimer

ADHD is not a one-size-fits-all condition, and each patient's experience is different. This companion is provided as a helpful tool and is not intended as an exhaustive guide. The information should be used at your discretion and does not constitute medical advice.

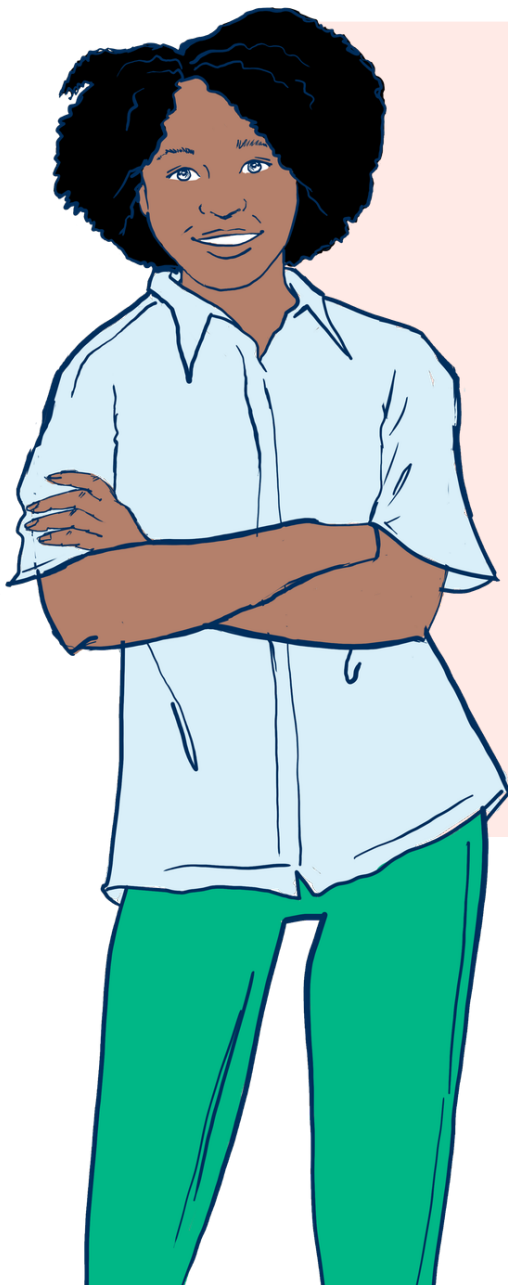
Your ADHD roadmap: What to ask and what to expect



If you're starting or navigating an **ADHD journey**, this guide is for you.

Whether you're a parent, teen, or adult seeking clarity, knowing what to ask and what to expect can help you feel more **prepared, confident, and informed**.

Prior to your first appointment



Double check if you need to bring information such as a **school report or employer feedback**, to your initial consultation. You can also confirm if it'd be suitable for you to bring a family member for support.

If the **appointment is remote**, ensure you have a quiet and confidential space to discuss health matters. Check your **Wi-Fi connection** and your electronic device ahead of time to avoid any last minute stress.

Have information about developmental milestones and medical history, **both physical and mental**, of immediate family members. It may come up during your consultation.

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Your initial consultation

Ask your clinician:

- Could my symptoms be signs of ADHD?
- What behaviors should I keep track of or monitor?
- What types of tests or assessments will be done?
- What happens after today?

You might receive:

- Leaflets or links explaining the ADHD testing process
- Questionnaires about your developmental history (both physical and mental health)
- For adult diagnosis, questionnaires for your partners, close friends, family or employers to fill in

Tip: Questionnaires help us identify symptoms across settings, allowing us to offer your tailor-made care in the coming phases of your ADHD journey. Try gathering as much information as you can.

Next step: Make an appointment for an ADHD assessment



Assessment

Ask your clinician:

- What tests are involved in this assessment?
- Will the testing be in-person or remote?
- When and how will I get the results?
- What happens if I couldn't get all the required information - will a diagnosis still be made?
- If I don't understand elements of the questionnaire, who can I contact?
- I/my child was adopted/is a foster child/is cared for by a family member, and I don't know the family history – is that ok? Do you require any additional information from social care reports?
- I/my child had an assessment for another condition, would that report aid in this assessment?

Tip: Inform the clinical team if you require reasonable adjustments within the appointment to ensure you can participate comfortably and completely.

Next step:

Schedule your follow-up appointment to discuss test results



Diagnosis

Ask your clinician:

- Were there any areas of strength that came through in relation to my symptom profile?
- Were there any areas of need that came through in relation to my symptom profile?
- What are my treatment options?
- Is there an alternative to medication?
- What should I expect if I start taking medication?
- Will additional physical health checks be required, and how frequently would that be monitored?
- Is there support available to consider how to make adjustments around the home, and at school or work?
- How can I get in touch if I have any questions?

Tip: If the outcome of the assessment is yes to ADHD, you may wish to clarify if our team diagnosed a subtype of ADHD and what that means for you. If the outcome of the assessment is no to ADHD, ask us whether other assessments or interventions can be recommended which may better explain or manage the symptoms being experienced?

Next step: ➔

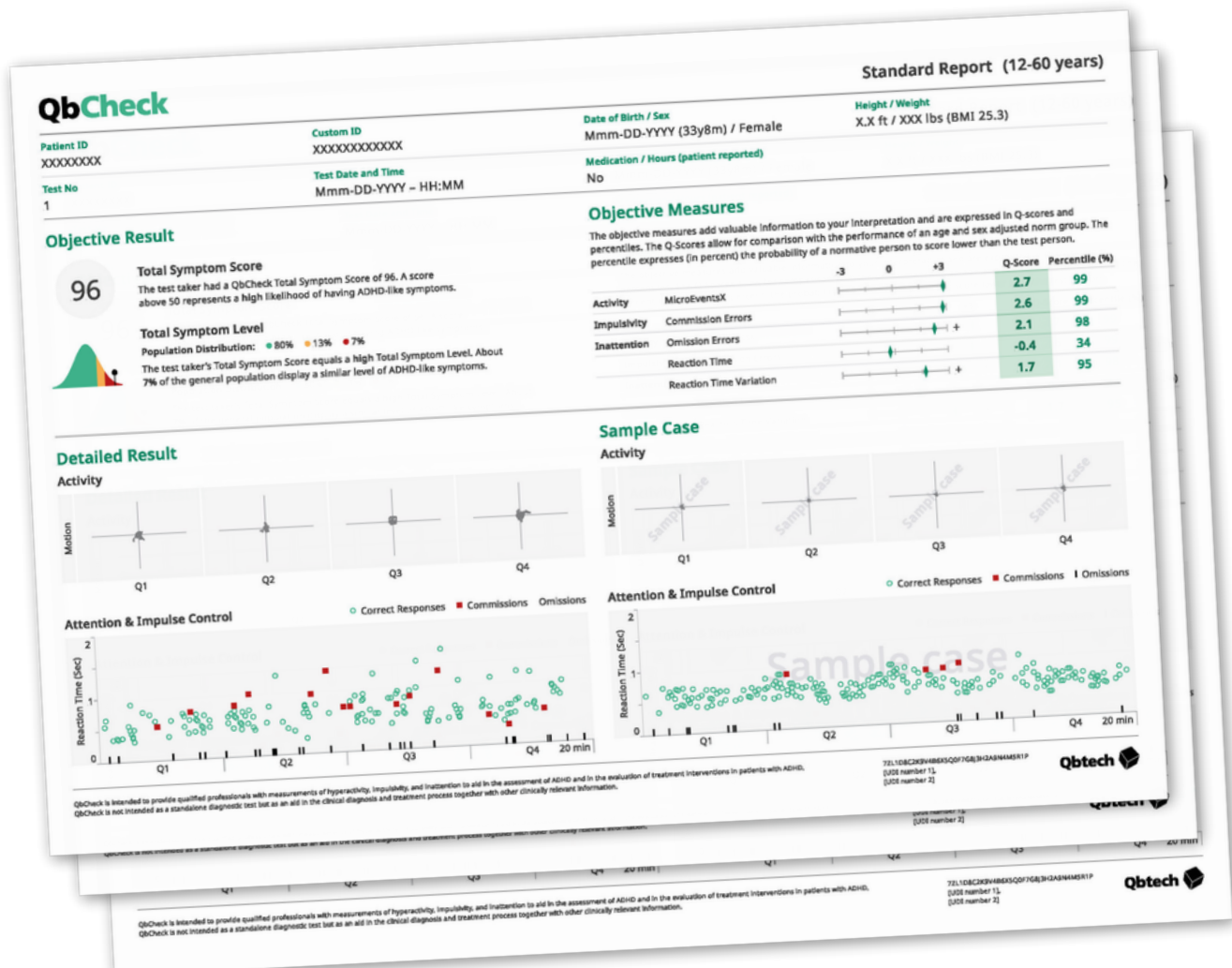
- Make a treatment plan together
- Start on a first dose (if recommended)
- Schedule an appointment for your first treatment review



Diagnosis

You might receive:

- A copy of your objective test results
- Tailored ADHD information, depending on patient-type:
- For children: "What is ADHD?"
- For teens: "Understanding My ADHD"
- For adults: "Later-Life Diagnosis: A Quick Guide"
- Leaflets about treatment options



Treatment

Ask your clinician:

- Is my current treatment working as expected?
- What do the follow-up test results show?
- What happens if this treatment doesn't work for me?
- Do I have to take medication all the time? Are there side effects I should watch out for?
- What time of day is best to take my medication? If I forget and take it later, is that ok?
- If I get prescribed medication for another condition from another service, do I need to let you know?
- How do I get repeat prescriptions?

Next step: Keep track of how you're feeling

- Schedule your next treatment review

Tip: You may go through this step a few times as your treatment plan is adjusted to your needs, so be patient and communicate with us. We're here to help.

- You might receive:
- ADHD resources and support group links
- Tips for managing ADHD at work, school, or in relationships
- Information about non-medication support options

Next step: ➔

- Set regular check-ins to review your progress and medications
- Revisit and revise your treatment plan as needed

