Getting ready for an ADHD assessment

Collect real examples and the right paperwork, so the assessment gives you useful answers.

ADULTS AND PARENTS · UAE · 20 MINUTES, BEFORE YOU BOOK

1. Fill in a few examples for each area over a week. Real moments help more than general worries.
2. Gather the paperwork on page two and keep it in one folder.
3. Take this sheet to the appointment, along with your questions.

Work or school

What happens, how often, and how it affects the day.

Home and family

What happens, how often, and how it affects the day.

Time and money

What happens, how often, and how it affects the day.

Friends and relationships

What happens, how often, and how it affects the day.

Since when?

Clinicians look for signs that started in childhood, so early examples matter.

What I remember from childhood, or what school reports said:

Who else has noticed (family, teachers, a partner):

Andrea's tip Write examples the way they happened: "I missed three deadlines this month because I started each one the night before" tells the clinician far more than "I procrastinate."

Bring with you

For a child, bring the school's observations and examples from home.

- [ ] Emirates ID and passport
- [ ] School reports, old and recent
- [ ] A list of current medicines and doses
- [ ] Questionnaires from school or work, if asked
- [ ] Insurance card and policy details
- [ ] Any previous assessment or therapy reports
- [ ] Family history notes (ADHD, learning differences, mood)
- [ ] This sheet, filled in
- [ ] _____
- [ ] _____

Questions to ask when you book

Check the licence on the DHA, DOH, or MOHAP register before your first visit.

- [ ] Who will do the assessment, and what is their licence?
- [ ] How many sessions, and how long is each one?
- [ ] What does it cost, and will my insurance cover any of it?
- [ ] Will I get a written report, and when?
- [ ] What happens next, whatever the result?
- [ ] _____
- [ ] _____

My appointment

Clinic: _____

Professional and licence number: _____

Date and time: _____

Paperwork sent ahead: _____

After the appointment

What I heard: _____

What happens next: _____

Questions I still have: _____

Andrea's tip An assessment is a conversation. It's fine to ask the clinician to explain a word, slow down, or write something down for you.