ORANGE ADHD

ASSESSMENT GUIDE

Assessments

ADHD, autism, learning and thinking

What happens, what it costs and what comes next. A guide for adults, and for parents and carers of children and teens.



- **Your fixed fee, in writing, before the assessment starts**
- **Children from age 6 (autism from 8), and adults**
- **Report, letters and feedback session included**
- **In the room in Orange, or by video for some appointments**

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orangeadhd.com.au · 1300 411 025
Version 2, November 2026 · Fees from 28 October 2026

START HERE

Thinking about an assessment?

Maybe you've wondered about ADHD for years. Maybe a teacher has raised something about your child. Or you'd just like to understand how you, or your child, think and learn. Whatever brought you here, this guide walks you through each step, so there are no surprises.

How to use this guide

1. **Find your assessment**
   The table on page 5 matches common questions to the right assessment.
2. **Read just your section**
   Each one stands on its own and answers the same questions, in the same order.
3. **Check the practical bits**
   Fees, paying and Medicare start on page 25.
4. **Stuck on a word?**
   Try the list of words you might hear on page 30.

Not sure where to start?

That's what the first appointment is for. We'll work out together which assessment fits, or whether you need one at all.

Questions before you book?

Call 1300 411 025 or email admin@orangeadhd.com.au. Or start with 5 short questions at orangeadhd.com.au.

What's inside

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Why Orange ADHD?

An assessment is often the first step to the right support, and I want that step to be simple and clear. Here's what you can count on.



One fixed fee, in writing

After your first appointment, I email you an assessment plan with a fixed fee. It covers questionnaires, scoring, your written report, a feedback session and letters. The $250 you've paid counts towards it. Any extras are agreed in writing first.

Only what you need

The first appointment works out which assessment fits, or whether you need one at all. If you don't go ahead, you've paid $250 and nothing more.

Built around how you think

Breaks whenever you need them, room to fidget or pace, changes for sensory needs, reminders before every appointment, and everything in writing.

Lived experience

I'm a clinical psychologist, and I have ADHD myself. I know what it's like to be the one being assessed.

Based on Australian guidelines

My ADHD assessments are based on Australia's ADHD guideline (AADPA, 2022). My autism assessments are based on the national autism guideline (2023 update).

Local, with video options

My room is on Anson Street in Orange. Interviews and feedback sessions can be by video. Testing and the autism observation are always in the room.

> **You won't be the only one in the room with ADHD.**
>
> — Glen

Fidget, stand up, pace or bring a coffee. Whatever helps you think is welcome here.

START HERE



About Orange ADHD

I'm a clinical psychologist in Orange, and I was diagnosed with ADHD at 12. For most of my life, including much of my career, I treated it as something to hide. I masked constantly to fit in. It's exhausting, and if you're reading this, you might already know how exhausting.

I started Orange ADHD to stop doing that, and to build a practice where you don't have to hide either.

I do every assessment myself, from the first appointment to the feedback session. I'll explain what I'm doing and why, and you can ask questions at any point.

Outside work, you'll often find me out running.

What you can expect from me

- ✓ Each step explained before we start it.
- ✓ Time for your questions, at every appointment.
- ✓ A report in plain English, and a session to go through it.
- ✓ If I'm not the right fit, I'll tell you, and suggest who might be.
- ✓ Breaks, movement and fidgets, whenever you need them.
- ✓ Honest answers, even when they're not what you expected.
- ✓ Your information kept private, and shared only with your permission or where the law requires it.
- ✓ Respect for who you are, and how your brain works.

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Clinical psychologist

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Member, Australian Clinical Psychology Association (ACPA)

START HERE

Which assessment fits?

Find the question closest to yours, then turn to that page. Not sure? That's what the first appointment is for. We'll work it out together.

If you're wondering...	Assessment	Ages	Fee	Page
Could I have ADHD?	ADHD, adults	18 and over	**$1,000**	8
Could my child have ADHD?	ADHD, children and teens	6 to 17	**$1,250**	10
Could autism explain how I experience the world?	Autism, adults	18 and over	**$1,750**	12
Could autism explain how my child experiences the world?	Autism, children and teens	8 to 17	**$1,750**	14
How do I, or how does my child, think and learn?	Cognitive (thinking skills)	6 and over	**$1,000**	16
What would help my child at school?	Educational (for school support)	6 to 17	**$1,250**	18
Could it be dyslexia, or another learning disorder?	Learning	From Year 2, and adults	**$1,500**	20
Could it be both ADHD and autism?	ADHD and autism	8 and over	**$2,250**	22
Could it be both ADHD and a learning disorder?	ADHD and learning, children	Year 2 to age 17	**$2,000**	22

Every fee includes

The $250 first appointment, questionnaires, scoring, your written report, a feedback session, and letters to your GP, prescriber or school.

Younger children

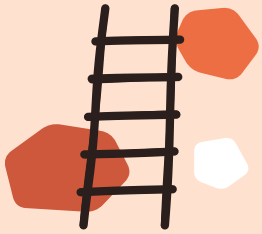
For children under 6, or autism questions before age 8, please start with a paediatrician. Your GP can refer you.

START HERE

How every assessment works

Every assessment follows the same steps, so you always know what's coming, and what it costs, before it happens.

1. **Get in touch** Under a minute
   Answer 5 short questions at orangeadhd.com.au, or call 1300 411 025. I read every form, and my reception manager will be in touch within 2 business days.
2. **First appointment** 1 hour · $250
   We talk about what's brought you here and what you'd like to find out. For a child's assessment, parents and carers come without the child, so you can speak freely. In the room or by video. A $125 deposit books it, and the other $125 is charged afterwards.
3. **Your assessment plan** That week
   I email you an assessment plan: which assessment fits (or that you don't need one), the appointments, with dates held for you, and the fixed fee. The $250 you've paid counts towards it.
4. **Confirm your dates** Within 2 business days
   Let me know you'd like to go ahead and pay the rest of the fee: I charge your saved card, or you pay by bank transfer. Two halves are possible for assessments of $1,500 or more (page 26). Then I book your dates. If I don't hear from you, I'll send one reminder before offering the dates to someone else. The plan itself stays valid for 3 months.
5. **Assessment appointments** Over a few weeks
   Interviews can be in the room or by video. Testing and the autism observation are always in the room. Questionnaires are done at home.
6. **Feedback session and your report** About 2 weeks later
   We meet for an hour to go through what I found. You get your written report then, on paper and as a PDF by email, with nothing more to pay. Letters follow within a week.



Nothing is booked without your OK

You see the assessment plan and the fee in writing before you pay anything more than the first appointment.

If you don't need an assessment

I'll tell you, and suggest what might help instead.

At a glance

First appointment	Assessment plan	Dates confirmed	Appointments	Feedback session	Letters
$250, with $125 to book	that week	the rest of the fee	over a few weeks	about 2 weeks later · $0	within a week

Where we meet

- **In the room:** Suite 5, 256 Anson Street, Orange, on the ground floor with wheelchair access. Fidget, stand up, pace or bring a coffee, whatever helps you think.
- **By video:** first appointments, interviews and feedback sessions, from anywhere in Australia. You'll need a phone or laptop and somewhere private.
- **Always in the room:** testing and the autism observation (ADOS-2), because they're designed to be done in person.
- **Never on a walk:** walking sessions are an option for therapy, not for assessments.



Who comes

- **Adults:** just you, and for some assessments, a family member for part of an interview.
- **Children and teens:** parents and carers come to the first appointment and the interviews without your child, who may join part of the ADHD interview. Your child comes to testing, the autism observation and our time together.
- **Feedback sessions:** parents and carers come, and teens are welcome to join.
- **A support person** is welcome at any appointment except testing.

How long it takes

- **3 to 5 appointments,** including the first appointment and the feedback session.
- **About 2 weeks** between your last assessment appointment and the feedback session, so I can score everything and write your report carefully.
- **Wait times** change with demand. When you get in touch, I'll tell you the next available dates. Some after-school times are available for children.

Between appointments

A history form, and online questionnaires for you and others who know you, such as a partner, parent or teacher.

Do them in short bursts if that helps. Stuck? Call 1300 411 025.

Need something different?

Tell me what would make the appointments easier, such as written questions, more breaks, a quieter time of day or a different seat. I'll do what I can.

ADHD · ADULTS, 18 AND OVER

ADHD assessment for adults

An ADHD assessment looks at whether ADHD explains what's been hard for you, such as attention, organisation, restlessness or acting on impulse. It also checks whether something else explains it better. ADHD starts in childhood, even if no one noticed it then, so we look at your whole life. ADHD can look different in women and girls, and in people who mask, and the assessment allows for that.

Who it's for	Appointments	Fee	Your report
18 and over	**3**	**$1,000**	**About 2 weeks**
adults	4 hours with me	including the first appointment	after your interview

What does it look at?

- Attention: focus, distraction and losing track
- Restlessness, acting on impulse, and energy
- Organisation, time, planning and getting started
- How things go at work, in study, at home and in relationships
- What you were like as a child
- Things that can look like ADHD or come with it, such as anxiety, low mood, sleep problems or alcohol use
- Autism, which can come with ADHD
- Your strengths, too

How does it work?

1. **First appointment** 1 hour
   Your story, what you'd like to find out, and some screening questions. In the room or by video.
2. **ADHD interview** 2 hours
   The DIVA-5 goes through each ADHD trait, now and in childhood. A parent or older sibling can join the childhood part, by video or phone from anywhere, but it isn't essential. In the room or by video.
3. **Feedback session** 1 hour
   About 2 weeks later: what I found, and what could help.

At home: a history form, questionnaires for you and someone who knows you well, and any old school reports you can find. Getting ready: page 28.



Which tools do I use?

DIVA-5
A structured interview based on the ADHD criteria in the DSM-5, the manual used to diagnose ADHD.

CAARS 2
Questionnaires for you and an observer, such as a partner, parent or close friend. They include checks that help me read the answers accurately.

Screening questionnaires
For mood and anxiety (DASS-21), alcohol use (AUDIT) and autistic traits (AQ-10). If anything suggests a physical cause, I'll recommend a GP check.

School reports
If you have them. They're a window into your childhood.

There's no IQ test in an ADHD assessment. If a question about learning comes up, we talk about it.

What does it feel like?

Mostly, it's a long, structured conversation. There are no trick questions and no wrong answers. It can be a relief to finally lay it all out. Looking back at childhood can stir up feelings too. Both are common, and both are OK. Take breaks whenever you need them, and fidget, stand or pace. It's all welcome.

How long does it take?

3 appointments over a few weeks, 4 hours with me in total. Questionnaires are done at home, in short bursts if that helps.

How much does it cost?

First appointment	**$250**
When you confirm your dates	**$750**
At the feedback session	**$0**
Total	**$1,000**

Covers scoring, your report, letters and the feedback session.

What happens at the feedback session?

We go through what I found, in plain English. If you have ADHD, I'll explain how it shows up for you, and your strengths. If you don't, I'll explain what else might be going on, and where to go next. Bring your questions, and a support person if you like.

When do I get my report?

At your feedback session, about 2 weeks after your interview. Letters to your GP or prescriber follow within a week.

What happens next?

That's up to you. Some people talk to their GP about medication. Some start therapy. Some do both, or take time to think it over. If you'd like to keep working with me, I offer a program for adults with ADHD. It's built on cognitive behavioural therapy (CBT), which Australia's ADHD guideline (AADPA, 2022) recommends. Medicare rebates may be available with a referral and Mental Health Treatment Plan from your GP. There's a separate therapy guide at orangeadhd.com.au.

What do I do with my report?

- **Medication:** I can't prescribe. With your permission, I'll send my report to your GP, a psychiatrist, or, in NSW, a GP with extra training approved by NSW Health. They'll usually do their own assessment too.
- **Study:** your university or TAFE may use it to arrange adjustments, such as extra time in exams.
- **Work:** it's your choice whether to share it, and how much.
- **Keep it safe.** You may need it again later.

How can it help?

An assessment can give you a clear explanation for what's been hard. It can give you the words to explain it to others, and a plan for support that fits your life. It can't promise a particular result, such as a diagnosis or medication.

Ready to start? orangeadhd.com.au or 1300 411 025

Paying and cancelling: page 26 · Medicare: page 27

ADHD · CHILDREN AND TEENS, 6 TO 17

ADHD assessment for children and teens

An ADHD assessment looks at whether ADHD explains what your child finds hard, such as attention, sitting still, acting on impulse or getting things done. It also checks whether something else explains it better. ADHD shows up in more than one place, so I find out how things are at home, at school, and from your child's point of view.

Who it's for	Appointments	Fee	Your report
Ages 6 to 17	**4** 5 hours with me	**$1,250** including the first appointment	**About 2 weeks** after the last appointment

What does it look at?

- Attention: focus, distraction and losing track
- Restlessness, acting on impulse, and energy
- Organisation, homework, time and getting started
- How things go at home, at school and with friends
- Development, from early childhood
- Things that can look like ADHD or come with it, such as anxiety, learning difficulties or sleep problems
- Autism, which can come with ADHD
- Your child's strengths and interests

How does it work?

1. **First appointment** 1 hour, parents and carers
   Your child's story and your questions, so you can speak freely. In the room or by video.
2. **ADHD interview** 2 hours
   The Young DIVA-5 goes through each ADHD trait with you, and your child for part of it if that suits them. In the room or by video.
3. **Time with your child** 1 hour
   We chat, and I see how they approach things. In the room.
4. **Feedback session** 1 hour
   About 2 weeks later: what I found, and what could help at home and at school.



Which tools do I use?

Young DIVA-5
A structured interview based on the ADHD criteria in the DSM-5. I go through it with you, and your child for part of it.

Conners 4
Questionnaires for parents and teachers (ages 6 to 18), and for young people themselves (8 to 18).

School reports
And any learning support records.

A GP health check
As Australia's ADHD guideline recommends. Your GP's usual fees apply.

At home and school: a history form, questionnaires for you and a teacher (and your child, from age 8), school reports, and a GP health check.

What does it feel like?

For parents and carers, it's a long conversation about your child, and feelings can come up. That's very common. I keep the time with your child relaxed: we talk about what they like, what's hard and what they're good at. There's nothing to pass or fail, and no needles or scans. Breaks, snacks and fidgets are all welcome.

How long does it take?

4 appointments over a few weeks, 5 hours with me in total, plus questionnaires for you and the school.

How much does it cost?

First appointment	**$250**
When you confirm your dates	**$1,000**
At the feedback session	**$0**
Total	**$1,250**

Covers scoring, your report, a school letter, the GP letter, other letters and the feedback session.

What happens at the feedback session?

We go through what I found, in plain English. If your child has ADHD, I'll explain how it shows up for them, their strengths, and what helps. If not, I'll explain what else might be going on, and where to go next. We can also talk about how to explain the results to your child.

When do I get my report?

At your feedback session, about 2 weeks after the last appointment. Letters to your GP, paediatrician and school follow within a week.

What happens next?

Some families talk to a paediatrician about medication. Some start with changes at home and school. Many do both. I'll point you to supports for home and school, including programs for parents. Your GP can refer you to a paediatrician. If your teen is 16 or older, they can also have therapy with me.

What do I do with my report?

- **Medication:** I can't prescribe. ADHD medication for children is usually started by a paediatrician or psychiatrist, or, in NSW, a GP with extra training approved by NSW Health. With your permission, I'll send them my report.
- **School:** share the school letter, so teachers can make changes in class. The school may also use the report to plan support.
- **A meeting with the school,** if you'd like one: $250 by video, or $375 at a school in Orange.
- **Keep it safe.** You may need it again at high school, TAFE or university.

How can it help?

An assessment can explain what's been hard for your child. It can help you explain their needs to others, and point to support at home and at school. It can't promise a particular result, such as a diagnosis, medication or school funding.

Ready to start? orangeadhd.com.au or 1300 411 025

Paying and cancelling: page 26 · Medicare: page 27

AUTISM · ADULTS, 18 AND OVER

Autism assessment for adults

An autism assessment explores whether autism explains your experiences. I look at how you communicate and connect with people, and how you experience the world through your senses. I also look at the routines and interests that matter to you. You might always have felt different, or you might be tired of masking.

Who it's for	Appointments	Fee	Your report
18 and over	**4**	**$1,750**	**About 2 weeks**
adults	5 hours with me	including the $500 report	after the last appointment

What does it look at?

- Social communication: conversation, friendships, and what people mean but don't say
- Sensory experiences: sound, light, touch, taste and smell
- Routines, focused interests, and repeated movements or activities
- Your development, from early childhood
- Masking, and how it affects you
- Things that can look similar or come with autism, such as ADHD, anxiety or depression
- Your strengths, and what you need

How does it work?

1. **First appointment** 1 hour
   Your story and what you'd like to find out. In the room or by video.
2. **Developmental history** 2 hours
   Your life from early childhood, ideally with someone who knew you as a child. In the room or by video.
3. **Autism observation (ADOS-2 or MIGDAS-2)** 1 hour, in the room
   Conversation and activities, to see how you communicate and connect.
4. **Feedback session** 1 hour
   About 2 weeks later: what I found, and what could help.

At home: a history form, and questionnaires for you and someone who knows you well. I'll also write to your GP asking for a health check. Getting ready: page 28.



Which tools do I use?

ADOS-2
A standardised observation of communication and social interaction.

MIGDAS-2
A guided conversation about your interests and experiences. I use it instead of the ADOS-2 when it suits you better.

Questionnaires
For you, and someone who knows you well.

A GP health check
As the national autism guideline recommends. Your GP's usual fees apply.

A colleague's view
With your permission, I talk the assessment through with another practitioner, as the guideline recommends.

What does it feel like?

The interviews are conversations. I keep the ADOS-2 relaxed: we talk and do some activities together. There are no right or wrong answers, and nothing to prepare. Tell me what helps, such as changes to the lighting or seating, written questions or breaks. You're welcome to fidget or stim (move or make sounds in ways that help you feel calm or focused).

How long does it take?

4 appointments over a few weeks, 5 hours with me in total, plus questionnaires at home.

How much does it cost?

First appointment	**$250**
When you confirm your dates	**$1,500**
At the feedback session	**$0**
Total	**$1,750**

Includes the $500 autism report, scoring, a colleague's view, letters and the feedback session.

What happens at the feedback session?

We go through what I found, in plain English. If autism is part of the picture, we'll talk about what that means for you, your strengths, and what support could help. If not, I'll explain what else might be going on. Bring your questions, and a support person if you like.

When do I get my report?

At your feedback session, about 2 weeks after the last appointment. Letters follow within a week.

What happens next?

Take your time. Some people want support straight away, and others want time to think it over. I can point you to autistic-led communities and resources. If you'd like therapy with me afterwards, Medicare rebates may be available with a referral and Mental Health Treatment Plan from your GP.

What do I do with my report?

- **Your GP:** with your permission, I'll send a copy, so your health care fits you.
- **Study and work:** it can support a request for adjustments. It's your choice whether to share it, and how much.
- **The NDIS and other support:** you may use it in an application. Each organisation makes its own decisions.
- **Yourself:** it's yours to come back to.

How can it help?

An assessment can help you make sense of your experiences, understand what you need, and ask for it with confidence. It can't promise a particular result, such as a diagnosis or funding.

Aged 18 to 24? Medicare may help. With a referral from a psychiatrist (or a paediatrician), you may get about $101.55 back for each eligible appointment. The psychiatrist or paediatrician then makes the diagnosis, using my report. See **page 27**.

Ready to start? orangeadhd.com.au or 1300 411 025

Paying and cancelling: **page 26** · Medicare: **page 27**

AUTISM · CHILDREN AND TEENS, 8 TO 17

Autism assessment for children and teens

An autism assessment explores whether autism explains your child's experiences. I look at how they communicate and connect with others, and how they experience the world through their senses. I also look at the routines and interests that matter to them. I find out how things are from you, from school and from time with your child.

Who it's for	Appointments	Fee	Your report
Ages 8 to 17	**4** about 5 hours with me	**$1,750** including the $500 report	**About 2 weeks** after the last appointment

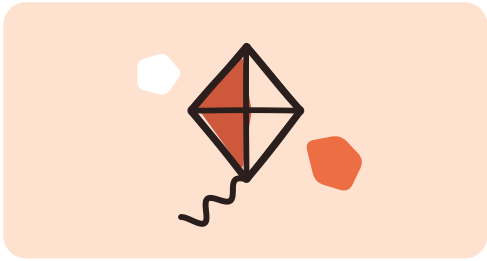
What does it look at?

- Social communication: conversation, play and friendships
- Sensory experiences: sound, light, touch, taste and smell
- Routines, focused interests, and repeated movements or activities
- Development, from babyhood
- How things go at home and at school
- Things that can look similar or come with autism, such as ADHD, anxiety or a language disorder
- Your child's strengths and interests

How does it work?

1. **First appointment** 1 hour, parents and carers
   Your child's story and your questions. In the room or by video.
2. **Parent interview (ADI-R)** about 2 hours
   A detailed interview about your child's development. In the room or by video. If it runs longer, the fee stays the same.
3. **Autism observation (ADOS-2)** 1 hour, in the room
   Activities and conversation with your child.
4. **Feedback session** 1 hour
   About 2 weeks later: what I found, and what could help.

At home and school: a history form, a teacher questionnaire and school reports. I'll also write to your GP asking for a health check. Getting ready: page 28.



Which tools do I use?

ADI-R
A structured interview with parents about your child's development.

ADOS-2
A standardised observation of communication and social interaction.

A GP health check
As the national autism guideline recommends. Your GP's usual fees apply.

A colleague's view
With your permission, I talk the assessment through with another practitioner, as the guideline recommends.

If your child's speech is quite delayed, if intellectual disability is possible, or if things are complex, I may suggest bringing in a speech pathologist or paediatrician as well.

What does it feel like?

For parents and carers, it's a long conversation about your child, and feelings can come up. That's very common. For your child, the ADOS-2 is an hour of activities and chatting, and I keep it relaxed. There's nothing to pass or fail, and no needles or scans. Let me know what helps them feel comfortable, such as a favourite object, a snack, breaks or movement.

How long does it take?

4 appointments over a few weeks, about 5 hours with me in total, plus the history form and a teacher questionnaire.

How much does it cost?

First appointment	**$250**
When you confirm your dates	**$1,500**
At the feedback session	**$0**
Total	**$1,750**

Includes the $500 autism report, scoring, a colleague's view, letters and the feedback session.

What happens at the feedback session?

We go through what I found, in plain English. If autism is part of the picture, we'll talk about your child's strengths, what they need, and what helps at home and at school. If not, I'll explain what else might be going on. We can also talk about how to explain the results to your child.

When do I get my report?

At your feedback session, about 2 weeks after the last appointment. Letters to your GP, paediatrician and school follow within a week.

What happens next?

Take it one step at a time. Your GP or paediatrician can refer you to speech pathology or occupational therapy, if needed. I'll point you to supports for home and school, and to autistic-led resources.

What do I do with my report?

- **School:** share the school letter, so teachers can plan support. You may also use the report when the school applies for extra support.
- **The NDIS and other support:** you may use it in an application. Each organisation makes its own decisions.
- **Your GP and paediatrician:** with your permission, I'll send them a copy.
- **A meeting with the school,** if you'd like one: $250 by video, or $375 at a school in Orange.

How can it help?

An assessment can help you understand your child, explain their needs to others, and get the right support in place. It can't promise a particular result, such as a diagnosis or funding.

Medicare's under-25 route may help with the appointments your child comes to: usually the ADOS-2, and the feedback session if your child attends. With a referral from a paediatrician or psychiatrist, you may get about $101.55 back for each eligible appointment. The paediatrician or psychiatrist then makes the diagnosis, using my report. See page 27.

Ready to start? orangeadhd.com.au or 1300 411 025

Paying and cancelling: page 26 · Medicare: page 27

LEARNING AND THINKING · THINKING SKILLS · AGES 6 AND OVER

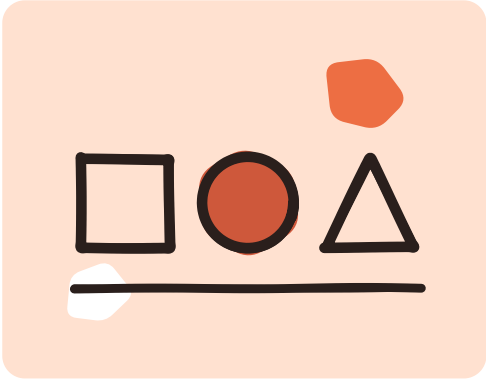
Cognitive assessment

A cognitive assessment measures thinking skills: how you, or your child, understand words, solve problems, remember information and work at speed. It shows strengths, and the areas that take more effort, compared with others the same age. You might know it as an IQ test. It can help if things feel harder than you'd expect, or if you're wondering about giftedness or intellectual disability.

Who it's for	Appointments	Fee	Your report
Ages 6 and over	**3** 4 hours with me	**$1,000** including the first appointment	**About 2 weeks** after testing

What does it look at?

- Understanding and using words
- Visual and spatial thinking
- Reasoning and problem-solving
- Working memory: holding information in mind while you use it
- Processing speed: how quickly you take in and work with information
- Everyday living skills, if you're wondering about intellectual disability



How does it work?

1. **First appointment** 1 hour
   Your questions and background. For a child, parents and carers only. In the room or by video.
2. **Testing** 2 hours, in the room
   Puzzles, questions and memory tasks, some on an iPad, with breaks.
3. **Feedback session** 1 hour
   About 2 weeks later: what the results mean, and what could help.

At home: a history form. If you're wondering about intellectual disability, there's also a questionnaire about everyday skills. Getting ready: page 28.

Which tools do I use?

WISC-V
For ages 6 to 16.

WAIS-5
For ages 16 and over.

Q-interactive
An iPad system for giving and scoring these tests.

Vineland-3 or ABAS-3
Questionnaires about everyday living skills, if you're wondering about intellectual disability.

What does it feel like?

Testing is a mix of puzzles, questions and memory tasks. Some feel easy and some feel hard. They're designed that way, and nobody gets everything right. There's nothing to study or prepare. Breaks are built in, and children can bring a snack.

How long does it take?

3 appointments over a few weeks, 4 hours with me in total.

How much does it cost?

First appointment	**$250**
When you confirm your dates	**$750**
At the feedback session	**$0**
Total	**$1,000**

Covers scoring, your report, letters and the feedback session.

What happens at the feedback session?

We go through the results in plain English, with a picture of strengths and the areas that take more effort. I'll explain what the scores mean, and what they don't. Then we'll talk about what could help at home, at school, at work or in study.

When do I get my report?

At your feedback session, about 2 weeks after testing. Letters follow within a week.

What do I do with my report?

- **School:** share it, so teachers can work with your child's strengths. The school may also use it to plan support.
- **Study and work:** it can support a request for adjustments.
- **The NDIS and other support:** you may use it in an application, for example for intellectual disability. Each organisation makes its own decisions.
- **How to read it:** see page 24.

What happens next?

The recommendations in your report are the starting point. They cover strategies for home, school or work, and any further assessment that would help, such as a learning assessment.

How can it help?

A cognitive assessment can explain why some things come easily and others take more effort. It can show how to work with your strengths. On its own, it can't diagnose ADHD, autism or a learning disorder.

Ready to start? orangeadhd.com.au or 1300 411 025

Paying and cancelling: page 26 · Medicare: page 27

LEARNING AND THINKING · FOR SCHOOL SUPPORT · AGES 6 TO 17

Educational assessment

An educational assessment looks at thinking skills alongside reading, spelling, writing and maths. It shows where your child is now, what's getting in the way, and what would help at school. It doesn't diagnose.

Who it's for	Appointments	Fee	Your report
Ages 6 to 17	**3 or 4** 5 hours with me	**$1,250** including the first appointment	**About 2 weeks** after testing

What does it look at?

- Thinking skills, such as reasoning, memory and speed
- Reading: accuracy, fluency and understanding
- Spelling and written expression
- Maths: number skills and problem-solving
- Strengths, and how your child learns best
- What the school sees



How does it work?

1. **First appointment** 1 hour, parents and carers
   Your child's story, school history and your questions. In the room or by video.
2. **Testing** 3 hours, in the room
   Thinking skills, reading, spelling, writing and maths. It can be split over 2 appointments.
3. **Feedback session** 1 hour
   About 2 weeks later, with recommendations for teachers.

At home and school: a history form, a teacher questionnaire and school reports. Getting ready: **page 28**.

Which tools do I use?

WISC-V or WAIS-5
For thinking skills.

An achievement test
Such as the WIAT-4, for reading, spelling, writing and maths.

Teacher questionnaire and school reports
For the view from the classroom.

Educational or learning assessment?

	Educational	Learning
Can diagnose a learning disorder	No	Yes, if there is one
Needs 6 months of targeted help first	No	Yes
Fee	**$1,250**	**$1,500**

Not sure? Start with the educational assessment, and switch later for $250.

What does it feel like?

A mix of puzzles, reading, writing and number tasks, one-on-one, with plenty of breaks. Some tasks feel easy and some feel hard. They're designed that way, so nobody gets everything right. There's nothing to study. A good night's sleep and a snack help.

How long does it take?

3 or 4 appointments over a few weeks, 5 hours with me in total.

How much does it cost?

First appointment	**$250**
When you confirm your dates	**$1,000**
At the feedback session	**$0**
Total	**$1,250**

Covers scoring, your report, a school letter, other letters and the feedback session.

What happens at the feedback session?

We go through the results in plain English: your child's strengths, the skills that need more support, and why. Then we'll work through practical recommendations for school and home.

When do I get my report?

At your feedback session, about 2 weeks after testing. Letters follow within a week.

What do I do with my report?

- **School:** share the report and school letter, so teachers can adjust how they teach. The school may also use it to plan learning support.
- **A meeting with the school,** if you'd like one: $250 by video, or $375 at a school in Orange.
- **Later on:** it's a useful starting point if your child needs a learning assessment.

What happens next?

Teachers can start using the recommendations straight away. If dyslexia or another learning disorder looks likely, you can switch to a learning assessment for $250.

How can it help?

An educational assessment can show where learning is getting stuck, and what could help. It doesn't diagnose a learning disorder, ADHD or autism.

Ready to start? orangeadhd.com.au or 1300 411 025

Paying and cancelling: page 26 · Medicare: page 27

LEARNING AND THINKING · SUCH AS DYSLEXIA · FROM YEAR 2, AND ADULTS

Learning assessment

A learning assessment looks at whether difficulties with reading, writing or maths are a specific learning disorder. Examples are dyslexia (reading) and dyscalculia (maths). It includes everything in the educational assessment, plus extra tests of the skills underneath reading and writing.

Who it's for
From Year 2, and adults
with 6 months of targeted help first

Appointments
4
6 hours with me

Fee
$1,500
including the first appointment

Your report
About 2 weeks
after testing

What does it look at?

- Thinking skills
- Reading, spelling, writing and maths
- Phonological processing: hearing and working with the sounds in words
- Rapid naming: how quickly familiar words and symbols come to mind
- Writing speed
- Strengths, and how you, or your child, learn best
- Other possible reasons, such as hearing, vision, intellectual disability, language background or missed schooling

How does it work?

1. **First appointment** 1 hour
   Background, school history and your questions. For a child, parents and carers only. In the room or by video.
2. **First testing appointment** 2 hours, in the room
   Thinking skills and some of the learning tests.
3. **Second testing appointment** 2 hours, in the room
   The rest of the learning tests.
4. **Feedback session** 1 hour
   About 2 weeks later.



Which tools do I use?

WISC-V or WAIS-5
For thinking skills.

An achievement test
Such as the WIAT-4, for reading, spelling, writing and maths.

Extra tests
Of sound skills, rapid naming and writing speed.

School records
To confirm the difficulties have lasted despite targeted help.

At home and school: a history form, a teacher questionnaire, school reports, and records of past help. From age 17, past records can replace some testing, and I'll adjust the plan and fee in writing.

What does it feel like?

There are 2 shorter testing appointments, so nobody gets too tired. Some tasks feel easy and some feel hard. They're designed that way. There's nothing to study, and breaks are built in.

How long does it take?

4 appointments over a few weeks, 6 hours with me in total.

How much does it cost?

First appointment	**$250**
When you confirm your dates	**$1,250**
At the feedback session	**$0**
Total	**$1,500**

Covers scoring, your report, a school letter, other letters and the feedback session.

What happens at the feedback session?

We go through the results in plain English, starting with strengths. If there's a learning disorder, I'll explain which skills are affected and what helps. If not, I'll explain what else might be going on. Either way, you'll leave with practical recommendations.

When do I get my report?

At your feedback session, about 2 weeks after testing. Letters follow within a week.

What happens next?

The main support for a learning disorder is targeted teaching, such as a structured literacy program (step-by-step teaching of sounds and letters) for dyslexia. Your report sets out what to ask the school for, and what helps at home.

What do I do with my report?

- **School:** share the report and school letter, so teachers can make adjustments, such as extra time or reading software.
- **HSC, TAFE and university:** it can support an application for exam adjustments. Each organisation makes its own decisions.
- **A meeting with the school,** if you'd like one: $250 by video, or $375 at a school in Orange.

How can it help?

A learning assessment can explain why learning has been so hard despite effort. It can open the door to the right teaching and adjustments. It can't promise a diagnosis or particular support from a school.

Before a learning assessment: a learning disorder can only be diagnosed when difficulties have lasted at least 6 months despite targeted help, such as a reading program. If that hasn't happened yet, we can start with the educational assessment, and switch later for $250.

Ready to start? orangeadhd.com.au or 1300 411 025

Paying and cancelling: page 26 · Medicare: page 27

COMBINED · 2 QUESTIONS, ONE ASSESSMENT

Combined assessments

ADHD often comes with autism or a learning disorder. A combined assessment answers both questions together. You have one first appointment, one feedback session and one report.

ADHD and autism — $2,250

Ages 8 and over

1. **First appointment** — 1 hour (parents and carers, for a child)
2. **ADHD interview (DIVA-5 or Young DIVA-5)** — 2 hours
3. **Developmental history or ADI-R** — 2 hours
4. **Autism observation (ADOS-2)** — 1 hour, in the room
5. **Feedback session** — 1 hour

5 appointments, 7 hours with me. Includes the $500 autism report, a colleague's view and the GP health check letter.

ADHD and learning — $2,000

Children, Year 2 to age 17

1. **First appointment** — 1 hour, parents and carers
2. **ADHD interview (Young DIVA-5)** — 2 hours
3. **First testing appointment** — 2 hours, in the room
4. **Second testing appointment** — 2 hours, in the room
5. **Feedback session** — 1 hour

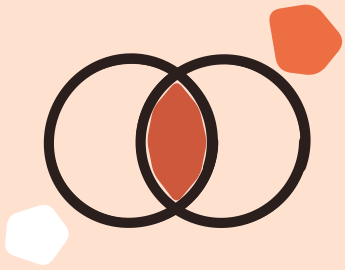
5 appointments, 8 hours with me. Includes the GP health check letter. As for any learning assessment, difficulties must have lasted at least 6 months despite targeted help. For adults, I do these as 2 separate assessments.

What does it look at?

Everything in each assessment on its own. See ADHD on **pages 8 to 11**, autism on **pages 12 to 15**, and learning on **pages 20 and 21**.

Why not do them separately?

You can. A combined assessment needs only one first appointment and one feedback session, so it costs $500 to $750 less than 2 separate assessments.



A combined assessment can help when

- ✓ You've wondered about both ADHD and autism
- ✓ Reading or writing is still hard, as well as focus
- ✓ A teacher or doctor has raised more than one question
- ✓ You'd rather have one report that brings it all together

What does it feel like?

The same as each assessment on its own, just a little longer. The appointments are spread out, with breaks built in, and there are no right or wrong answers.

How long does it take?

5 appointments over a few weeks: 7 hours with me for ADHD and autism, and 8 hours for ADHD and learning.

How much does it cost?

	ADHD and autism	ADHD and learning
First appointment	**$250**	**$250**
When you confirm your dates	**$2,000**	**$1,750**
At the feedback session	**$0**	**$0**
Total	**$2,250**	**$2,000**

Each covers scoring, the report, letters and the feedback session.

What happens at the feedback session?

We go through everything together, in plain English: what I found, how the pieces fit, and your strengths. Then we talk about what could help.

When do I get my report?

At your feedback session, about 2 weeks after the last appointment. It's one report that brings it all together. Letters follow within a week.

What happens next?

Your report brings the findings together, with one set of recommendations, so you know what to do first.

What do I do with my report?

- Use it in the same ways as each assessment's report: for your GP or prescriber, school, study, work or support applications.
- With your permission, I'll send it to your GP, paediatrician or psychiatrist.

Which combination is right?

We'll decide together at the first appointment. If something new comes up partway through, I'll talk with you before adding anything. Any extra appointment ($250 an hour) is agreed in writing first.

How can it help?

Seeing the whole picture at once can show how things fit together, and what to tackle first. It can't promise a particular result, such as a diagnosis.

Under 25, with ADHD and autism questions? Medicare may help with the appointments the young person comes to. See **page 27**.

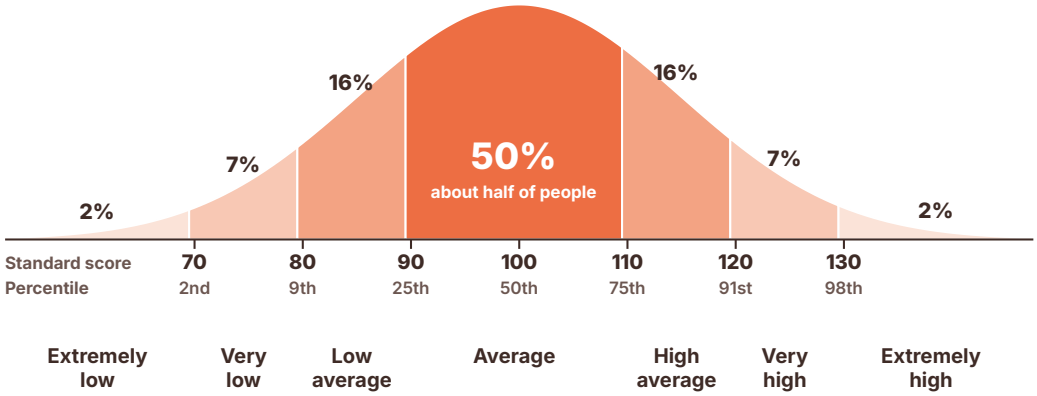
Ready to start? orangeadhd.com.au or 1300 411 025

Paying and cancelling: **page 26** · Medicare: **page 27**

AFTER YOUR ASSESSMENT

How to read your report

Reports can be full of numbers. Here's what they mean. Most tests compare you with people your age, and I'll go through yours with you at the feedback session.



Standard scores

Most thinking and learning tests give standard scores, where 100 is average. About half of people score between 90 and 109. Smaller parts of a test may use scaled scores, where 10 is average.

Percentiles

A percentile shows where you sit out of 100 people your age. The 75th percentile means you scored as well as, or better than, 75 of them. It's not the percentage of questions you got right.

Ranges

Scores are grouped into ranges, from extremely low to extremely high. Low average is just below the middle, and common: about 1 in 6 people score there. These labels describe a score on one test, not you or your child.

Questionnaires

On the Conners 4 and CAARS 2, scores are T-scores. A T-score of 50 is average. Unlike standard scores, a higher T-score means more difficulties were reported.

Margins of error

Every score has a margin of error, so reports often give a range, called a confidence interval, instead of one exact number.

A score isn't the whole story

Numbers describe how you did on particular tasks, on one day. Your history, strengths and everyday life matter just as much, and your report puts them together.

What's in your report

1. Why you came, and the questions we set out to answer.
2. Background: your history, and what others told me.
3. What I did: the interviews, tests and questionnaires.
4. What I found, including your strengths.
5. What it means: my conclusions, including any diagnosis.
6. Recommendations: practical next steps.

FEES AND FUNDING

Fees at a glance

Each fee is set by one rule: time with me at $250 an hour, with scoring, the report and letters included. Assessments involving autism add $500 for the longer report.

Assessment	Ages	Appointments	Time with me	Fee	
ADHD, adults	18 and over	3	4 hours	**$1,000**	p. 8
ADHD, children and teens	6 to 17	4	5 hours	**$1,250**	p. 10
Autism, adults	18 and over	4	5 hours, plus the report	**$1,750**	p. 12
Autism, children and teens	8 to 17	4	About 5 hours, plus the report	**$1,750**	p. 14
Cognitive	6 and over	3	4 hours	**$1,000**	p. 16
Educational	6 to 17	3 or 4	5 hours	**$1,250**	p. 18
Learning	From Year 2, and adults	4	6 hours	**$1,500**	p. 20
ADHD and autism	8 and over	5	7 hours, plus the report	**$2,250**	p. 22
ADHD and learning, children	Year 2 to age 17	5	8 hours	**$2,000**	p. 22

Every fee includes

- ✓ The $250 first appointment
- ✓ Questionnaires and scoring
- ✓ Your written report
- ✓ A feedback session
- ✓ Letters to your GP, prescriber or school

Extras, only if needed

Always agreed in writing first.

- **An extra appointment:** $250 an hour.
- **A meeting with your child's school:** $250 by video, or $375 at a school in Orange (50 minutes, plus a flat half-hour for travel). Outside Orange, by video only.
- **Switching** from an educational to a learning assessment: $250.

Fees from 28 October 2026. Medicare doesn't cover most assessments. See **page 27** for the exception.

FEES AND FUNDING

Paying, changing and cancelling

Clear rules, so there are no surprises. If something comes up, just let me know.

How paying works

1. **$125 deposit** to book
   Paid by card when you book your first appointment. Your card is saved securely for later payments.
2. **$125** after your first appointment
   The rest of the $250 first appointment fee.
3. **The rest of the fee** when you confirm your dates
   Charged to your saved card, or paid by bank transfer. I hold the dates for 2 business days after sending your plan. Assessments of $1,500 or more can be paid in two halves: the first when you confirm, the second before your last assessment appointment, on a date we agree. Just ask.
4. **Nothing at the feedback session**
   By then, you've paid in full.

Stopping partway

- You can stop at any time. You pay only for the appointments you've had, at $250 an hour, and I refund the rest, including the $500 autism report fee if the report hasn't been started.
- Once all your assessment appointments are done, the full fee applies: your report is under way, and you'll still get it.
- If I stop the assessment, for example to refer you to a team of practitioners, you pay only for the appointments you've had.

Nothing here limits your rights under Australian Consumer Law.

Changing or cancelling

- **Give 48 hours' notice** to cancel or move an appointment, and there's no charge. For your first appointment, any notice before the time is fine: the deposit carries over to the new time, or comes back to you.
- **If you, or your child, can't finish** a testing session, we finish it another day, at no extra cost.
- **Cancelling the whole assessment:** with 48 hours' notice before the first appointment in your plan, I refund the rest of the fee in full. After that, see **Stopping partway**.
- **Your first appointment:** if you miss it without letting me know, I keep the $125 deposit. Nothing more is charged.
- **Later appointments:** if you miss one, or cancel with less than 48 hours' notice, there's a $250 fee. We'll book a new time. If I can fill the gap, there's no charge.
- **Illness or an emergency?** Let me know. I'll always consider not charging you.
- **If I need to cancel,** you won't be charged, and we'll find a new time.
- **Need time to save?** Your plan stays valid for 3 months, so you can come back without starting again.
- **Reminders** come 3 days before and the day before. To move an appointment without a fee, reply to the 3-day reminder, or call or email me.

Example: an adult ADHD assessment

Deposit, to book the first appointment	**$125**
After the first appointment	**$125**
The rest of the fee, to confirm your dates	**$750**
At the feedback session	**$0**
Total	**$1,000**

FEES AND FUNDING

Medicare and other funding

Medicare doesn't cover most assessments, including ADHD assessments on their own. There's one exception, for people under 25.

The under-25 Medicare route

Who it's for: people under 25, referred by a paediatrician or psychiatrist for a possible complex neurodevelopmental condition, such as autism. That's a condition that affects development in more than one area; whether ADHD counts as complex is the specialist's call.

	Medicare route	Private route
Who makes the diagnosis	Your paediatrician or psychiatrist, using my report	Me
Referral	From a paediatrician or psychiatrist, before the appointments you claim	Not needed
Fee	The same fee	The same fee
Money back	About $101.55 for each eligible appointment	None

- **Eligible appointments** are 50 minutes or more, with the young person there. Appointments with parents on their own usually can't be claimed.
- **Up to 4 per referral, and 8 in a lifetime,** counting any with other practitioners.
- **We'll choose a route together** at the first appointment. Already have a referral? Bring it, so appointments can be claimed from the start. Before you pay the rest of the fee, I'll confirm which appointments can be claimed.
- **After a diagnosis,** Medicare can help with up to 20 treatment sessions in a lifetime, with a plan from the paediatrician or psychiatrist.

Therapy afterwards

For therapy with me, Medicare rebates may be available with a referral and Mental Health Treatment Plan from your GP, or a referral from a psychiatrist or paediatrician. Concession card holders get 20% off therapy sessions.

Private health insurance

Some extras policies cover part of a psychology appointment; check with your fund. You can't claim both Medicare and your fund for the same appointment.

The NDIS

The NDIS doesn't usually pay for assessments to get a diagnosis. If you're a participant, your plan manager or support coordinator can tell you what your plan covers.

Rebates change

Medicare amounts change each year. I'll confirm them before you book.

BEFORE YOUR APPOINTMENTS

Getting ready

A little preparation makes the appointments easier. Tick things off as you go.

Before

- [ ] Fill in the history form and questionnaires. Short bursts are fine.
- [ ] Ask people who know you well, such as a partner, parent or teacher, to fill in the questionnaire I send them.
- [ ] Find any old reports: school reports, past assessments and letters from doctors.
- [ ] **ADHD, adults:** ask a parent or older sibling to join the childhood part of the interview, by video or phone if easier. Not essential.
- [ ] **Learning:** ask the school for records of the help you, or your child, have had.
- [ ] **Taking medication?** Take it as prescribed unless your prescriber tells you otherwise, and tell me what you take.
- [ ] Put your appointments in your calendar, with reminders.

On the day

- [ ] Sleep well the night before, if you can.
- [ ] Eat something, and bring water and a snack.
- [ ] Bring glasses or hearing aids, if you use them.
- [ ] Bring anything that helps you feel calm or focused, such as a fidget or a comfort item.
- [ ] **By video:** a private space, a charged device and a good connection.
- [ ] **For children:** tell them what to expect, such as talking, puzzles and activities, with breaks. There's nothing to pass or fail, and no needles.

My appointments

Appointment	Date	Time	In the room or by video?
First appointment			
Feedback session			

Need to move one? Reply to the 3-day reminder. The day-before reminder comes inside the 48-hour notice period, so a late change may have a fee (**page 26**).

Stuck on a form? Call 1300 411 025, or email admin@orangeadhd.com.au. Lots of people ask for help with forms. Video links come by email before each video appointment.

QUESTIONS

Questions people ask

Do I need a referral?

No, unless you're using the under-25 Medicare route, which needs a referral from a paediatrician or psychiatrist.

Will I definitely get a diagnosis?

No one can promise that. I'll tell you honestly what I find, and either way you get a full report with recommendations.

Can you prescribe medication?

No. Psychologists can't prescribe in Australia. With your permission, I'll send my report to your GP, psychiatrist or paediatrician, who usually do their own assessment too.

Will the school or the NDIS accept my report?

Each organisation makes its own decisions. I write reports with their usual requirements in mind.

Do you use AI?

With your permission, I use an AI note-taking tool, NovoNote, in interviews and the feedback session, never during testing. It helps me write my notes and a first draft of your report, and I check every word myself. The recording is deleted once the transcript is made, and the transcript after 30 days. The fee is the same either way.

Can we use an interpreter?

Not at the moment. Appointments and tests are in English.

I've had an assessment before, or was diagnosed as a child or overseas. Can you use it?

Bring the report. If it's thorough and recent, you may need only an update, and I'll say so at the first appointment. A cognitive assessment from the last 2 years may shorten the plan and lower the fee.

I have no one who knew me as a child. Can I still be assessed?

Yes. School reports, your own memories and any old records are enough. A parent or sibling helps, but isn't required.

My child's other parent and I are separated. Do you need both of us to agree?

Usually, yes. Where both parents share parental responsibility, I ask for both to consent before the assessment starts, unless a court order says otherwise. Both can receive the report.

Does a diagnosis go on a record anywhere?

No. There's no central register, and nobody sees your report without your permission. Some employers and licensing bodies ask about diagnoses or medication, and that's between you and them.

Can I pay in parts?

For assessments of $1,500 or more, yes: two halves, the first when you confirm your dates and the second before your last assessment appointment. Just ask when you confirm. See page 26.

How long is a report accepted for?

It depends who's reading it. Schools and universities usually want a report from the last 3 to 5 years, and a prescriber wants a recent one. Keep yours safe, and ask me if you need an update.

What happens to my information?

I keep it private and secure, and share it only with your permission or where the law requires it. See orangeadhd.com.au/privacy.

What if I don't agree with the findings?

Tell me. We can go through how I reached them, and you're welcome to get a second opinion.

What if I'm not happy?

Please tell me, so I can try to put it right. You can also contact the NSW Health Care Complaints Commission on 1800 043 159, or 02 9219 7444 from outside NSW.

WORDS YOU MIGHT HEAR

Words you might hear

Plain-English meanings for the words in this guide and in your report.

AADPA
Australasian ADHD Professionals Association. It published Australia's ADHD guideline in 2022.

ABAS-3
A questionnaire about everyday living skills, such as communication, self-care and getting around. Used if you're wondering about intellectual disability.

ADHD
Attention deficit hyperactivity disorder. A neurodevelopmental difference in how the brain manages attention, activity and impulses. It starts in childhood and looks different in everyone.

ADI-R
Autism Diagnostic Interview, Revised. A detailed interview with parents about a child's development.

Adjustments
Changes at school, study or work that remove barriers, such as extra time in exams. Sometimes called reasonable adjustments.

ADOS-2
Autism Diagnostic Observation Schedule, second edition. A standardised observation of communication and social interaction, through activities and conversation.

AQ-10
A short screening questionnaire about autistic traits in adults.

AUDIT
A short screening questionnaire about alcohol use.

Autism
A difference in how people communicate, connect and experience the world through their senses, with focused interests or repeated movements or activities. It's present from early childhood, even if it isn't noticed until later. Some people say "autistic person" and others "person with autism". I'll use the words you prefer.

Average range
Where about half of people score. Standard scores from 90 to 109 are in the average range.

CAARS 2
Conners Adult ADHD Rating Scales, second edition. Questionnaires about ADHD for adults, and for someone who knows them well.

Clinical psychologist
A psychologist with further university training and supervised practice in assessing and treating mental health conditions, endorsed by the Psychology Board of Australia.

Confidence interval
The range a score is likely to fall within, allowing for the margin of error in any test.

Conners 4
Questionnaires about ADHD in children and teens, for parents, teachers and young people.

Co-occurring
Having 2 or more conditions at the same time, such as ADHD and anxiety.

DASS-21
A short questionnaire about depression, anxiety and stress.

Developmental history
The story of your, or your child's, development from early childhood, gathered by interview.

DIVA-5
Diagnostic Interview for Adult ADHD, based on the DSM-5. It goes through each ADHD trait, now and in childhood. The Young DIVA-5 is the version for children and teens.

DSM-5-TR
The Diagnostic and Statistical Manual of Mental Disorders, fifth edition, text revision. It sets out the criteria for diagnosis. The DSM-5 is the earlier version, with the same ADHD criteria.

Dyscalculia
A specific learning disorder in maths.

Dyslexia
A specific learning disorder in reading, affecting accurate or fluent word reading, and often spelling.

Executive functions
The brain's management skills: planning, organising, starting tasks, managing time and holding back impulses.

HSC
Higher School Certificate: the final years of school, and final exams, in NSW.

Intellectual disability
Significant difficulties with thinking skills and everyday living skills, starting in childhood. It's assessed with a cognitive test and a measure of everyday skills.

IQ
Intelligence quotient: an overall score from a cognitive test. A cognitive assessment gives a fuller picture than one number.

Masking
Hiding or covering up traits to fit in. It can be exhausting.

Mental Health Treatment Plan
A plan from your GP that may let you claim Medicare rebates for therapy. Also called a Mental Health Care Plan.

MIGDAS-2
Monteiro Interview Guidelines for Diagnosing the Autism Spectrum, second edition. A guided conversation about interests and sensory experiences.

NDIS
National Disability Insurance Scheme: funding for supports for people with a significant, permanent disability.

Neurodevelopmental
To do with how the brain develops, starting in childhood, as with ADHD, autism and learning disorders.

Neurodivergent
People whose brains work differently from what's considered typical, such as autistic people and people with ADHD or dyslexia.

Paediatrician
A doctor who specialises in children's health and development.

Percentile
Where a score sits out of 100 people the same age. The 50th percentile is exactly average.

Phonological processing
Hearing and working with the sounds in words. It's often harder for people with dyslexia.

Prescriber
A doctor who can prescribe ADHD medication: a psychiatrist, a paediatrician, a neurologist or, in NSW, a GP with extra training approved by NSW Health.

Processing speed
How quickly you take in simple information and act on it.

Q-interactive
An iPad system for giving and scoring tests such as the WISC-V.

Rapid naming
How quickly you can name familiar things, such as colours, letters or numbers. It's linked to reading fluency.

Referral
A letter from a doctor asking another practitioner to see you. Some Medicare rebates need one.

Scaled score
A score for a smaller part of a test, where 10 is average.

Screening
A quick check for something that might need a closer look. A screener can't diagnose.

Specific learning disorder
Ongoing difficulty learning to read, write or do maths, despite targeted help, that isn't better explained by something else. Dyslexia is one.

Standard score
A score that compares you with people the same age, where 100 is average.

Standardised test
A test given and scored the same way every time, with results compared with people the same age.

Stimming
Moving or making sounds in ways that help you feel calm or focused, such as rocking, tapping or humming.

Targeted help
Extra teaching aimed at a particular skill, such as a reading program.

T-score
A score used by many questionnaires, where 50 is average.

Vineland-3
Interviews and questionnaires about everyday living skills, used like the ABAS-3.

WAIS-5
Wechsler Adult Intelligence Scale, fifth edition. A test of thinking skills for people aged 16 and over.

WIAT-4
Wechsler Individual Achievement Test, fourth edition. It tests reading, spelling, writing and maths.

WISC-V
Wechsler Intelligence Scale for Children, fifth edition. A test of thinking skills for ages 6 to 16.

Working memory
Holding information in mind while you use it, such as remembering instructions while you follow them.

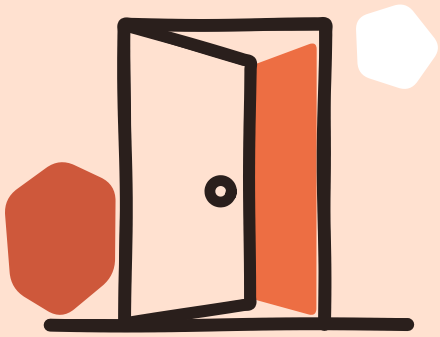
Where the facts come from

Where this guide names a guideline, a manual, a Medicare rule or a NSW rule, these are the documents it means. Each was opened in November 2026.

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ORANGE ADHD

Ready to start, or not sure yet?



Either way, the first step is the same. I read every form, and my reception manager will be in touch within 2 business days, by call, text or email, whichever you choose.

Online
orangeadhd.com.au
5 short questions, under a minute

Phone
1300 411 025
Call, or leave a message

Email
admin@orangeadhd.com.au
For questions and forms

Where

Suite 5, 256 Anson Street
Orange NSW 2800
Ground floor, with wheelchair access

For referrers

HealthLink EDI **orngadhd**, fax **02 8322 8002**, or email admin@orangeadhd.com.au. How to refer: orangeadhd.com.au/for-gps

If you need help now
Lifeline **13 11 14** · 13YARN **13 92 76** (support for Aboriginal and Torres Strait Islander people) · In an emergency, call **000**

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This guide is general information, not advice about your situation. Fees from 28 October 2026, and they may change: check orangeadhd.com.au for current fees. Medication is a prescriber's area: this guide says who prescribes, and leaves the rest to them. Photos of Glen and his room were taken in Orange. © 2026 Orange ADHD. Version 2, November 2026.