



Care To Assess
ADHD assessments for adults
Finding solutions to life's challenges

At **Care To Assess**, we specialise in private ADHD assessments for adults and children, conducted by ADHD Diagnostic Specialists following NICE guidelines. Our experience provides thorough, evidence-based evaluations to ensure accurate diagnosis and personalised treatment plans. As an ADHD, we are trusted by patients across Ireland for our clinical excellence, compassion, and commitment to best practice.

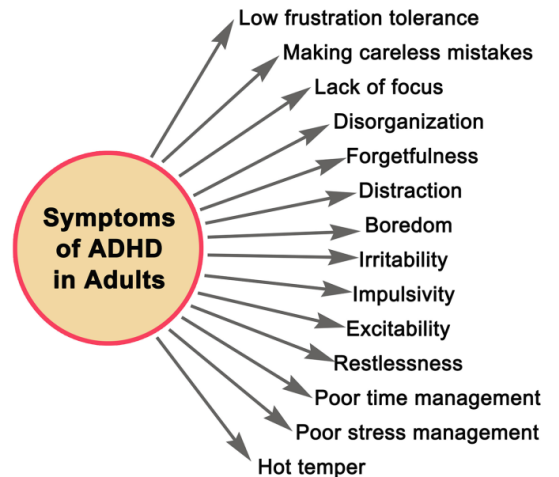




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What is Adult ADHD?

ADHD is a neurological condition that affects around 5% of the population. It can affect anyone from all different walks of life.

It is important to remember that ADHD is not caused by bad parenting, diet, or social circumstances. It is something that individuals are born with, and this means that symptoms are usually noticed before the age of 13.

Due to difficulties in accessing ADHD assessments, and the unfortunate and untrue stigma's surrounding ADHD often the diagnosis is delayed until adulthood.

What are the Symptoms of ADHD?

The symptoms of ADHD are varied and can impact on many aspects of an individual's life, whether it be education, occupation, relationships, finances or social circumstances. Common symptoms are as follows:

Inattention



Making careless mistakes / failing to give close attention to details



Difficulties sustaining attention



Difficulties listening and with "zoning out"



Difficulties following through or finishing tasks



Losing or misplacing things



Forgetfulness

Hyperfocus



Hyperfocus refers to a state of extreme and uninterrupted concentration on a particular task or activity.



Hyperfocus typically occurs when engaging in tasks that are particularly stimulating or interesting to the individual.



During hyperfocus, a person may completely lose track of everything happening around them, including external stimuli like sounds, conversations, or other events in their environment.

Hyperactivity / Impulsivity



Fidgeting (playing with pens, bouncing leg, biting nails, fidgeting with hands/feet)



Physical restlessness



Mental restlessness (racing thoughts, particularly when trying to relax)



Difficulties relaxing



Difficulties with patience and waiting



Difficulties in social situations (being loud, interrupting, talking excessively)

Difficulties Regulating Mood



Mood Swings: Rapid changes in emotional state.



Irritability: Easily frustrated or annoyed by situations.



Quick Temper: Tendency to become angry quickly.



Impatience: Struggling with waiting or delays.



Low Self-Esteem: Negative self-image or lack of confidence.



Inability to Deal with Stress: Difficulty managing pressure or challenging situations.

How do we diagnose Adult ADHD?



At Care To Assess we diagnose ADHD through the use of clinical interviews and the DIVA-5. This is a structured Diagnostic Interview for ADHD in adults that is internationally recognised. The interview scores symptoms for attention deficit, hyperactivity and impulsivity. These scores are mapped against the diagnostic criteria from the DSM-V. A diagnosis is made when the score is above the internationally agreed threshold. Studies have shown that this interview has a sensitivity of 90%, and a specificity of 72.9%.

At the end of the interview, if a diagnosis is made we then discuss the various treatment options.



The path to wellness

We believe in making the process as smooth as possible with full transparency and easy navigation.

01

Pre-Appointment

Book online, choose clinician, fill in questionnaires, prepare for consultation.

02

During the Appointment

Receive assessment from a professional who listens.

03

Post Appointment

Receive detailed results with tailored recommendations.

04

Completion of Treatment

Follow-up support ensures continued progress on track.

Frequently Asked Questions



Who are
Care To
Assess?

Care To Assess is a leading private mental health clinic based in Remember Us, Balbriggan Dublin. We provide expert diagnostic ADHD assessments, therapeutic play therapy, mental health support.

We offer effective intervention for children facing challenges such as: Emotion regulation, social skills, developmental delays, Low self esteem, school difficulties, trauma, attachment, anxiety, phobias, grief and loss, family separation and divorce, chronic illness, bullying. Our holistic approach ensures your mental health, physical health, and overall wellbeing are fully considered.



Frequently Asked Questions



How quickly can I get my appointment?

We offer fast access to appointments, often within a few days. You don't need to wait months to get the expert support you need, we are committed to providing prompt, confidential care.



How should I prepare for my appointment?

Before your appointment, you will receive electronic questionnaires to complete about your symptoms and background. These allow you to share important information in advance and can be particularly useful if you find it difficult to verbalise everything during your appointment. Bringing along a list of medications, previous psychiatric or medical reports, and jotting down your key concerns can also be very helpful.

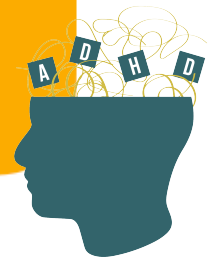


Frequently Asked Questions



What is the difference between ADD and ADHD?

ADD (Attention Deficit Disorder) is an older term previously used to describe individuals who experience attention difficulties without hyperactivity. Today, the correct diagnosis is ADHD (Attention Deficit Hyperactivity Disorder), which has three recognised presentations: inattentive type, hyperactive-impulsive type, and combined type. We assess for all types during our comprehensive evaluation



Do I need a GP referral?

No referral required. We accept direct self-referrals, meaning you can book an appointment online without speaking to a doctor first.



No Referrals Needed

STEP 1

Prior to booking

Prior to booking an appointment we encourage patients to :

a. Discuss ADHD with their GP. We encourage you to start the discussion early, in particular asking them if they are able to enter into shared care agreements once you are diagnosed. An ADHD Shared Care Agreement (SCA) allows your GP to prescribe your medication. In Ireland, you must ask your local GP if they participate in this arrangement post-diagnosis.

b. Fill in the ASRS self-assessment questionnaire which can be accessed here. Research tells us that if you have 4 or more symptoms in the grey box on Part A then further investigation for ADHD is warranted

c. Ensure you review the fee's section of the website and are comfortable with the fees associated with assessment and treatment.

STEP 2

Contact us

If you have any questions about our services prior to booking please email privateassessments.ie and we will assist you on your journey with Care To Assess.

Schedule an appointment
Use our online booking portal to book a consultation, or email us to schedule an appointment in our clinic.

Step 3

Before the appointment

Prior to your appointment you will receive an email providing information on what to expect on the day, along with a patient information questionnaires and a self-assessment forms to fill in. We require that these are submitted prior to attending your appointment.

Step 4

After your appointment

After your appointment the following will occur:

a. You will receive your assessment outcome via email within 10 working days. Where appropriate this will contain your diagnosis and treatment plan.

b. Your clinician will advise you on frequency of follow-up appointments to monitor treatment and progress.

Please note: At your appointments you will be required to provide photo identification to confirm your identity.

Step 5

Completion of treatment

When your treatment has been completed, you can request us to enter into a shared care agreement with your GP. If they agree, then they will be able to prescribe medication if required subject to the conditions of the shared care agreement.



PRICING

Adult ADHD Assessment €1,150
Our adult ADHD assessments are comprehensive and evidence-based, led by experienced ADHD diagnostic assessors specialising in neurodevelopmental conditions. The assessment includes a detailed clinical interview, use of validated tools such as the DIVA 5.0, and a review of your developmental, educational, and occupational history. We explore how symptoms impact areas like focus, organisation, impulsivity, relationships, and daily functioning. If a diagnosis is confirmed, we provide a formal diagnostic report along with personalised recommendations for treatment, therapy, and lifestyle support.

Inclusions: Full NICE compliant assessment, comprehensive ADHD report and personalised treatment plan.