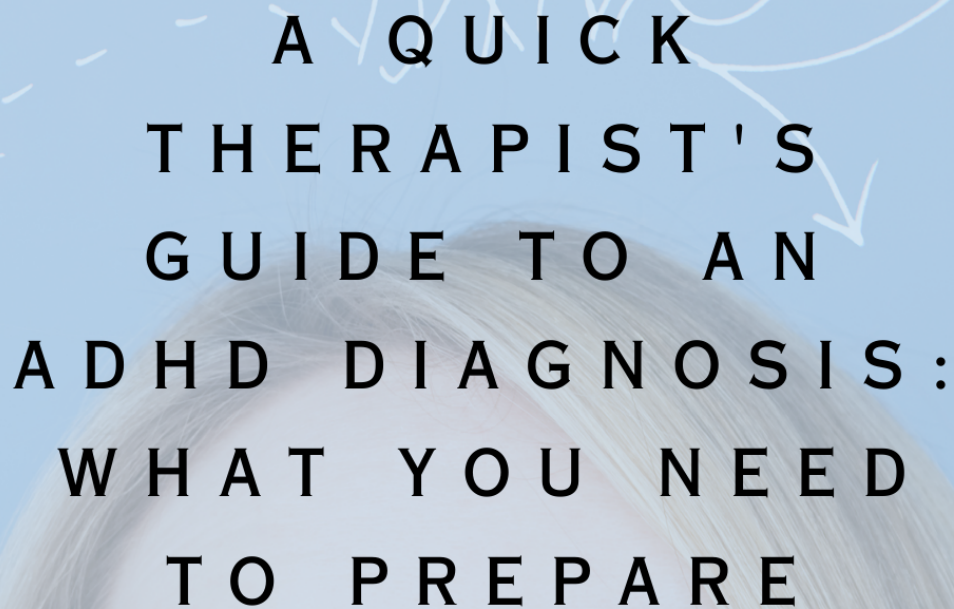


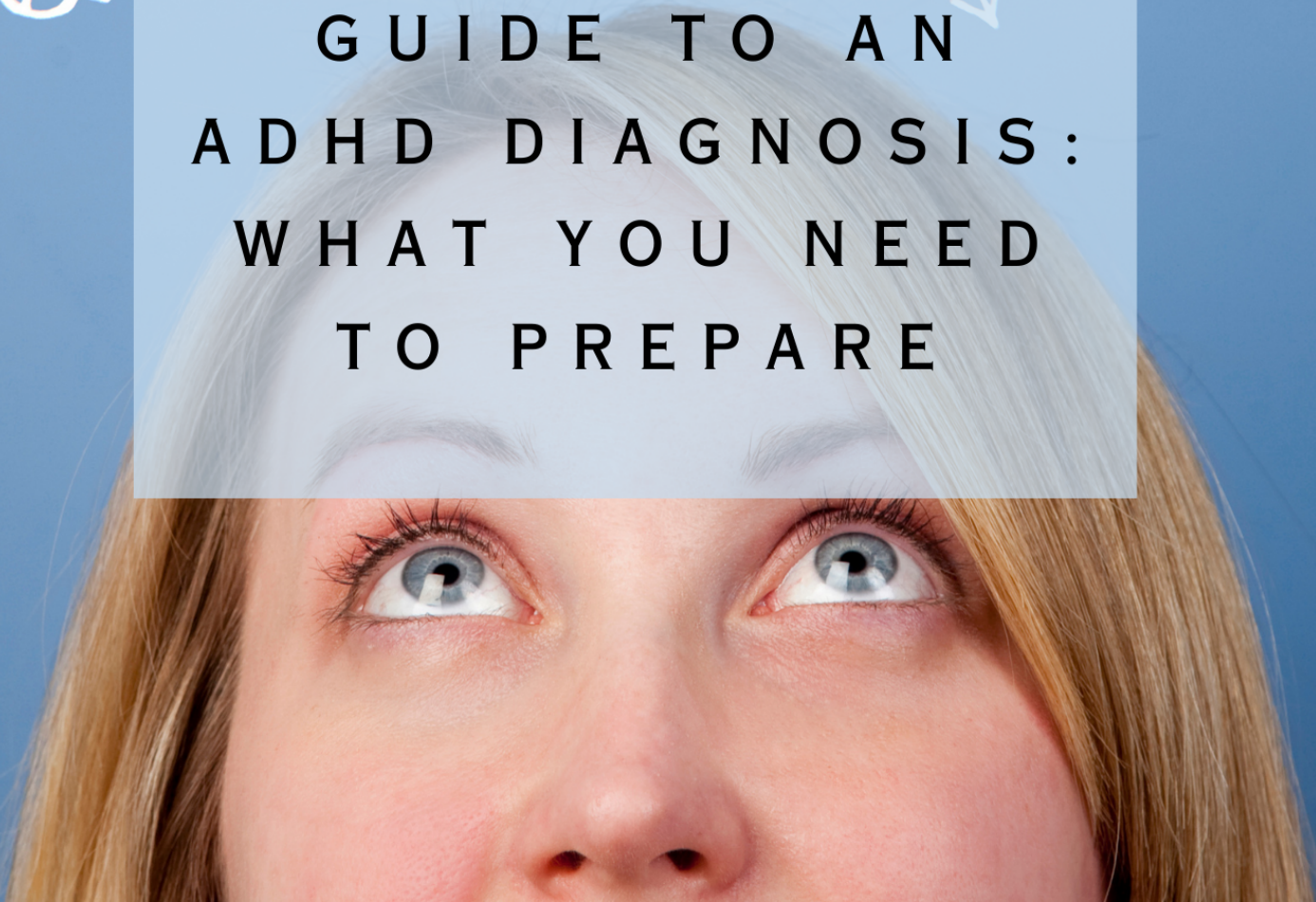


ADHD DIAGNOSIS GUIDE

WISDOM & WELLNESS CONNECTION
SARAH LINDER, LCSW-R



A QUICK
THERAPIST'S
GUIDE TO AN
ADHD DIAGNOSIS:
WHAT YOU NEED
TO PREPARE



Think you or your child might have ADHD and you don't know where to start?

Waiting for the evaluation appointment and wondering what can be done in the mean-time?

getting help shouldn't be so hard!

BUT, UNFORTUNATELY, IT CAN BE

enter....

THE ADHD GUIDE

ADHD GUIDE TO DIAGNOSIS & SUPPORT

01 **INTRO TO ADHD**

02 **MAJOR PLAYERS**

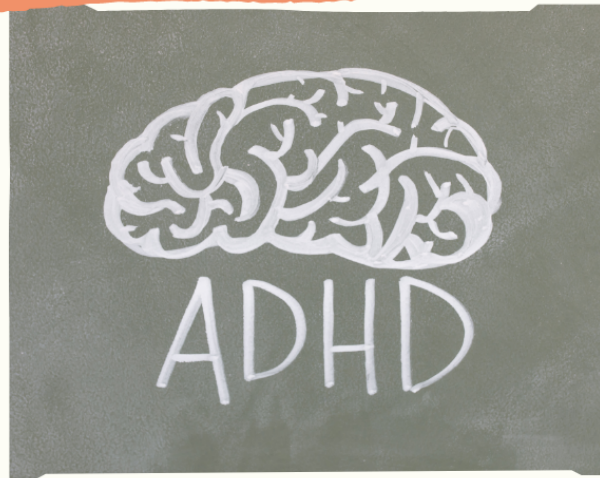
03 **DECISION MAKING:
WHERE TO START?**

04 **MEDICAL
CONDITIONS TO
RULE OUT**

Bonus!



INTRO TO



(IN MY OWN WORDS)

Attention Deficit/Hyperactivity Disorder (ADHD) is a brain-based difference in how an individual experiences and functions in their life that disrupts their ability to **self-regulate** thoughts, feelings, and behaviors. This leads to challenges with distractibility, hyperactivity and impulsivity, the 3 main symptom categories of ADHD. These symptoms are often "inconsistently consistent" across multiple settings; attention and focus are possible but are *variable*. The type of attention impaired is attention **to the future**. This means that the individual has difficulty with over-prioritizing the NOW as opposed to attention to longer-term consequences and even one's own wellbeing.

You may be thinking..."Ok, this sounds like EVERY kid I've met under the age of 8!"

✓ Don't forget the most important thing that qualifies anyone for a mental health diagnosis is that it must contribute to a **functional impairment**, meaning, it causes problems life! (I don't think you'd be here if it wasn't negatively impacting something). ADHDers have lots of strengths! But symptoms are often VERY disruptive to our modern day living.

MAJOR PLAYERS: WHAT PROFESSIONALS ARE INVOLVED?

An ADHD evaluation could potentially involve several different professionals before arriving at a diagnosis. Find out what steps you might not want to skip.



MEDICAL PROFESSIONAL

Your primary care provider is a great resource. They can help you rule out any physical illnesses that might be contributing to symptoms and connect you to other medical providers if necessary. They can also help monitor medications, symptoms and in some cases, they will diagnose and treat ADHD!

GET STARTED NOW:

-GET A PHYSICAL IF IT'S BEEN MORE THAN 1 YEAR

EDUCATORS



Teachers are often the first to recognize a potential issue with attention or behavior. They observe your child academically, behaviorally and socially and are a great person to start a conversation with!

SCHOOL PROFESSIONALS

School Nurse: Can screen for any vision or hearing difficulties that might be contributing to symptoms

School Psychologist: Can perform intelligence testing, academic achievement testing and look for signs of learning disabilities

School Counselor/Social Worker: Can help you navigate any social or behavioral concerns that might be presenting.

GET STARTED NOW

Ask the teacher questions specific to ADHD as well as any academic, social or behavioral concerns. A short, written request to the CSE Chair will get the ball rolling if you're having trouble getting your questions answered.

MENTAL HEALTH PROFESSIONALS

Social Workers, Licensed MFTs and PCs, and Psychologists can diagnose and provide treatment for mental health disorders.

Psychiatrists (MD) and Psychiatric Nurse Practitioners can *also* diagnose but they can prescribe medications as well.

Not sure how to decide? We've got you covered...!



DECISION MAKING CHECKLIST

GOAL :
Rule out physical illnesses or contributing factors

STEPS :

- Get a physical if it's been more than 1 yr.
- Be honest about symptoms and history!
- Ask your provider if they can diagnose ADHD
- Follow-through with any medical referrals or bloodwork you might need

GOAL :
Gather up support and documents from school

STEPS :

- Contact teacher and communicate concerns
- Collect report cards or other documents
- Learn about educational rights in your state
- Rule out learning disabilities

GOAL :
Find a professional who can provide an evaluation and diagnosis, if needed

STEPS :

- Ask your primary care provider or insurance company for a list of recommendations.
- Don't forget your primary care might diagnose!
- Google searches and psychologytoday.com, Universities and hospitals can also be helpful
- Get on a wait list if needed, you can always cancel it later

*One thing at a time,
you've got this!*





MEDICAL SYMPTOM LIST

Health issues that *may* affect concentration and behavior and mimic ADHD if *not well controlled*

- Illness that affects breathing (Asthma/Sleep Apnea)
- Head trauma or concussion
- High Blood Pressure
- Neurological Conditions: Seizures, Tics or Tourette's
- Unregulated Thyroid Disorder
- History of leukemia
- Vision or Hearing problems
- Sleep problems/poor sleep
- Learning Disabilities, Giftedness, Autism (many shared traits)
- Drug or alcohol use
- Fibromyalgia
- Celiac Disease
- Lyme Disease



**This list is not exhaustive, always check with your own medical provider!
(You can still have ADHD and have these medical issues.)**



Thank you!

We sincerely hope this information is helpful, because navigating your own mental health shouldn't be so hard! Remember, it's never too late to get an accurate and compassionate diagnosis. We work collaboratively with all our clients so you feel supported in a way that works best for you!

You've got this!

Sarah Linder

Licensed Clinical Social Worker
ADHD Certified Clinical Services Provider

<https://sarahlinderlcsw.com/adhd/>

A word about diagnosis: Not everyone needs one! If you are an adult or close to it, it might be enough for you to just know that you have ADHD and that's ok! Unfortunately, if you want access to meds or accommodations, you'll need a formal diagnosis. If not, no ADHDer that I know will invalidate you.

