

Preparing for an ADHD Evaluation

How to get the most from your assessment appointment

What to expect

A comprehensive adult ADHD evaluation typically includes a clinical interview, standardized rating scales, review of history, and — when helpful — input from a partner or family member. The goal is a clear picture of how attention, executive functioning, and mood affect your daily life.

Records to gather (if available)

- Report cards or teacher comments from elementary and middle school.
- Prior psychological, educational, or neuropsychological testing.
- Notes from previous therapists or prescribers.
- A list of current medications and supplements.
- Any accommodations you've received at school or work.

Reflect on your history

- When did you first notice difficulty with attention, organization, or restlessness?
- What settings are hardest — work, home, driving, conversations?
- What strategies have you tried, and what has helped?
- How does your mood, sleep, and stress affect your focus?
- What would daily life look like if this were better managed?

Bring someone who knows you well

A partner, parent, sibling, or close friend can offer a valuable outside perspective. If they can't attend, ask them to fill out a rating scale in advance.

The day of your appointment

- Sleep well the night before.
- Eat a solid meal — evaluations can run 2–3 hours.
- Take your usual medications unless told otherwise.
- For telehealth, choose a quiet space with reliable internet.

After the evaluation

You'll receive feedback and a written report. If a diagnosis is made, we'll discuss next steps — which may include therapy, coaching, medication referral, or workplace/academic

accommodations.

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