# Single disciplinary assessment

A diagnostic assessment gives a comprehensive, evidence-informed understanding of a person's neurodevelopmental or mental health profile, exploring Autism, ADHD, anxiety and related conditions. Interviews, standardised tools, observations and background information are brought together to determine whether diagnostic criteria are met. The outcome offers clarity, language and direction, and can support school adjustments, workplace accommodations, therapy and funding such as the NDIS.

A single disciplinary assessment is completed by our psychologist(s) only. It suits people whose presentation is clear, whose history is well understood and who have no significant concerns in other developmental areas. For NDIS and education purposes, the report needs to be reviewed by a paediatrician or psychiatrist.

## How it works

**Step 1. Prediagnostic testing**

We email questionnaires to the parent or carer and teacher, or for adults, to you and a trusted adult. Skip this step if you have already completed it.

**Step 2. Psychology interviews**

Children: a telehealth parent or carer interview (up to 2 hours) and an in-person session with your child (up to 1 hour), booked separately. Adults: one telehealth interview (up to 3 hours).

**Step 3. Report writing**

A detailed report, including whether diagnostic criteria are met, to share with your paediatrician or psychiatrist.

**Step 4. Assessment handover**

A feedback session to explain the findings and recommendations, and to talk through next steps.

**Fees** We will email you a quote when you request this assessment. You do not need to pay in full upfront; we book each step once payment for that step is received.

**Ready to start?**

Complete a New Client Form online →

**Consent to contact a teacher or trusted adult**

We contact a teacher (for children) or a trusted adult (for adults) as part of the assessment, so we need your signed consent first.

Complete the consent form online →

*Already sent us your New Client Form and consent form? Thank you, there's nothing more to do.*

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# Multidisciplinary assessment

A diagnostic assessment combines interviews, standardised tools, observations and background information to clarify a person's neurodevelopmental or mental health profile, including Autism, ADHD, anxiety and related conditions. It determines whether diagnostic criteria are met and can guide school, workplace, therapy and NDIS supports.

Our psychologists work with a speech pathologist or occupational therapist to assess strengths, communication, sensory needs, daily functioning and developmental history. Recommended for when you do not have a Paediatrician/Psychiatrist, this pathway can provide a formal diagnosis and is accepted by the NDIS (at time of writing).

## How it works

**Step 1. Prediagnostic testing**

We email questionnaires to the parent or carer and teacher, or for adults, to you and a trusted adult. Skip this step if you have already completed it.

**Step 2. Psychology interviews**

Children: a telehealth parent or carer interview (up to 2 hours) and an in-person session with your child (up to 1 hour), booked separately. Adults: one telehealth interview (up to 3 hours).

**Step 3. Speech pathology or OT**

A telehealth interview (up to 1 hour). Some questions may overlap with the psychology interviews, but both are needed for this diagnosis.

**Step 4. Report and handover**

A detailed report with NDIS documents (Psychosocial Capacity Assessment Overview, Diagnostic Assessment and NDIS Access Request Form), then a feedback session.

**Fees** We will email you a quote when you request this assessment. You do not need to pay in full upfront; we book each step once payment for that step is received.

**Ready to start?**

Complete a New Client Form online →

**Consent to contact a teacher or trusted adult**

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Complete the consent form online →

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