

GETTING ASSESSED · 3.12

Preparing for an Adult ADHD or Autism Assessment

How to prepare for an adult ADHD or autism assessment: what to gather, what to bring, and how to make the appointment as useful as possible.

FOR

Adults preparing for assessment

AUDIENCE AGE

18+

REVIEWED

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PART OF

The NeuroFX resource library

IN SUMMARY

Preparing for an Adult ADHD or Autism Assessment

What to gather before the appointment

- **Childhood evidence.** Old school reports are the most useful single piece of evidence. End-of-year teacher comments often capture the pattern in plain language. Parental memory, sibling memory and childhood photos all help.
- **Concrete examples of current difficulties.** A short list under each of: work, home and admin, relationships, self-care, money, driving, sensory environment, mental health. Three to five examples per heading is more useful than an essay.
- **Family history.** ADHD, autism, anxiety, depression, OCD, eating disorders, bipolar disorder and substance use across parents, siblings and children. Saying 'I do not know' is more useful than guessing.

On the day

- **Be honest, not polished.** Specific honest examples are more diagnostic than smooth ones. Many adults reflexively minimise; try to give the picture as it actually is, including the parts you usually hide.
- **Bring co-occurring history.** Past anxiety or depression treatment, sleep, substance use, eating patterns, trauma where you are comfortable, current medication. A good clinician needs the whole picture.
- **Pace yourself.** Adult assessments run two to three hours, sometimes split across sessions. Sleep well the night before, eat before you arrive, bring water and a snack.
- **'I do not remember' is a valid answer.** You do not need to know everything. Honest uncertainty is more useful than a confident guess.

How we can help

- **Clear pre-assessment paperwork.** NeuroFX sends paperwork in advance covering clinical history, screening questionnaires and a request for developmental information. Honest, specific completion makes the appointment more productive.
- **Two routes: ADHD and autism.** Private adult ADHD assessment, private adult autism assessment, or combined assessment where a dual picture is suspected. Each follows the relevant NICE standard.
- **Time to take the history properly.** Our assessments are paced to give time to the developmental history, which is the diagnostic anchor for both ADHD and autism in adults.

WHEN TO SPEAK TO A PROFESSIONAL

If you have an assessment booked, follow your provider's specific instructions alongside the general preparation above. NeuroFX offers private adult ADHD and autism assessment from our Bedford clinic. Seek same-day help via 111 (or 999 in an emergency) for any mental health crisis.

SOURCES

NICE NG87; NICE CG142; Kooij et al. 2019 (Eur Psychiatry)

NEXT STEPS**Speak to NeuroFX**

Private ADHD and autism assessment for adults and children aged 6 and upwards.
CQC-registered. Bedford Consulting Rooms, 4 Goldington Road, Bedford MK40 3NF.

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