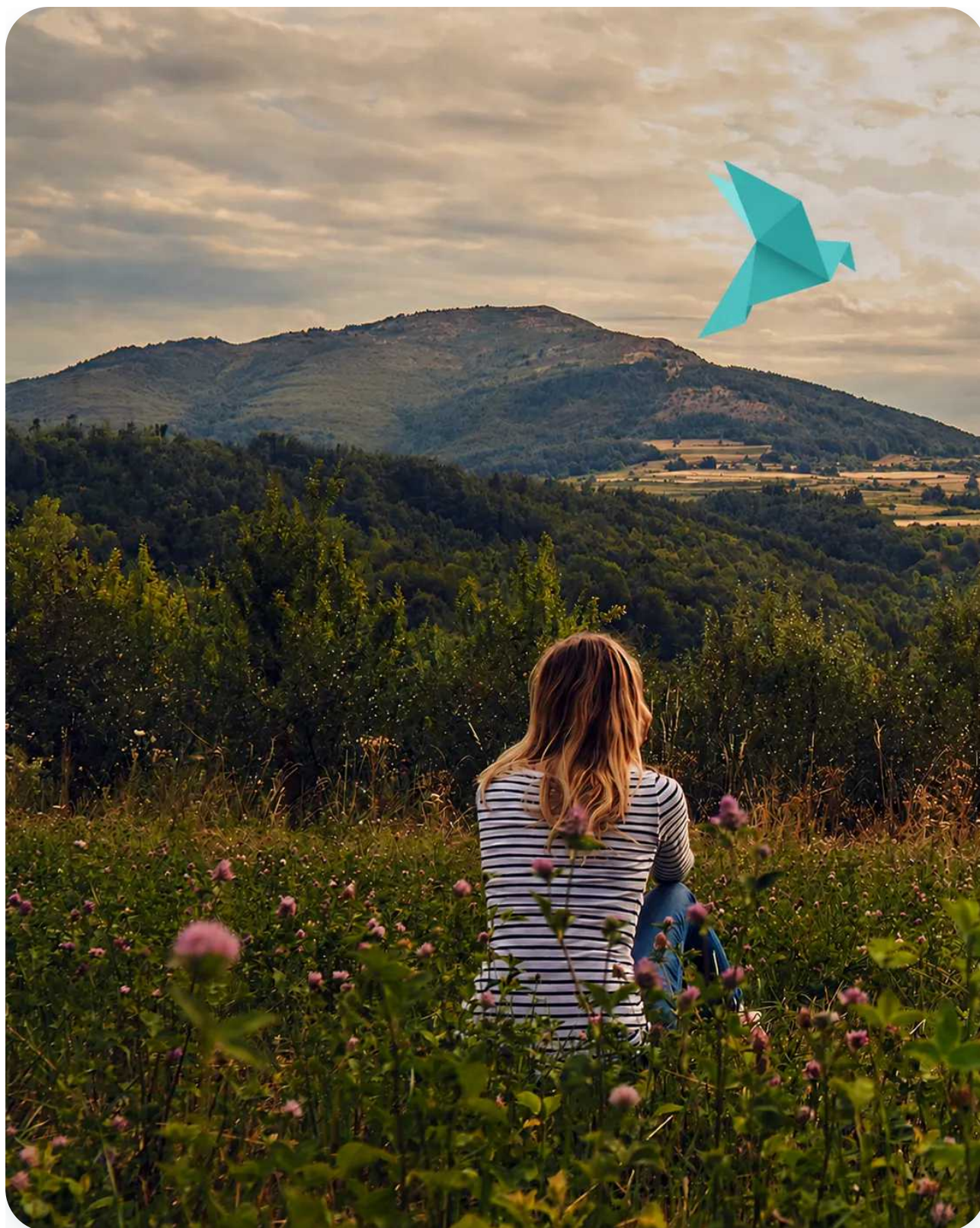


THE ADULT ADHD ASSESSMENT GUIDE

Chapter 1

Introduction

3 min read · Last reviewed by Tina Fox, 30 May 2026



Welcome. This is the start of our adult ADHD assessment guide, written for anyone who has begun to wonder whether ADHD might explain things they have lived with for a long time. We understand that arriving here can

feel like a big step, so we have tried to make this calm, clear and honest. You do not need to know anything yet. You only need to be curious.

Why we made this adult ADHD assessment guide

Many adults reach this point after years of sensing that something does not quite add up. Perhaps you have always worked harder than the people around you to stay on top of ordinary things. Perhaps a partner, a friend, or your own child's recent diagnosis has made you pause and look again at your own life. Whatever brought you here, you deserve clear information rather than guesswork. This guide gathers, in one place, what we would want a member of our own family to know before deciding whether to seek an assessment.

How to use this guide

Read it in order, or jump straight to the part you need. Each chapter stands on its own, so there is no wrong way through. If a chapter raises a question, the next one usually answers it.

What you will find here

We move at a steady pace, from understanding to action:

- [what ADHD actually is](#), and the myths worth letting go of
- [how ADHD can show up in adult life](#), and why so many people were missed
- [your options for assessment](#), including the NHS, Right to Choose, and going private
- [what actually happens in an assessment](#), step by step
- [what your results mean](#), including what happens if it is not ADHD
- the [treatment and support](#) available afterwards

We are open about the practical questions too, including the [cost of an assessment](#), because clarity helps you decide.



A NeuroFX assessment is unhurried, with time to talk things through.

A few things we believe

A private assessment sits alongside NHS care, never in place of it. If you can access an NHS assessment and are content to wait, that is a perfectly good path, and this guide will help you understand it.

We also believe an assessment is not a test you pass or fail. It is a careful, structured conversation that helps you understand how your own mind works. Whatever the outcome, you should come away knowing more than you did before. If you are reading this for a child as well as for yourself, there is a [companion guide for parents](#) that mirrors this one.

A PERSONAL NOTE

I was an adult before anyone put a name to how my mind worked. The thing I wish I had been given was something exactly like this, plain and unhurried, that told me what to expect before I had to expect it. Take it at your own pace.

Paul Fox, Co-founder of NeuroFX and ADHD UK Ambassador

Key takeaways

- This guide is for adults wondering whether ADHD might explain long-standing difficulties.
- It moves from understanding ADHD, to your options, to what an assessment involves, to what comes after.
- It is honest about costs and waiting times, and treats private assessment as sitting alongside NHS care.
- Read it in order or jump to the chapter you need; nothing here can diagnose you, but it can help you decide your next step.

Common questions

Who is this guide for?

Any adult who thinks ADHD might explain difficulties they have lived with for years, and anyone supporting them. If you are looking for a child, the guide for parents covers the same ground for under-18s.

Do I need to know anything about ADHD before I start?

No. We begin from the basics and build up gently, so you can start here with no prior knowledge.

Can this guide tell me whether I have ADHD?

No. It is general information, not a diagnosis. Only a full assessment can tell you that, and this guide explains how to arrange one and what it involves.

Is private assessment instead of the NHS?

No. Private assessment sits alongside NHS care. We set out all the routes honestly so you can choose the one that suits your situation.

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This guide is general information, not a substitute for individual clinical advice, and it cannot diagnose ADHD or any other condition. If you are concerned about yourself or your child, please speak to your GP or arrange a professional assessment. NeuroFX is a CQC-registered clinic and our guidance follows NICE guideline NG87.