

## ADULT ADHD ASSESSMENT CHECKLIST

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### Assessment Cost and Requirements

The total cost of an adult ADHD assessment is **\$800**, paid in three installments. I do not accept health insurance and all fees will be billed directly to you. Before paying an assessment deposit, I do offer patients the option to pay for a \$50 screening which can help you decide whether or not to complete the comprehensive assessment process (see details below). You will need access to a laptop or personal computer with a camera (not a smartphone) and access to a reliable internet connection. All appointments will be conducted remotely using Zoom (<https://zoom.us>).

### Step 1: Phone Consultation with Dr. Tarlow

The first step of the assessment process is a brief phone consultation to discuss your assessment needs and review the assessment process. I can answer any questions you have at this time. We will go over this checklist during the phone consultation, so it may be helpful to have it in front of you when we speak on the phone.

- Call Dr. Tarlow at (907) 885-1893
- Discuss the assessment process
- Ask any questions you have about ADHD assessment
- Schedule 2-hour assessment appointment (*telehealth*)

After our phone consultation:

- Electronically sign consent form (*this will be emailed to you*)
- Pay **\$50** ADHD screening fee (*invoice will be sent to your email*)

### Step 2: ADHD Screening

After paying the \$50 screening fee, I will email you instructions for completing a brief online ADHD screening. The results of this screening will not provide you with a diagnosis, but the results will provide some information about the severity of your attention-related symptoms. This will help you decide whether to continue with the comprehensive assessment process.

- Complete online ADHD screening (*15 minutes*)
- Receive screening results from Dr. Tarlow
- Email Dr. Tarlow to confirm or cancel your 2-hour assessment appointment
- Pay **\$350** deposit for comprehensive assessment (*invoice will be sent to your email*)

### **Step 3: Complete Symptom Checklists** (before your assessment appointment)

Before we meet for your 2-hour assessment appointment, you will complete several symptom checklists using your personal computer. I will email you instructions for completing these symptom checklists.

Completing these checklists takes some time, but they will help me gather and organize information about your mental health before we meet. Most people with ADHD have at least one other mental health diagnosis (like an anxiety disorder, for example), so the symptom checklists will ask about a range of problems you may or may not be experiencing.

- Complete executive functioning symptom checklist (*15 minutes*)
- Complete anxiety, depression, and alcohol/drug screenings (*30 minutes*)
- Complete personality assessment (*60 minutes*)

### **Step 4: Attend 2-Hour Assessment Appointment** (telehealth)

The assessment appointment will be divided into two parts. First, we will review the results of your completed symptom checklists and discuss your mental health history. Second, I will administer some tests of your mental abilities.

- Review results of symptom screenings with Dr. Tarlow
- Discuss your mental health history with Dr. Tarlow
- Cognitive testing administered by Dr. Tarlow
- Electronically sign authorization allowing Dr. Tarlow to contact a family member, partner, or close friend who can provide information about any attention-related symptoms and behaviors they have observed
- Schedule 30-minute follow-up appointment

After the 2-hour assessment appointment, before the final feedback session:

- Pay **\$400** comprehensive assessment fee (*invoice will be sent to your email*)

### **Step 5: Attend 30-Minute Follow-Up Appointment** (telehealth)

In our final appointment, I will review the results of the assessment with you and discuss any diagnoses you receive. I will provide you with a written report summarizing the results of the assessment and my recommendations for future treatment.

- Review assessment results with Dr. Tarlow
- Discuss Dr. Tarlow's recommendations
- Receive an electronic copy of the assessment report
- Receive a printed copy of the assessment report by mail (*optional*)