

Senator Janet Rice

Chair, The Senate Community Affairs References Committee

20th September 2023

Dear Senator Rice

Inquiry into the assessment and support services for people with ADHD.

Thank you for the opportunity to provide additional information to the Committee. Attached please find a series of flow diagrams prepared by ADHD WA to depict the pathway through diagnosis and treatment for children and for adults with ADHD. The document includes the wraparound services which are currently provided by ADHD WA.

As discussed in our submission, our recommendations are as follows which also indicate that ADHD WA would be in the position to deliver against measurable outcomes in WA:

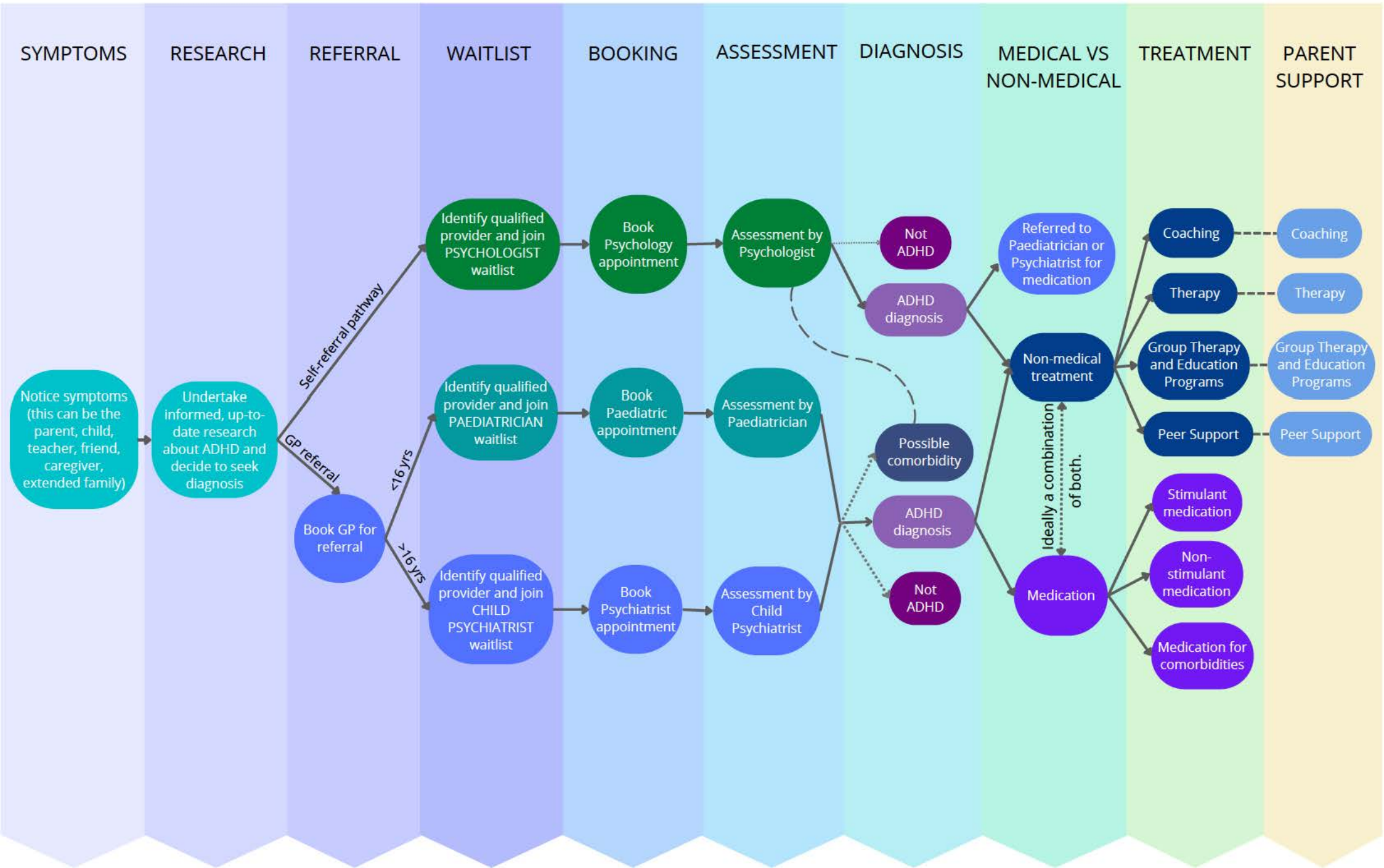
Recommendation	Funding	Organisation/Agency
Families should have the option of accessing multi-modal treatment for their child's ADHD through government funded services these include Group Therapy, Educational Programs, Peer Support Groups which currently are only afforded to those that have the financial means.	State and Federal	ADHD WA (in WA)
Adults, who are currently not able to access treatment through the public sector, should be provided with the opportunity to do so.	Federal	Health Department
The role of GPs in the diagnosis and treatment of ADHD should be expanded as per our submission.	Federal	Health Department
<u>State-based</u> Telephone Helplines to best address local needs. In line with the Lifeline Australia model	Federal	ADHD WA (in WA)

Yours sincerely

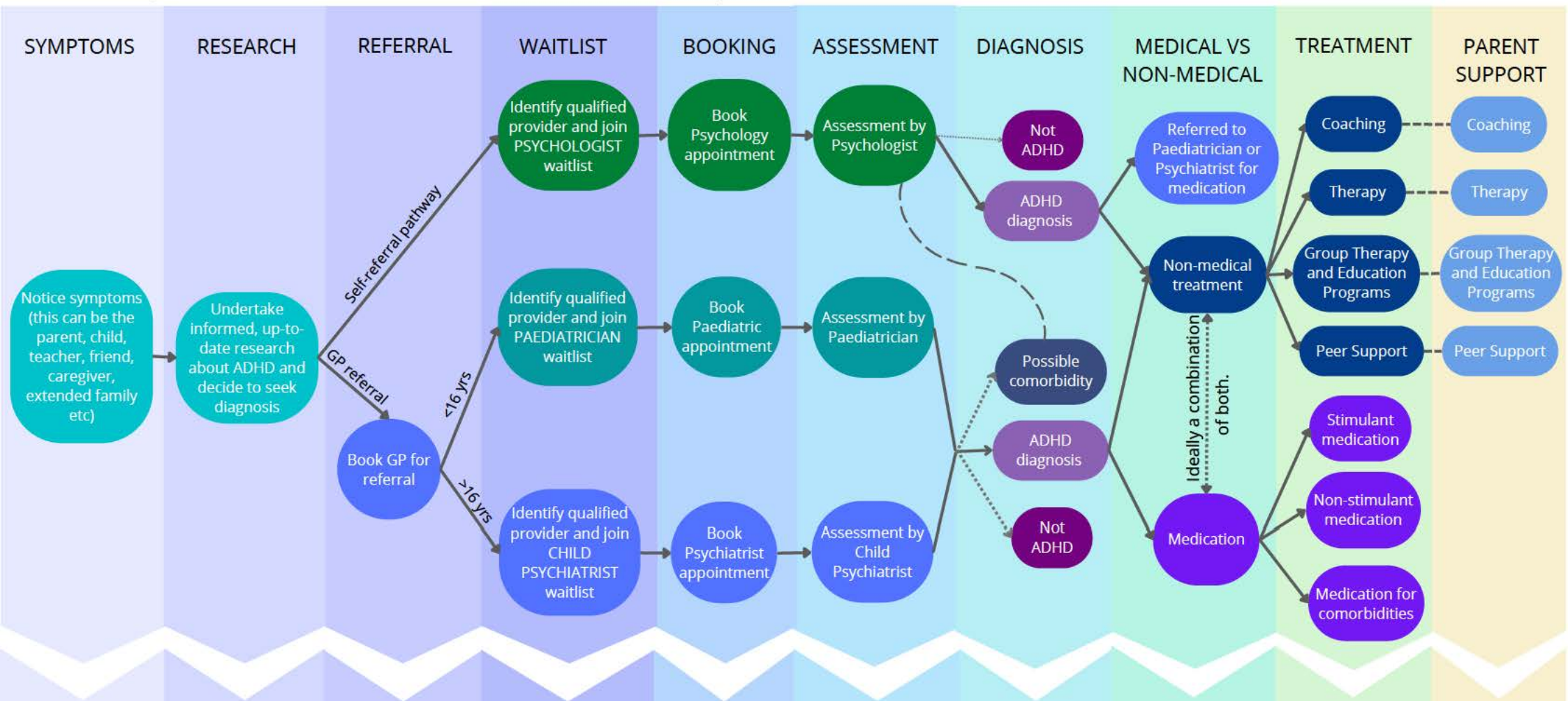
Dr Michele Toner, OAM

Chair, ADHD WA Board of Management

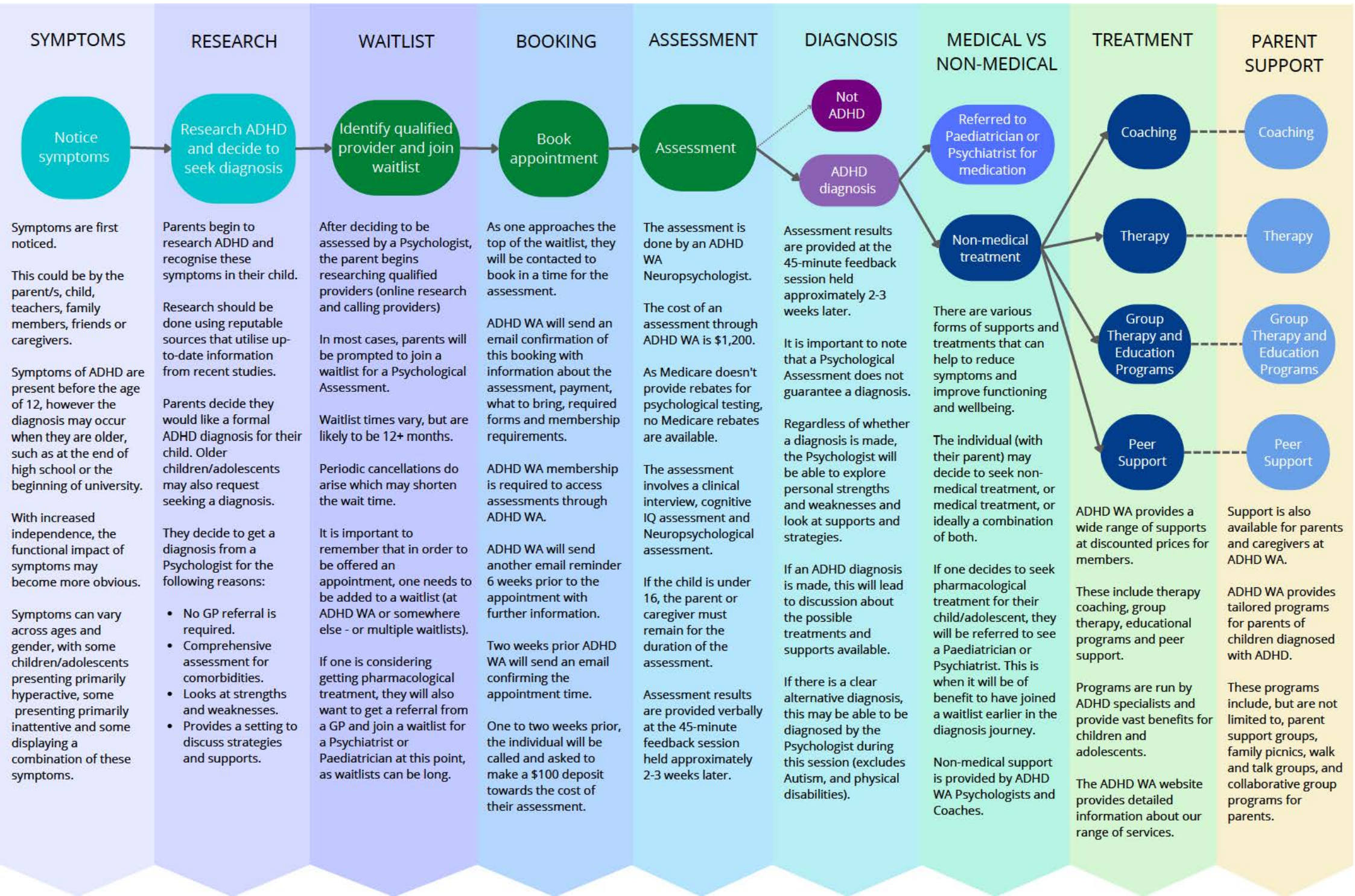
A CHILD'S DIAGNOSIS JOURNEY

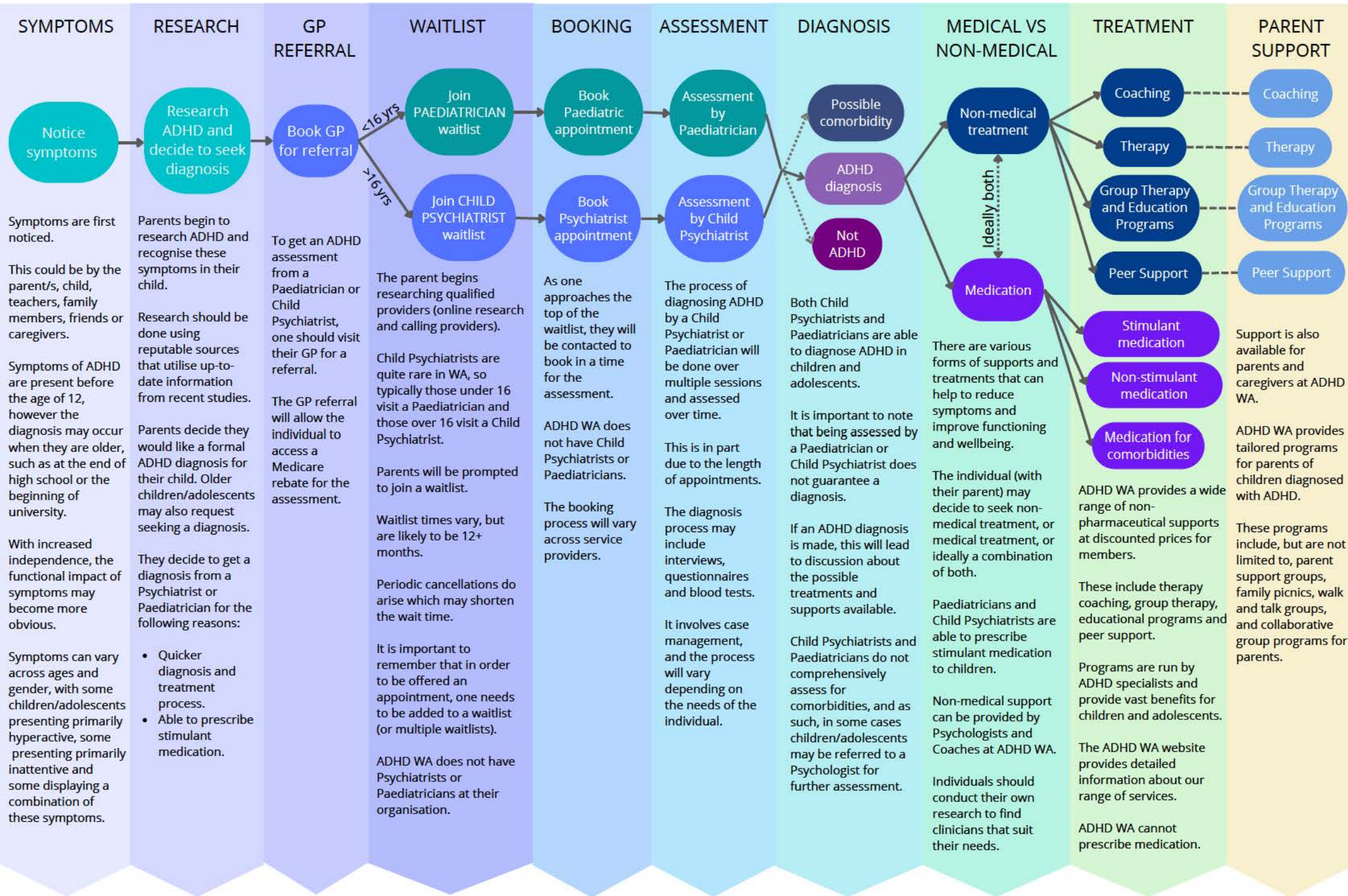


A CHILD'S DIAGNOSIS JOURNEY - QUESTIONS AND FEELINGS



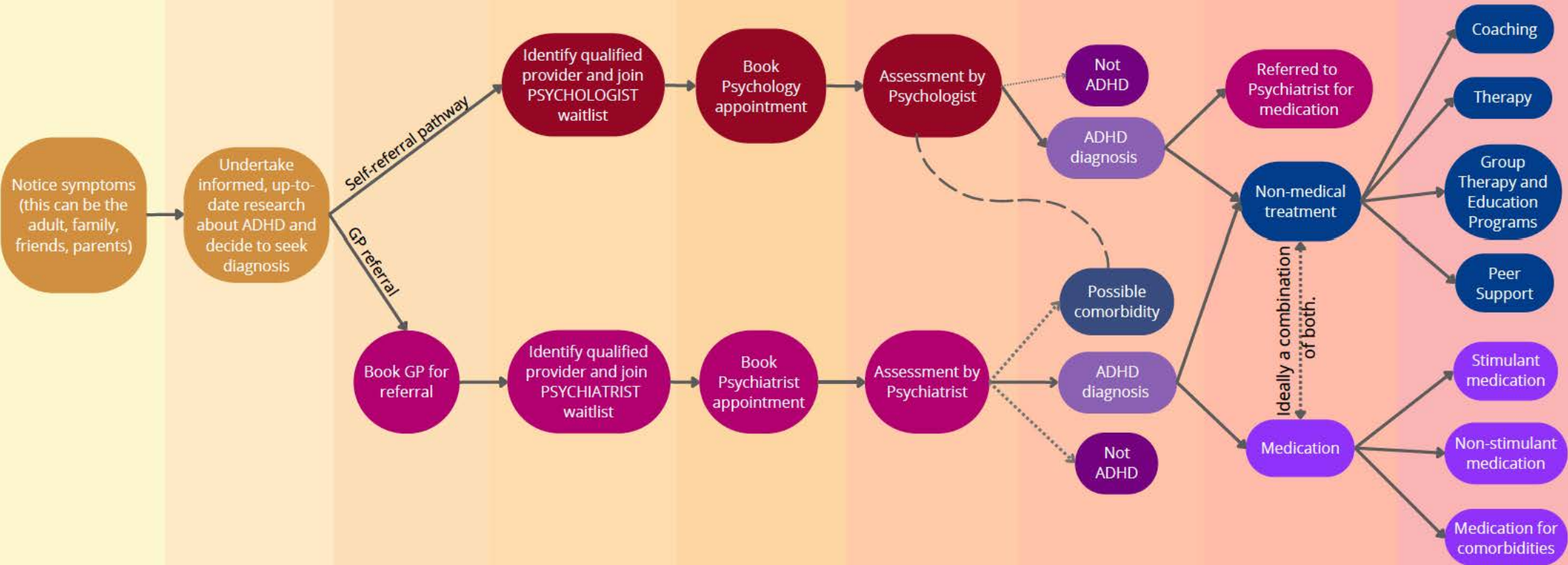
QUESTIONS AND FEELINGS	SYMPTOMS	RESEARCH	REFERRAL	WAITLIST	BOOKING	ASSESSMENT	DIAGNOSIS	MEDICAL VS NON-MEDICAL	TREATMENT	PARENT SUPPORT
"Why can't my child concentrate?"	"I wonder if this could be ADHD"	"What should I bring to the GP?"	"Why is the waitlist so long?"	"What do I bring?"	"What are they assessing?"	"What does this mean?"	"What treatment is best for my child?"	"Where can I access non-medical treatment?"	"How do I best support my child?"	
"Why do I always get into trouble?"	"I recognise these symptoms"	"Which specialist do I visit?"	"Should I join multiple waitlists?"	"What will they ask?"	"Will I (parent) be involved in the assessment?"	"What supports are available?"	"Why would we choose medication?"	"How much will these services cost?"	"Can I get help with parenting techniques?"	
"I find it difficult to pay attention."	"I'm confused - how do we get a diagnosis?"	"How long will this process take?"	"How much will this cost?"	"What is involved?"	"What should I tell my child?"	"Does my child need medication?"	"What benefits can my child receive from non-medical supports?"	"How do I choose the right support?"	"Is there a community I can talk and connect with?"	
"This student doesn't listen to me."	'Aha moment'	"Is it worth it?"	"Will I get a rebate?"	"How do I get there; where can I park?"	Nervous	"How do I get medication?"	Confused	Connected	Optimistic	
Frustrated	Overwhelmed	Anxious	Frustrated	Nervous	Relieved	Overwhelmed	Optimistic	Understood	Optimistic	
Confused	Nervous	Nervous	Overwhelmed	Relieved	Anxious	Understood	Optimistic	Learning	Connected	
	Optimistic	Hopeful	Confused	Confused	Conflicted	Relieved			Learning	



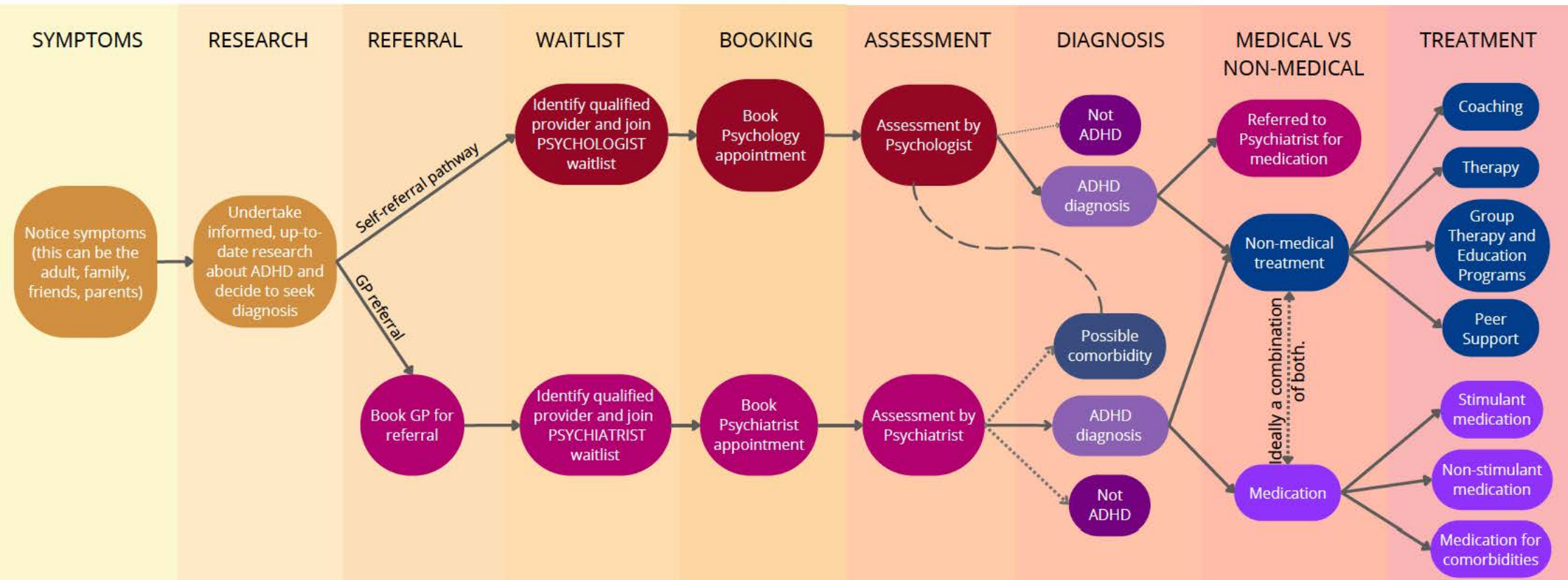


AN ADULT'S DIAGNOSIS JOURNEY

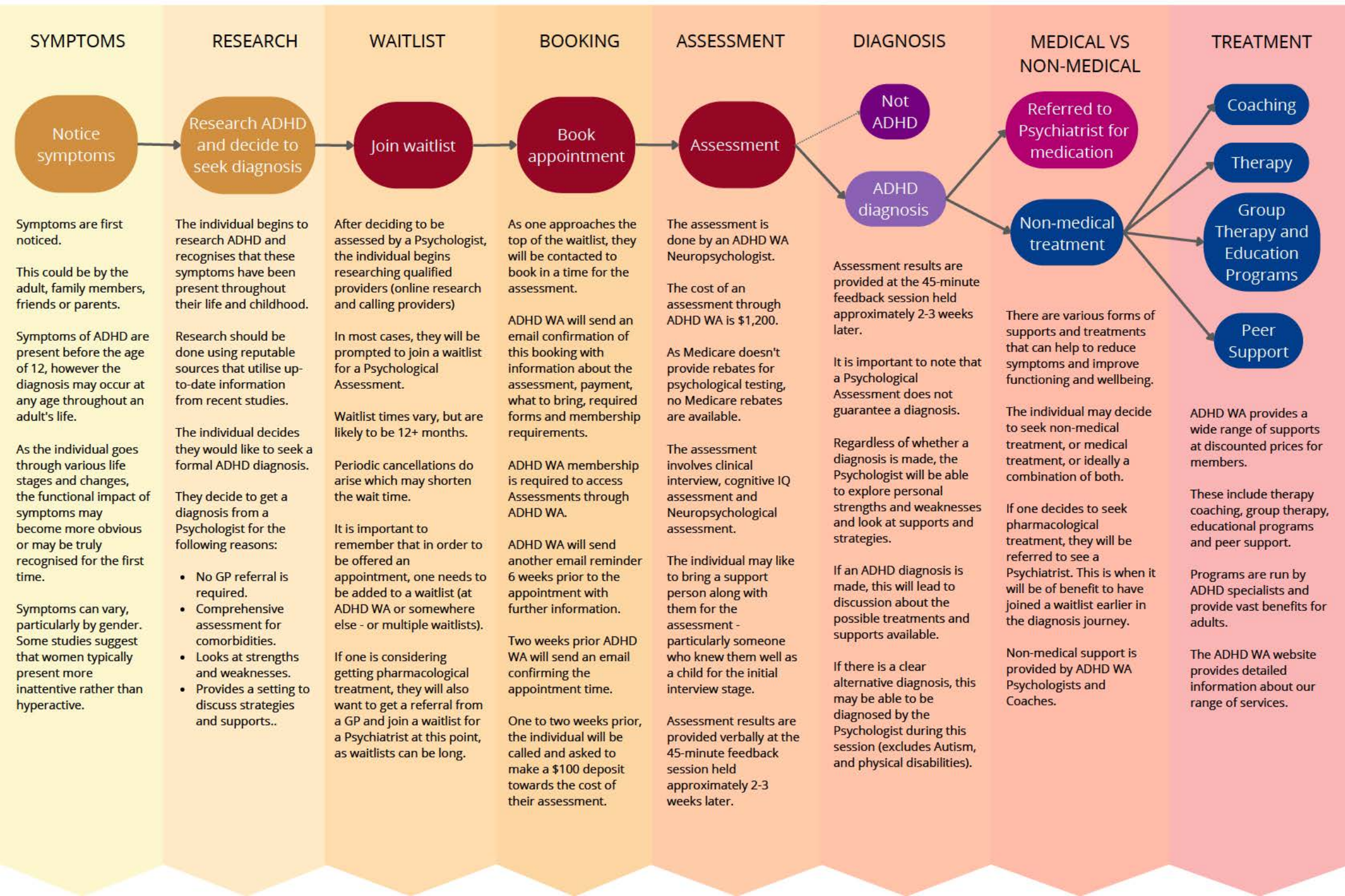
SYMPTOMS RESEARCH REFERRAL WAITLIST BOOKING ASSESSMENT DIAGNOSIS MEDICAL VS NON-MEDICAL TREATMENT

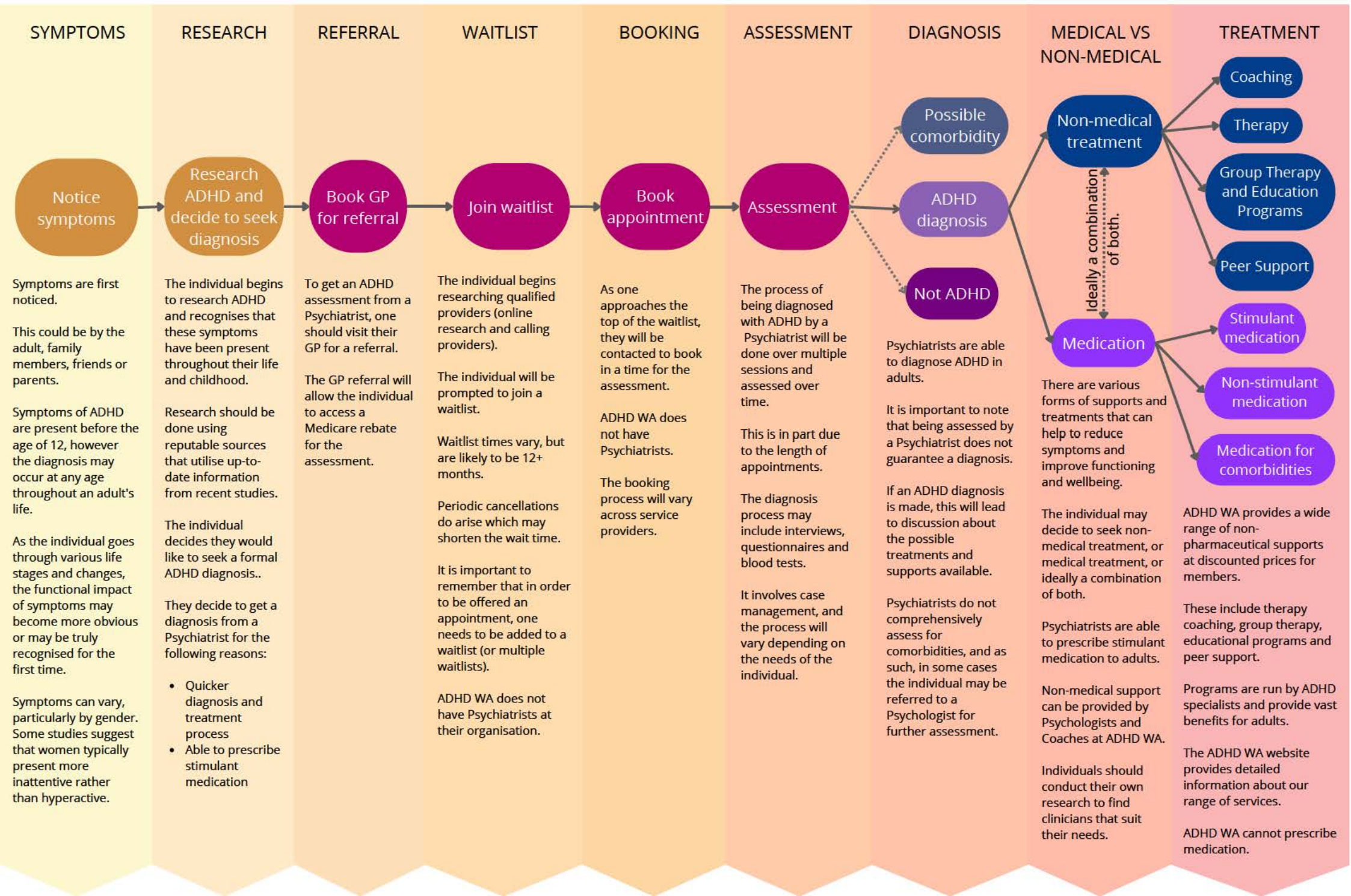


AN ADULT'S DIAGNOSIS JOURNEY - QUESTIONS AND FEELINGS



QUESTIONS AND FEELINGS	SYMPTOMS	RESEARCH	REFERRAL	WAITLIST	BOOKING	ASSESSMENT	DIAGNOSIS	MEDICAL VS NON-MEDICAL	TREATMENT
	"Why can't I concentrate?"	"I wonder if this could be ADHD"	"What should I bring to the GP?"	"Why is the waitlist so long?"	"What do I bring?"	"What are they assessing?"	"What does this mean?"	"What treatment is best for me?"	"Where can I access non-medical treatment?"
	"My life feels disorganised and chaotic."	"I recognise these symptoms."	"Which specialist do I visit?"	"Should I join multiple waitlists?"	"What will they ask?"	"What do I bring?"	"What supports are available?"	"Why would we choose medication?"	"How much will these services cost?"
	"I find it difficult to get tasks done."	"I'm confused - how do I get a diagnosis?"	"How long will this process take?"	"How much will this cost?"	"How do I get there, where can I park?"	"What questions might they ask?"	"Do I want/need medication?"	"What benefits can I receive from non-medical supports?"	"How do I choose the right support?"
	"I got in trouble in school as a child."	'Aha moment'	"Is it worth it?"	"Will I get a rebate?"	Nervous	Nervous	"How do I get medication?"	Confused	Connected
	Frustrated	Overwhelmed	Anxious	Frustrated	Relieved	Relieved	Overwhelmed	Optimistic	Understood
	Confused	Nervous	Nervous	Overwhelmed	Confused	Confused	Understood		Learning
	Hopeless	Optimistic	Hopeful	Confused			Relieved		

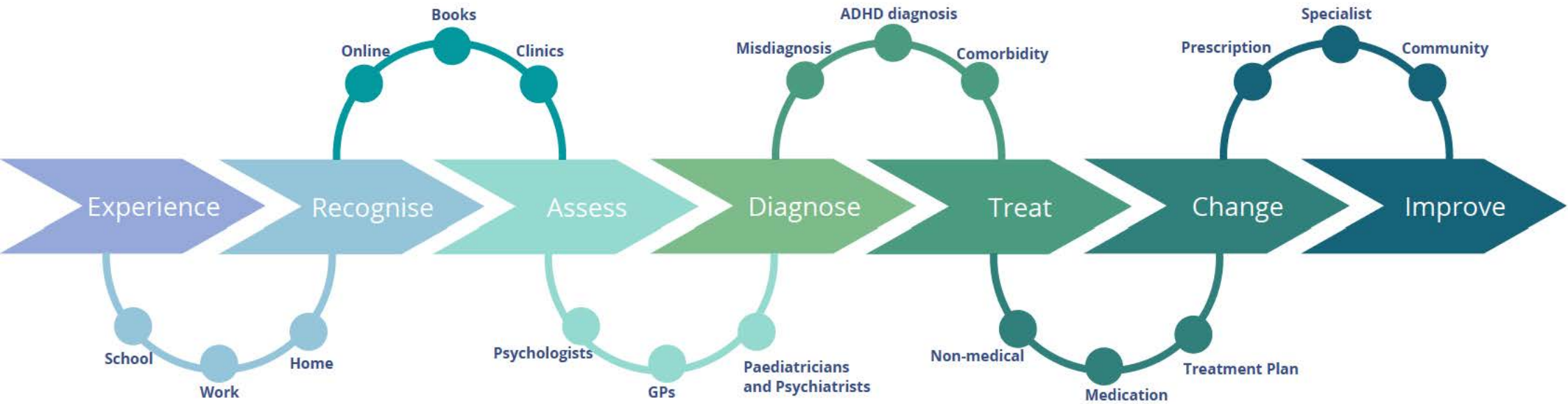




- **Online** - researching personal experience and symptoms
- **Books** - researching ADHD
- **Clinics** - calling clinics about assessment process and services

- **Misdiagnosis** - one may receive a misdiagnosis prior to receiving a correct ADHD diagnosis
- **ADHD Diagnosis** - receive correct ADHD diagnosis
- **Comorbidity** - one may receive an additional diagnosis for a comorbid condition

- **Prescription** - a process of changing medication and varying doses until side effects are minimised and benefits maximised
- **Specialist** - changes in specialists and support team as one moves through life (eg. age out of Paediatrician, find specialised study coach, move cities/countries)
- **Community** - find community and gain an understanding of oneself and support strategies



- **School** - difficulties in school work, trouble concentrating in class, commonly getting into trouble
- **Work** - difficulties staying organised and managing tasks and time
- **Home** - life at home feels disorganised or chaotic

- **Psychologists** - call clinics to join waitlists, visit clinic for assessment
- **GPs** - referrals to Paediatricians and Psychiatrists
- **Paediatricians and Psychiatrists** - call clinics to join waitlists, visit clinic for assessment

- **Non-medical** - interactions with therapists, coaches, peer support and educational groups
- **Medication** - prescription from specialist for stimulant or non-stimulant medication and medication for comorbidities.
- **Treatment Plan** - ideally, a treatment plan is sought for a combination of medical and non-medical supports