



Your Assessment Guide



A little clarity can
change everything



Comprehensive assessments for ADHD, Autism and AuDHD

Everything you need to know about your journey: what's involved, how long it takes, what it costs, and how to get started.

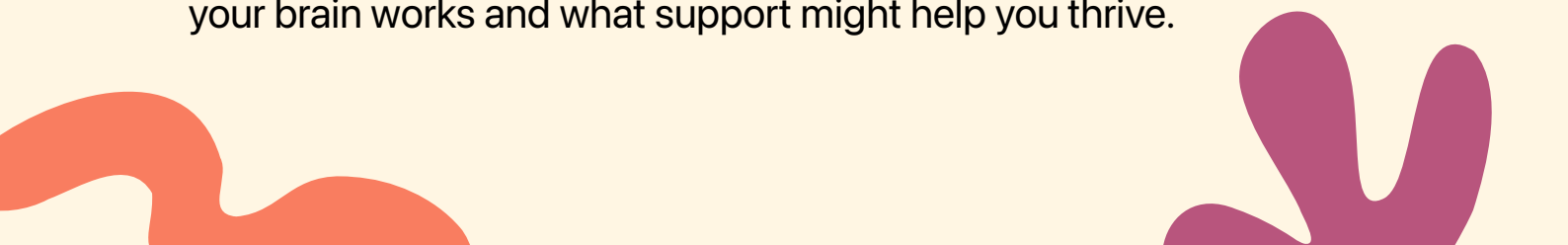


**Seeking an assessment
can feel like a big step.**
We've got you.



At Lyt Health our goal is to make the process clear, supportive and empowering, so you arrive at your feedback session feeling informed, not overwhelmed.

Every assessment at Lyt Health is thorough, evidence-based and tailored to you as an individual. Whether you're exploring ADHD, Autism, or both, we're here to help you understand how your brain works and what support might help you thrive.





Your assessment journey.

A clear, supported process from start to finish

01 Initial Consultation

60 Minutes

Your clinician takes the time to understand your concerns, developmental history and goals. Questionnaires are sent via Novapsych to be completed before your next appointment.

02 Diagnostic Interview

90 Minutes

A structured, evidence-based clinical interview using gold-standard tools: the DIVA-5 or Young DIVA for ADHD, and the MIGDAS-2 for Autism.

03 Standardised Questionnaires

Completed by the client and where relevant, parents or teachers. These provide additional data to support the full clinical picture

04 Clinical Analysis and Report Writing

Your clinician reviews all information gathered and prepares a thorough, detailed diagnostic report.

05 Feedback Session

60 Minutes

A dedicated session where your clinician presents the report, explains findings, discusses diagnosis and outlines clear next steps and recommendations.

Total timeframe:
approximately 8 to 10 weeks from
initial consultation to final report



Understanding your brain.

ADHD, Autism and AuDHD: what's the difference?



ADHD

Attention-Deficit/Hyperactivity Disorder is a neurodevelopmental condition that affects how the brain manages attention, impulse control and executive functioning.

You might be exploring ADHD if you experience:

- ➔ Difficulty sustaining attention or finishing tasks
- ➔ Challenges with organisation and planning
- ➔ Restlessness or high energy levels
- ➔ Acting quickly without thinking
- ➔ Forgetfulness that impacts daily life

ADHD is not a lack of intelligence or motivation. It reflects differences in how the brain regulates attention and self-management. Many people with ADHD also demonstrate remarkable strengths: creativity, problem-solving, high energy and the ability to think outside the box.

Assessment fee:

\$1,800



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Autism

Autism Spectrum Disorder is a neurodevelopmental condition that influences how a person experiences social communication, sensory information and patterns of thinking.

You might be exploring Autism if you experience:

- Differences in social communication
- A preference for routines or predictability
- Deep interests in specific topics
- Sensory sensitivities
- A unique way of processing information



Autism is a natural variation in how brains work. Many Autistic people demonstrate strengths including strong focus, honesty, creativity, deep knowledge in areas of interest and unique problem-solving abilities.

Assessment fee:

\$2,700



Understanding your brain.

ADHD, Autism and AuDHD: what's the difference?

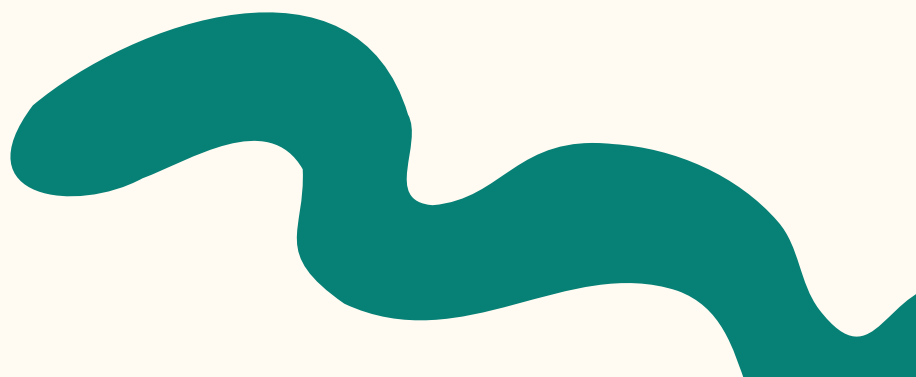


AuDHD combined ADHD and AUTISM

Many people experience traits associated with both ADHD and Autism. A combined assessment explores both profiles within a single comprehensive evaluation, determining whether a person meets criteria for ADHD, Autism, or both.

This is often the most thorough and accurate pathway when traits of both are present, as one condition can sometimes mask the other.

Assessment fee:
\$3,200





Supporting your child.

What if my child is nervous?

It's completely natural for children to feel uncertain about something new.

Our assessments are designed to feel as comfortable and low-pressure as possible.



What to say to your child:

“ We're going to meet someone who wants to learn about how your brain works. ”

“ There are no right or wrong answers. ”

“ You can ask questions any time. ”

“ It's okay to take breaks if you need to. ”

Practical tips:

→ Make sure your child is well rested and has eaten on assessment days

→ Complete questionnaires before the appointment where possible

→ Bring any previous school reports, teacher letters or prior assessments

→ Let them bring a comfort item if it helps them feel settled

A note for parents: you are always welcome to raise any concerns with your clinician before, during or after sessions. *We are here to support the whole family.*



Funding your assessment.

Medicare, NDIS and Private Health



Medicare

A rebate of approximately \$98.95 per session may be available for your initial consultation, diagnostic interview sessions and feedback session.

Individuals under 25 may be eligible for additional funding support if referred directly by a Paediatrician or Psychiatrist, using Medicare item 82000. This allows rebates across up to four assessment sessions. Rebates contribute toward the cost of your assessment but do not cover the full fee, which reflects the total clinical time invested in your care.

Our reception team can confirm whether a Medicare rebate applies to you before you book.

NDIS

If you are self-managed or plan-managed, NDIS funding may cover your psychological assessment. Speak with your support coordinator or plan manager to confirm eligibility. Where relevant, Lyt Health can prepare detailed reports to assist with NDIS evidence requirements.

Private Health

Some private health funds provide rebates for psychological assessment services under allied health extras. We recommend contacting your fund directly to confirm your cover before booking.



Payment Plans

All assessments are paid across three instalments

ADHD
\$1,800

Payment 1: \$500, at time of booking

Payment 2: \$650, before diagnostic interview

Payment 3: \$650, before feedback session and report

Autism
\$2,700

Payment 1: \$500, at time of booking

Payment 2: \$1,100, before diagnostic interview

Payment 3: \$1,100, before feedback session and report

**AuDHD
Combined**
\$3,200

Payment 1: \$500, at time of booking

Payment 2: \$1,350, before diagnostic interview

Payment 3: \$1,350, before feedback session and report

Optional add-ons

Recommended by your clinician where relevant

Adaptive Behaviour Assessment (ABAS-3) \$250

Evaluates everyday life skills including communication, social interaction, self-care and organisation. Often recommended to support NDIS applications.

School Observation \$330

A 90-minute classroom observation to understand how your child functions in their learning environment. Recommended for some children's ADHD and Autism assessments.

Frequently Asked Questions



Do I need a referral?

No referral is required to book. However, a referral from a Paediatrician or Psychiatrist may make you eligible for Medicare rebates on assessments for individuals under 25.

How long does the process take?

Approximately 8 to 10 weeks from your initial consultation to receiving your final report.

Will I receive a written report?

Yes. Every assessment includes a comprehensive diagnostic report outlining findings, diagnosis if applicable, and personalised recommendations.

Can adults be assessed?

Absolutely. We assess children, adolescents and adults. There is no upper age limit.

What tools do you use?

We use gold-standard, evidence-based tools including the DIVA-5 or Young DIVA for ADHD and the MIGDAS-2 for Autism, alongside standardised questionnaires including the CAARS-2, Conners-4, SRS-2 and SPM.

Can the report support NDIS applications?

Yes. Lyt Health can prepare detailed reports to assist with NDIS evidence requirements. Let our team know at the time of booking.

What if ADHD and Autism are both suspected?

We recommend the Combined AuDHD Assessment, which evaluates both conditions within a single comprehensive process.



Lyt Health

PSYCHOLOGY



We're ready when you are.

Our reception team would love to help you find the right pathway.

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