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If you would like more information, or would like to make a referral please email either:

Rachel Keeton, Clinic Lead
Rachel.Keeton@adhdfoundation.org.uk

Or

Amy Lock, Assistant Psychologist
Amy.Lock@adhdfoundation.org.uk

Alternatively, you can call our office and one of our experienced staff will be happy to help:

0151 237 2661
The ADHD Foundation is committed to providing an excellent service to all our service users. Our team of skilled, experienced and dedicated staff, sessional workers and volunteers, understand first-hand the issues around ADHD, sharing their experience and providing skill support and encouragement.

At the ADHD Foundation we are able to offer a full ADHD diagnostic screening for adults and a pre diagnostic screening for children.

For many people, they believe it is difficult to access assessments for ADHD. However, at the ADHD Foundation we strive to offer easily accessible assessments whether you live in Liverpool or further afield. Our trained staff utilise assessment scales, interviews, and the use of the QbTest to provide clinicians with accurate and detailed information to aid in a diagnosis.

This is a ‘not for profit’ service.
Meet The Team

Ms Rachel Keeton, MSc BSc (Hons)
Job Title: Psychologist Researcher and Clinical lead/Clinic Manager
About: Rachel has a background in Health Psychology and is currently undertaking the Health Psychology Professional doctorate at LJMU.

Ms Amy Lock, BSc (Hons)
Job Title: Assistant Psychologist and Clinical support
About: Amy has a background in Psychology and is currently undertaking the Health Psychology Masters degree at LJMU.

Dr Tony Lloyd
Job Title: CEO of the ADHD Foundation
About: Dr Lloyd is a Child and Adolescent Psychotherapist with extensive knowledge of working with children in a Child and Adolescent Mental Health Service and Education setting

Ms Tracy Dickens, BEd Dip MBACP PG Dip
Job Title: Director of Therapeutic Services
About: A background in education and special educational needs; Tracy is a Child & Family Psychotherapist with a special interest in neuro-developmental conditions and associated difficulties.
Attention Deficit Hyperactivity Disorder (ADHD) is a lifespan condition with a worldwide pooled prevalence of 5.29%. Many people with ADHD have learned to live happy, healthy and successful lives using a range of interventions and strategies. These include medication, daily exercise, healthy nutrition, stress management strategies and what are known as ‘executive functioning skills’ to help them plan and organise their lives, especially in school and in the workplace.

ADHD has three main attributes:

- **Hyperactivity** – lots of energy and feeling the need to move about or fidget, which sometimes results in poor sleep
- **Impulsivity** – an inability to self-regulate thoughts, feelings and actions
- **Inattention** – difficulty concentrating and remembering information

Children and adults with ADHD will have varying degrees of these difficulties and do not all present the same symptomology. Some express sub types with two of the three core characteristics.
ADHD Fact Sheet

ADHD is...

- An abbreviation for attention-deficit hyperactivity disorder. It’s also the official name for what is sometimes referred to as attention-deficit disorder (ADD).
- A common disorder that can impact focus, impulse control and emotional responses.
- Often diagnosed in childhood but sometimes not until the teen years or later.

ADHD is not...

- All about hyperactivity. Kids with the inattentive type of ADHD may appear “daydreamy” or off in their own world.
- A problem with laziness. ADHD is caused by differences in brain anatomy and wiring.
- Something most kids totally outgrow. Many kids diagnosed with ADHD have symptoms that persist in adulthood.

Getting and staying organized
Managing emotions
Following directions
Managing time
Focusing on what’s important
Getting started on tasks
Thinking before saying or doing things
Keeping things in mind (working memory)

Kids with ADHD may have trouble with...

Ways to help kids with ADHD

- Behaviour therapy can help kids get organised and replace negative behaviours with positive ones.
- ADHD medication can reduce ADHD symptoms, but only when the medication is active in the body.
- Classroom accommodations, like taking movement breaks and getting extended time on tests, can help with things like staying seated and finishing tasks.

Success stories

- Emma Watson, Award-winning actress and activist
- Heston Blumenthal OBE, Three star Michelin celebrity chef
- Simone Biles, Olympic Gold gymnast
- Zayn Malik, Award-winning singer and songwriter

For more information and support around ADHD, visit www.adhdfoundation.org.uk
What Is The QbTest?

The QbTest is an objective testing system that simultaneously measures attention, impulsivity and motor activity, key indicators in helping formulate a diagnosis of ADHD. The results obtained by the test may be used to help form a better understanding of any cognitive and behavioural difficulties. The QbTest helps cut through ambiguous information and strip away human error.

The QbTest is NOT a diagnosis, it is a sophisticated screening tool which is used to support a diagnosis. Only a doctor can diagnose. The QbTest is recognised by health professionals and is used to give the consultants greater confidence when diagnosing as it is very accurate.

There are 2 QbTests available:

1. 15 minute test.

This is designed for 6-12 year olds. During the test 2 symbols are shown on the screen 1 at a time. They will be presented either with a circle, or a circle with a cross in its centre. The task is to only click when the circle appears and not when the circle with a cross appears. They will be required to click 50% of the time. The task is designed to be randomised and quick.

2. 20 minute test

This is designed for 12-60 year olds. During the task, they will be presented with 4 symbols 1 at a time. These are; a red square, a red circle, a blue square, and a blue circle. The task is to only click when the same shape and colour are repeated. They will be required to click 25% of the time. The task is designed to be randomised and quick.

Full FDA cleared
Based in 11 countries
More than ¼ million have been tested worldwide
Class 1 Medical device (soon to be class 2)
Registered with EMA
Frequently Asked Questions:

1. Does the camera film me?
No, the camera can only see the movement of the infrared marker. It captures how much the marker moves during the test.

2. How long does it take?
Depending on your age it can take 15 or 20 minutes.

3. What do I have to do?
During the test symbols are shown on the screen. Your job is to click when certain symbols appear.

4. Does Language skills or Dyslexia affect the test?
No, neither of these will impact on the test.

5. Can computer gaming affect results?
No, there is no link between video game experiences and test results.

6. Will I be able to practice?
Yes. Before the test your clinical advisor will show you an instructional video. You will then have an opportunity to complete 1 minute practice tests and ask any questions. The clinical advisor will only start the test once they are confident that you understand the instructions and are able to complete the task.

7. What if I cannot do the test?
In rare cases, some people cannot do the test or the test is not possible. If this happens do not worry as this can be incredibly useful at helping us understand what is impacting someone’s cognitive abilities. For instance, in most cases the reason behind why a test is not possible is indicative of other conditions, such as Autism, Anxiety, or Irlen Syndrome.
At the ADHD foundation we offer an ADHD screen for children between 6-17 years old.

This is NOT a diagnosis, it is a comprehensive screen used to support a diagnosis comprising of the QbTest, ADHD rating scales, and interview/discussion.

This can be very helpful in determining if ADHD is present or not.

You can then request what we do with this information. For instance, if supportive and your child has a consultant we can send the results to the consultant requesting that they continue on the ADHD pathway.

Or, if you are not on any ADHD pathway we can write to their G.P requesting that based on the evidence from the assessment, that they should be referred onto the NHS child ADHD pathway.

Ultimately, the decision is yours on what we do with the information. For some, they just wish to access the assessment as they have always wanted to know. For others, they wish to continue and receive a diagnosis.

£200 Child Screening Appointment
Price?

£200 This must be paid before any appointments can be booked.

What is included?

1. ADHD Rating Scales:
Prior the appointment both yourself and your child’s school will be sent questionnaires to complete. These are designed to create a more comprehensive picture.

2. The QbTest:
The QbTest is recognised by health professionals and is used to give the consultants greater confidence when diagnosing as it is very accurate. The results obtained by the test may be used to help form a better understanding of any cognitive and behavioural difficulties. If indicative of ADHD, we will discuss where you would like the results sending.

3. Interview
At the appointment we will complete the current view, which is a practitioners rating scale designed to help tease out additional information

4. Results Discussion
Our clinical adviser will go through the results with you in detail and discuss your options.

Where Is The Appointment?
At the ADHD Foundation, Liverpool.

How Long Does It Take?
Appointments take 1 hour 30 minutes.

How Do I Refer A Child?
Simply complete and return our ADHD referral form. We accept self-referrals and referrals from practitioners.
Full ADHD Diagnostic Screen

The pre-screen comprises of the QbTest, ADHD rating scales, and interview/discussion and costs £200. The pre-screen is not a diagnosis; it is a comprehensive screen designed to aid in the diagnosis process.

If the pre-screen is supportive, we will refer you to our in-house private consultant who can continue the process and diagnose. This costs an additional £200. Dr Mason can then discuss treatment options, such as medication, and will arrange titration appointments and follow-ups.

What If I Already Have A Consultant?

After the screening appointment we can send your results to your consultant.

What If I Want To Use The NHS?

If you are not on any ADHD pathway we can write to your G.P requesting that based on the evidence from the assessment, that you should be referred onto the NHS Adult ADHD pathway.

What is included?

1. ADHD Rating Scales:

Prior the appointment you will be sent questionnaires to complete. These are designed to create a more comprehensive picture.

2. The QbTest

3. Interview:

At the appointment we will complete the current view, which is a practitioners rating scale designed to help tease out additional information.

We will discuss both your childhood and current position in life.
4. Results Discussion

Our clinical adviser will go through the results with you in detail and discuss your options.

Where Is The Appointment?

At the ADHD Foundation, Liverpool.

How Long Does It Take?

Appointments take 1 hour 30 minutes.

How Do I Refer?

Simply complete and return our ADHD referral form. We accept self-referrals and referrals from practitioners. Please be advised that due to GDPR we cannot accept referral from family members if the person they are referring is over the age of 18. We would require them to complete their own referral form as it is their consent we require.
Service users feedback:

- 100% reported that the referral process was easy/seamless
- 100% would definitely recommend the service
- 95.25% Felt listened to
- 90.48% Felt very satisfied with the service
- 71.43% reported that the service was very high quality
- 80.95% reported that the clinical advisor was extremely friendly

Child Screening

“*I thought the service was wonderful, and very cost effective, having paid thousands in psychiatry fees to get my other child assessed for ADHD. Thank you*”

“All very professional, Rachel explained everything in a non threatening way as it was a little scary for my child, but Rachel gave my child a lot of confidence and very happy with the test”
“The whole experience was very positive. Talking about famous people with Au/ADHD made it more real life and easier to accept. The manner that my daughter was handled in was fantastic…. Feedback was clear and concise. Thank you! “

**Adult Screening**

“Rachel put me at my ease and was absolutely lovely. Thank you ADHD Foundation”

“Very professional service “

“Every member of the team I spoke to or dealt with me on some level, whether just conversation or something more clinical like therapy/assessments were all wonderful. I instantly felt listened to and welcomed due to my experience there and what I have learned about myself it has had a profoundly positive effect on my life. Amazing service throughout faultless”

“Friendly, professional, thorough and honest. Felt able to discuss personal difficulties without stigma or judgement. Feel totally relieved and since my diagnosis and access to the right therapeutic support and medication can only be described as 'Life Changing' “