



Adult ADHD Pathway

Context: from 1st February 2026 new rules for diagnosing ADHD and prescribing stimulant medication for adults came into effect. Please see [ADHD New Zealand](#). & [Healthify ADHD](#).

ADHD diagnosis is not a core part of General Practice, and GP/NP are expected to have completed additional training and developed competence in ADHD diagnosis and stimulant medication initiation.

Intent: Our aim is to provide support to patients and families who may benefit from ADHD diagnosis and treatment but where access to Psychiatry/Psychology has been a barrier. Dr Robin Baird and NP Natasha Steel have completed additional training and will be offering this service. **Best Practice**

Who? Adult patients aged 18 years or over and who are enrolled with Te Kauwhata Health Centre. **Community Focus**

Pathway: if you think you might have ADHD (please familiarise yourself with symptoms, [Healthify](#) is a good start) please make a routine appointment with Dr Robin Baird or NP Natasha Steel for a conversation about whether you might indeed have ADHD and whether it is worth proceeding with assessment. Assessment will not guarantee an ADHD diagnosis.

You will be given an assessment pack and once you have returned the relevant questionnaires to reception@tkhealth.co.nz and paid your fee, you will be invited to book an initial 'ADHD consult' with Robin or Natasha. You will also book a routine Nurse appointment for BP/Pulse/Biometrics and Baseline bloods (including thyroid function) and ECG (included in fee).

With preparation we hope an initial GP/NP consult of 30-45 minutes will be sufficient to land a diagnose and (if indicated) start stimulant medication. We expect there will be one or two follow-up consults for dose titration and to explore other strategies and skills you are developing to improve your health, happiness and wellbeing.

We will be using Heidi to support transcription of the consult

How much? ADHD assessment is not included as core part of General Medical Services. We are costing at \$400 to cover Nurse consult (x1) and GP/NP (x2) 30-45 min consults and our preparation time. We hope this accessible.

Going forward: After diagnosis and dose titration you will exit the assessment pathway and be able to see any of our prescriber team for annual review and repeat prescription.

ADHD assessment pack

People are typically requesting ADHD assessment as they are struggling in some areas of life. We would like this ADHD assessment process to be an opportunity to take a little more time to reflect on your life, to develop a compassionate understanding of your own neural network, your thought patterns, your emotions and behaviours. In addition to medication, we hope to discover together practical steps that will support and help you thrive in your current context (family, relationships, work). We're interested in your hopes, dreams, frustrations, worries and fears. We recognise that our needs and our capabilities often change throughout our life-cycle. With all this in mind we're going to frame our assessment around themes of past, present and future.

ADHD assessment questionnaires include: [ASRS](#) [Wender Utah](#)

Please complete and return these to reception@tkhealth.co.nz

Each human is a complex system, and we are certainly more than one thing. There are some conditions which may co-exist with ADHD. Please take some time to explore and understand [anxiety](#), [depression](#), [complex PTSD](#), [bipolar disorder](#), and let us know if you think you might have any of these conditions. This doesn't preclude you from also having ADHD or requiring stimulant medication, but it will help us understand if there are other conditions that might need treatment, to explore how these conditions might interact with ADHD and if there are additional safety aspects for us to consider together. Also, please let us know about your relationship with substances (nicotine, caffeine, alcohol, or recreational drugs). Have you ever had an addiction, or substance-misuse disorder? This again won't preclude you from being prescribed methylphenidate, it will help us negotiate a treatment plan with one eye on safety.

These questions are conversational prompts – you may like to fill out answers, or we can just explore together in your consultation.

Past - tell us about your family or origin. Your parents and grandparents? Where are you from? Who was significant for you growing up? Is there any family history of ADHD or conditions like depression, or bipolar illness?

Where were you born? Are there any stories about your birth? How were your early years? Do you have any memories of being a young child? Did you have normal developmental milestones? Did you have any major illness, accidents, or surgery as a child?

What was primary school like for you? Do you have any core memories? Looking back can you see a child who might have had ADHD?

What was secondary school like? Who were your friends? What were your successes, what were your struggles? Looking back, were you happy? What were your dreams, or aspirations? Looking back, do you feel there is evidence of ADHD?

What has been your path as an adult? Work, travel, relationships. Love, trauma, success, failure. Are there milestones you can look back on? Have you have had periods of anxiety, or depression? Have you ever worked with a counsellor, or psychologist?

Present – what is life like for you now? Where do you feel you are in your life cycle? Who are your core relationships? Who do you love? Friends, family, parents, children, pets? Who makes your soul sing? What relationships are taxing, or challenging? Who do you miss?

How is your physical health? How do you care for your body? How do you feel about your body? How would you like to be?

How is your emotional health? What habits, routines and practices have you developed to help sustain your daily life?

Have you something you love to do - a career, creative endeavour or a hobby? Who in this world do you care for, or help?

Have you a belief system? A faith, a way you understand the world, or a sense of purpose in your life?

With your current understanding of ADHD how do you feel ADHD has shaped your life? For better, or for worse, or both?

Future – looking ahead, what are you hoping for from an ADHD diagnosis and treatment? What are you hoping will improve, or become easier? How will this play out in each area of your life? Your personal relationships, your physical health, your career or creative projects?

How do you see stimulant medication supporting you in this? Are there any side-effects you are concerned about, or have questions about?

As well as improving function in your outer world are hoping this process allows a deepening of your relationship within yourself. Where there may have been an inner critic, we hope this process may support an inner conversation characterised by gentleness and curiosity. We are hoping you'll be able to flourish and grow towards your goals and develop more fully into this stage of your life.

Who else is on your team? Is it the time to include a psychologist, counsellor, nutritionist, or sports coach? Are there any other aspects of your health you would like to look at – psychological, physical, hormonal, nutritional?