



Mind Co.

# Adult Autism, ADHD & AuDHD Assessment

## INFORMATION GUIDE

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CONDUCTED BY  
**Megan Thomas**  
Clinical Psychologist



AUSTRALIA WIDE VIA TELEHEALTH

# Adult Autism, ADHD & AuDHD Assessment Information Guide

*Neuroaffirming, collaborative assessment support for  
adults across Australia*

We understand that seeking an Autism or ADHD assessment can feel both exciting and overwhelming. For many adults, it is the first step toward making sense of experiences that may have felt confusing, exhausting, or difficult to explain throughout their lives.

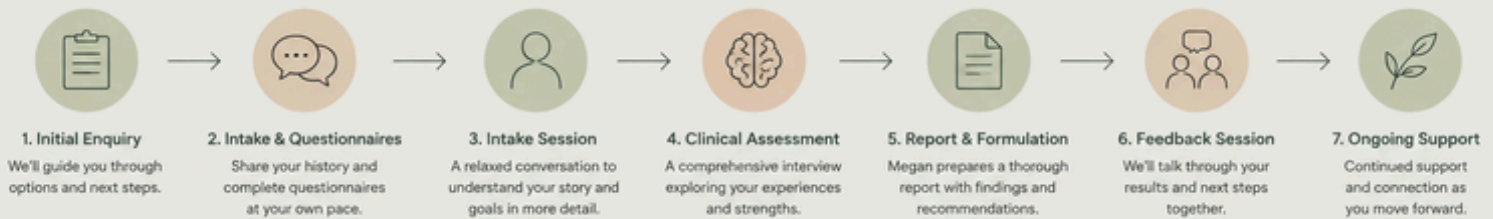
Our assessment process is designed to be respectful, collaborative, neuroaffirming, and focused on understanding your unique experiences, strengths, and challenges.

Assessments are conducted by Megan, Clinical Psychologist, via secure telehealth appointments Australia-wide. She can offer after-hours appointments if that is required.



# Assessments at Mind Co.

## A thoughtful, neuroaffirming assessment process



## Getting Started

To get started with booking your assessment you can simply book online through our online booking portal at <https://clientportal.zandahealth.com/clientportal/mindco> alternatively reach out to the Mind Co. team via email at [admin@mind-co.com.au](mailto:admin@mind-co.com.au)

Our admin team can answer any questions you have and provide information about the process, fees, and timeframes.

## Next steps

After your initial consultation appointment with our clinical psychologist Megan is booked, Megan will email you forms to gather more information in preparation for your assessment. Our admin team will also send through a service agreement for your completion.

Your assessment process is then split into three individual appointment times.

In these appointments Megan will guide you through the intake session, followed by the clinical assessment appointment, and finally the feedback session.

# Meet Clinical Psychologist Megan Thomas



Megan is a Clinical Psychologist who has worked across clinical, organisational, rural, remote, and Indigenous community settings and has a particular interest in supporting neurodivergent adults.

Megan understands the impact that missed, misunderstood, or late-identified neurodivergence can have on a person's wellbeing, identity, relationships, and sense of self. Her approach is holistic, relational, strengths-based, and deeply respectful of each person's unique story.

Rather than focusing solely on symptoms, Megan seeks to understand the broader context of your life, experiences, strengths, and challenges to ensure any diagnosis is meaningful, useful, and personally relevant.

# Adult Autism Assessment Structure & Fees

**Total Cost \$1600**

Payable in three increments

*Our Autism Assessment procedure takes place across three individual appointments.*

## **Appointment One: Initial Consultation**

Fee: \$232.00 payable at time of booking

The assessment process begins with a 60-minute consultation.

During this appointment Megan will:

- Explore your reasons for seeking an assessment
- Discuss your experiences and concerns
- Gather relevant developmental, educational, occupational and psychosocial history
- Review any supporting information you may already have
- Determine whether a comprehensive Autism assessment is appropriate

Note: Prior to the initial consultation Megan will send you an intake form and link to several screening questionnaires. These questionnaires ask about your experiences and the information gathered helps to guide the discussion and determine if a comprehensive assessment is appropriate.

This appointment is billed separately and does not commit you to proceeding with a comprehensive assessment.

## **Appointment Two: Comprehensive Clinical Assessment**

Fee: \$684.00 payable at time of booking

The comprehensive Clinical Assessment varies between 1.5 to 3 hours.

This stage may include:

- Clinical interviews
- Exploration of developmental history
- Standardised assessment measures
- Review of previous assessments or other supporting documentation
- Assessment of social communication, sensory experiences, interests, routines and daily functioning
- Clinical formulation and diagnostic decision making

Depending on your individual circumstances, this stage may occur over one or more appointments.

## **Appointment Three: Feedback Session & Report**

Fee: \$684.00 payable at time of booking

This stage includes:

- Comprehensive written assessment report
- Feedback appointment with Megan
- Discussion of findings
- Recommendations and next steps
- Opportunity to ask questions

# Adult ADHD Assessment Structure & Fees

**Total Cost \$950**

Payable in three increments

*Our ADHD Assessment procedure takes place across three individual appointments.*

## **Appointment One: Initial Consultation**

Fee: \$232.00 payable at time of booking

The assessment process begins with a 60-minute consultation to explore your experiences and suitability for assessment.

Note: Prior to the initial consultation Megan will send you an intake form and link to several screening questionnaires. These questionnaires ask about your experiences and the information gathered helps to guide the discussion and determine if a comprehensive assessment is appropriate.

This appointment is billed separately and does not commit you to proceeding with a comprehensive assessment.

## **Appointment Two: Comprehensive Clinical Assessment**

Fee: \$358.00 payable at time of booking

This stage may include:

- Clinical interviews
- Review of developmental and educational history
- Standardised ADHD assessment measures
- Exploration of executive functioning
- Review of school reports, previous assessments and other supporting documentation
- Obtaining collaborative information from other people who know you well (e.g. parents, family, friends) if possible
- Clinical formulation and diagnostic decision making

## **Appointment Three: Feedback Session & Report**

Fee: \$360.00 payable at time of booking

This stage includes:

- Comprehensive written assessment report
- Feedback appointment
- Discussion of findings and recommendations
- Opportunity to ask questions

# Combined Autism & ADHD (AuDHD) Assessment

**Total Cost \$2300**

Payable in three increments

*Our AuDHD Assessment procedure takes place across three individual appointments.*

## **Appointment One: Initial Consultation**

Fee: \$232.00 payable at time of booking

The assessment process begins with a 60-minute consultation to explore your experiences and suitability for assessment.

Note: Prior to the initial consultation Megan will send you an intake form and link to several screening questionnaires. These questionnaires ask about your experiences and the information gathered helps to guide the discussion and determine if a comprehensive and combined assessment is appropriate.

This appointment is billed separately and does not commit you to proceeding with a comprehensive assessment.

## **Appointment Two: Comprehensive Clinical Assessment**

Fee: \$1034.00 payable at time of booking

The comprehensive Clinical Assessment varies between 1.5 to 3 hours.

This assessment explores both Autism and ADHD and may include:

- Clinical interviews
- Developmental history
- Standardised Autism assessment measures
- Standardised ADHD assessment measures
- Review of supporting documentation
- Assessment of social communication, sensory experiences, executive functioning and daily functioning
- Obtaining collaborative information from other people who know you well (e.g. parents, family, friends) if possible
- Clinical formulation and diagnostic decision making

Depending on your circumstances, this stage may occur over one or more appointments.

## **Appointment Three: Feedback Session & Report**

Fee: \$1034.00 payable at time of booking

Included in the assessment fee.

This stage includes:

- Comprehensive written assessment report
- Feedback appointment
- Discussion of findings and recommendations
- Opportunity to ask questions



# Preparing for Your Assessment



**A few things can help make the process easier:**

## Gather Information

If available, collect any relevant documents such as school reports, previous assessments, medical information, or other relevant reports.

## Take Your Time

The intake forms can feel detailed. There's no need to rush. Completing them thoughtfully helps us gain a clearer understanding of your experiences.

## Create a Comfortable Space

For telehealth appointments, find a quiet and comfortable environment where you feel safe and supported.

## Consider Supports

Some people find it helpful to have a trusted support person available before, during, or after their appointment.

### *Remember*

*This is not an exam. There are no right or wrong answers.  
The assessment process is about understanding you, your experiences, and your unique way of navigating the world.*



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[WWW.MIND-CO.COM.AU/ASSESSMENT](http://WWW.MIND-CO.COM.AU/ASSESSMENT)