# ADHD Assessment Melbourne for Children, Teens and Adults

## Online and In-Clinic ADHD Assessment in Melbourne

BNC's psychologists provide ADHD assessment in Melbourne for children, teenagers and adults, in clinic in Doncaster or by telehealth, with a written diagnostic report. Already diagnosed? Our ADHD psychologists provide therapy and counselling for children and adults.

- Registered psychologists
- Minimal waiting 1-2 weeks
- Connect with a psychologist at BNC
- No referrals needed
- Medicare rebates via GP referral

Telehealth or in-person available

Full written diagnostic report

(03) 9848 9100

## How Online or Face-to-Face ADHD Assessments Work

**Sessions with a GP referral and a MHCP qualify for medicare rebates**

**Four steps from first enquiry to your written report and management plan.**

STEP 1

### Initial Consult

Get connected with a Psychologist at BNC to discuss your concerns and assessment options. Your psychologist will give you an estimate of the cost of the ADHD assessment moving forward. No commitment to proceed further, it's your choice. To enable parents to speak freely, and avoid distress to the child, AHPRA and the APS discourage children from initially attending this session until the parent/s and psychologist agree that its OK.

**$250**

STEP 2

## Assessment

Your psychologist will conduct the assessment process. While this is primarily an ADHD assessment, your psychologist will also screen for other possible disorders, as symptoms often overlap and can affect diagnosis. Please note that the cost and number of sessions quoted apply only to the ADHD assessment. If further assessment for other conditions is recommended, your psychologist will discuss these options and any additional costs with you.

**$500 approx.**

STEP 3

## Results

Psychologists need to make sure you actually understand your results, not just hand you a report and send you on your way. They will explain everything in plain language, talk you through what the findings mean for you, and help you figure out your next steps; whether that's treatment, support, or just answering your questions. It's about making sure you feel heard, supported, and not left wondering, "Okay, so what do I do now?"

**$250**

STEP 4

## Recommendation

Your Psychologist will discuss therapy options and share a written report with multimodal ADHD treatment recommendations. A copy will be sent to your GP, as a professional obligation and medicare requirement. Should you wish to consider medication as part of your multimodal treatment options, your psychologist and/or your GP will be able to help you access a psychiatrist or paediatrician who can prescribe medication.

**$250**

# Who Do We Assess at BNC

**BNC provides online or face-to-face assessments for every age group.**



## Young Children

School-age children showing signs of inattention, hyperactivity, emotional regulation difficulties, trouble following instructions, or underperforming at school despite effort.

- ✓ Ages 5–12
- ✓ Parent & teacher rating scales
- ✓ School report suitable for teachers

Child and teen ADHD assessment →



## Teenagers

Adolescents struggling with organisation, homework, exam performance, emotional regulation or social relationships — often where ADHD has been missed for years.

- ✓ Ages 13–17
- ✓ VCE and exam support documentation
- ✓ School and study support letters

Child and teen ADHD assessment →



### Adults

Adults, including women seeking a first diagnosis, experiencing chronic disorganisation, procrastination, emotional dysregulation, or underperformance despite their abilities.

- ✓ 18+ including late diagnosis
- ✓ Experienced in female ADHD
- ✓ Workplace support letters

Adult ADHD assessment →

## Why Families Choose BNC

Established in 2000, the Behavioural Neurotherapy Clinic (BNC) has provided assessment and therapy since then for ADHD, Autism Spectrum Disorder (ASD), and related neurodevelopmental and mental health conditions. Based in Doncaster in Melbourne's eastern suburbs, BNC serves children, adolescents, and adults from across Melbourne, regional Victoria, and Australia-wide.

Psychologists at the clinic provide Telehealth (Zoom) and face-to-face assessment and therapy for ADHD, ASD, and mental health disorders. The domain name www.adhd.com.au reflects the clinic's primary area of clinical focus. BNC psychologists hold general registration or an area of practice endorsement in clinical psychology.

## Our Approach: Evidence-Based and Multimodal

BNC is committed to an evidence-based, multimodal model of care aligned with the Australian AADPA Evidence-Based Clinical Practice Guideline for ADHD (2022), endorsed by the National Health and Medical Research Council (NHMRC). This means

combining the approaches the guideline recommends, according to each individual's needs:

- **Comprehensive assessment:** all treatment begins with a thorough assessment using validated tools and structured clinical interviews
- **Behavioural therapy:** evidence-based psychological interventions including but not limited to CBT, ACT, and parent training
- **Nutritional support:** at BNC, a nutritionist works alongside psychologists, reflecting our commitment to whole-person care
- **School and workplace liaison:** we work collaboratively with teachers, employers, and other health professionals
- **Medication coordination:** where medication is appropriate, BNC provides liaison letters and referrals to prescribing clinicians

## Assessments and Services

- **ADHD:** assessment and multimodal treatment for young children, teens and adults
- **ADHD Coaching:** day-to-day strategies for managing ADHD shortcomings
- **IQ Tests:** and educational assessments
- **Autism Spectrum Disorder (ASD):** diagnosis, NDIS reports, Pivotal Response Therapy
- **Anxiety and Mood Disorders:** anxiety, depression, panic, childhood depression
- **Counselling:** individual psychological counselling for adults, adolescents and children
- **Learning Difficulties:** reading, writing, numeracy and academic assessment, therapy and support
- **Nutrition:** dietary assessment and support for ADHD, ASD and mood disorders by the clinic's Clinical Nutritionist
- **PANDAS/PANS:** psychological and nutritional support
- **Post-Concussion Syndrome:** psychological and nutritional support

## Clear, Transparent Pricing

For individuals younger than 25, Medicare provides rebates for autism evaluations through Complex Neurodevelopmental Disorder (CND) item numbers, even before a formal diagnosis is made. This support covers up to 8 appointments with psychologists. Once a diagnosis is confirmed, any recommended follow-up therapy sessions may be eligible for up to 10 individual and 10 group sessions per calendar year with Medicare rebate with a valid GP Mental Health Care Plan. Ask your GP at your next appointment.

Medicare rebates and eligibility criteria change occasionally. For the most up-to-date information, check the Australian Government Department of Health Medicare Benefits Schedule

## Frequently Asked Questions

**Can I do an ADHD assessment completely online?+**

Yes. BNC offers telehealth psychology sessions, which means your assessment sessions can be conducted via video call from anywhere in Australia. Rating scales and questionnaires are completed online before sessions. The written diagnostic report is delivered electronically. Some components — such as certain cognitive tests — may be better conducted in person at our Doncaster clinic, and your psychologist will discuss the most appropriate approach for your situation.

**Do I need a GP referral for an online ADHD assessment?+**

Not mandatory, but worth considering, as a GP referral unlocks Medicare rebates for up to 10 individual sessions and up to 10 more per per calendar year if ongoing therapy is recommended once your assessment is complete. Contact us if you need guidance on how to approach your GP.

**How long does an online ADHD assessment take?+**

A comprehensive ADHD assessment typically involves 2–3 sessions over 2–4 weeks. This includes a clinical interview, standardised rating scales, cognitive testing, and a feedback session. You receive a full written diagnostic report. Online assessments follow the same thorough process as in-person — we do not cut corners.

**Can my child be assessed for ADHD online?+**

Yes. BNC assesses children from school age (approximately 5–6 years) for ADHD. Online assessment for children works best when parents participate in sessions and can assist their child to engage with video-based activities. A teacher questionnaire is also required — we will send this directly to you at the time of booking. Some children may be better assessed in person, and your psychologist will discuss this with you.

**Is an online ADHD assessment as valid as in-person?+**

Yes, when conducted by a qualified, AHPRA-registered psychologist using validated tools. Telehealth psychology is recognised by Medicare, AHPRA, and the Australian Psychological Society as a legitimate mode of service delivery. BNC's online assessments follow the same clinical process, use the same standardised tools, and produce the same quality of written report as in-person assessments.

**Does Medicare cover the cost of an ADHD assessment?+**

Medicare rebates under a GP Mental Health Care Plan (Better Access) apply to diagnostic or neuropsychological assessments for ADHD. Medicare rebates are available for up to 10 individual and 10 group sessions per year under a Mental Health Care Plan, but these rebates only apply to the time spent in actual

sessions (either in person or via telehealth), not for any administrative or report-writing time outside of those sessions (Australian Psychological Society; Healthdirect).

## Book your assessment today

AHPRA-registered psychologists. Medicare rebates. Children, teenagers and adults. Telehealth from anywhere in Australia or in person at our Doncaster clinic.

**(03) 9848 9100**

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