ADHD Assessment Cost Australia: What to Expect



When people begin comparing **ADHD assessment** **cost Australia** options, the first figure they see can be confusing. One service may quote for an initial appointment only, while another includes interviews, standardised questionnaires, report writing and feedback. The useful question is not simply, “What does an assessment cost?” but, “What clinical work is included, and what will I receive at the end of it?”

For a child, adolescent or adult seeking clarity about attention, organisation, impulsivity or emotional regulation, a careful assessment is designed to understand

the whole pattern of difficulties. It is not a quick checklist or an online screening result. Fees can therefore vary according to age, complexity, the information available and the type of report or ongoing support required.

Why ADHD assessment costs vary in Australia

ADHD assessments are provided in different settings, including private psychology clinics, psychiatry practices, public services and some multidisciplinary services. Each has different appointment structures, professional roles, waiting periods and fee arrangements.

A comprehensive private assessment often involves more than one consultation. The clinician needs time to understand current concerns, developmental history, education or work functioning, health history and any co-occurring mental health concerns. They may also seek information from parents, partners, teachers or other treating professionals, with consent.

The overall fee may reflect several parts of the process:

- an initial clinical interview and assessment planning
- standardised ADHD and behavioural questionnaires or rating scales
- developmental, family, school, work and medical history review
- collateral information from relevant people or records
- clinical scoring, interpretation, feedback and written documentation where required.

Not every person needs the same components. A straightforward assessment for an adult with detailed historical information may have a different scope from an assessment for a child whose concerns occur across home, school and learning settings. Similarly, additional assessment may be appropriate where anxiety, depression, sleep difficulties, learning concerns, autism spectrum features, trauma history or disruptive behaviour may also be contributing to the presentation.

What a comprehensive assessment may include

ADHD is assessed through a clinical process rather than a single test. Symptoms need to be considered in context, including when they began, where they occur and how they affect day-to-day functioning. For children and adolescents, this commonly includes input from caregivers and school. For adults, it may involve discussion of childhood experiences, current work or study demands, relationships and practical executive-function challenges.

A clinician may use validated rating scales to gather structured information. These tools can be helpful, but they do not determine a diagnosis on their own. Their results are considered alongside the clinical interview, developmental history and information about other possible explanations for concentration or behaviour difficulties.

The assessment should also allow time to consider strengths, supports and practical needs. Some people are seeking formal documentation for school, university or workplace adjustments. Others want a clearer understanding of longstanding difficulties before deciding whether therapy, medical review, coaching strategies or other supports may be useful. The purpose of the assessment affects the scope of work and, in turn, the fee.

Written reports and letters

It is worth asking whether a written report is included in the quoted cost. A brief feedback letter, a detailed diagnostic report and a report prepared for education, employment or another health professional are different documents requiring different levels of clinical work.

A report may outline the assessment findings, relevant diagnostic considerations, functional impacts and recommendations for next steps. If medication is being considered, a psychiatrist or paediatrician may need specific clinical information as part of their own independent medical assessment. A psychological assessment can support this process, but it does not replace a medical consultation or prescription assessment.

Medicare rebates and referral pathways

Medicare arrangements can affect out-of-pocket costs, but eligibility is not automatic and the rebate may not cover the full fee. In private psychological care, rebates may be available for eligible services when a person has an appropriate referral and Mental Health Care Plan from a GP, psychiatrist or paediatrician, subject to current Medicare requirements.

The referral pathway matters. A GP can discuss concerns, review physical health factors and determine whether a Mental Health Care Plan or referral is appropriate. Some people may also be referred by a paediatrician, psychiatrist, school or another allied health professional. The right pathway depends on the person's age, needs and whether medical review is required.

Before booking, ask the clinic whether a referral is needed for the appointment you are considering, whether Medicare rebates may apply, and whether the assessment itself, therapy appointments or both are eligible. It is also sensible to confirm current rebate information directly with Medicare, as arrangements can change.

Private health insurance may assist with some psychology services depending on the policy and level of cover. It generally does not operate in the same way as Medicare, and claiming rules differ between funds. Checking your policy before commencing can prevent unexpected costs.

Questions to ask before you book

A clear fee discussion should take place before an assessment begins. Rather than comparing a single advertised amount, ask for an outline of the expected process and likely costs at each stage. This is particularly helpful if the assessment may need information from several sources or if a detailed report is required.

Ask whether the quoted fee covers initial interviews, questionnaires, scoring, feedback and written documentation. Find out whether there are separate charges for additional appointments, school or workplace liaison, reports, letters, or reviews with family members. If you are seeking assessment for a child, ask whether teacher questionnaires and parent feedback sessions are part of the process.

It can also help to ask what happens if further assessment is clinically indicated. A careful clinician should explain why additional information may be useful rather than treating every assessment as identical. At the same time, you should be able to understand the likely financial commitment and make informed decisions about proceeding.

Telehealth and in-person assessment options

Telehealth has made psychological consultations more accessible for many people outside metropolitan areas, as well as adults balancing work, caregiving or travel demands. Some parts of an ADHD assessment can be completed effectively by secure video consultation, particularly clinical interviews, history-taking, feedback and therapy planning.

Whether telehealth is suitable depends on the individual assessment. For children, the clinician may need to consider developmental stage, attention during video appointments, caregiver availability and the quality of information available from school and home. Some presentations benefit from in-person observation or additional appointments. A clinic should explain the available options and any limitations before care begins.

Behavioural Neurotherapy Clinic provides ADHD assessment and therapeutic support for children, adolescents and adults, with in-person appointments in Doncaster and telehealth consultations available across Australia. The appropriate format is determined by the person’s needs and the assessment requirements, rather than convenience alone.

Looking beyond the initial assessment fee

An assessment can be an important point of clarification, but it is often one part of a broader care pathway. Depending on the findings and the person’s goals, next steps may include psychological therapy, parent support, strategies for organisation and emotional regulation, educational adjustments, a medical review, or support for co-occurring anxiety, low mood or sleep concerns.

This does not mean every person will need ongoing treatment. It means the assessment should provide enough information to make a considered plan. When weighing ADHD assessment cost in Australia, consider whether the service offers clear feedback, appropriate documentation and practical guidance for the next decision.

The most helpful starting point is a transparent conversation about your concerns, the scope of the assessment and the fees that may apply. Clear information allows families and adults to choose care with realistic expectations and a better understanding of what support may be needed afterwards.

For more information

Call (03) 9848 9100

Published: 06/08/2026 and updated on: 27/09/2026 by Dr Jacques Duff-PhD; BA Psych; Grad Dip Applied Psychology; FANSA; Clinical Neuroscientist