

Are you neurodiversity affirming?

Questions for your ADHD health professional

Have you worked with many ADHD adults/children?

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How do you describe ADHD to your patients/clients?

(listen for non-judgemental language, description of challenges versus limits/deficits, acknowledgement of attentional issues not just hyperactivity)

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What have you found to be helpful in working with your ADHD patients/clients?

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(Note: If they ask how *you* prefer to describe ADHD, or what *you* would find helpful for them to do, that is a great sign!)

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Are you familiar with the neurodiversity-affirming approach to ADHD? If not, can I explain how it helps me?

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How do you set treatment goals for ADHD? And are you open to creating them *with* me?

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[For Psychiatrists] If we will be trialling medication as part of my ADHD management, can we talk about how the medication management and titration process will work?

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[For Psychiatrists and GPs] Once the Psychiatrist has stabilised my ADHD medication and dosage, are you willing for my medication management to be taken over by my GP?

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