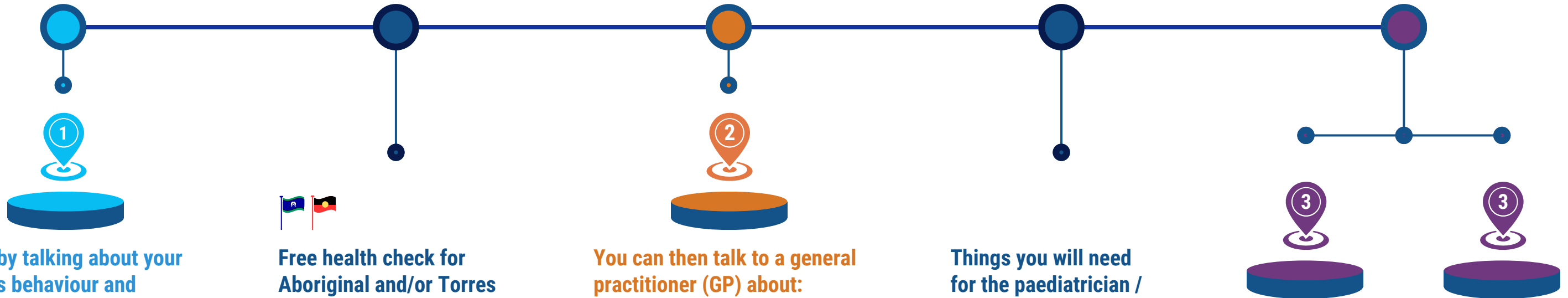


ADHD PATHWAYS MAP

Do you think your child may have ADHD?



Start by talking about your child's behaviour and development to:

- ✓ Your general practitioner (GP)
- ✓ Your child's teacher/educator
- ✓ A maternal, child and family health nurse/midwife (up to 4 years)
- ✓ [The Child Development Service](#)
- ✓ [The Child & Family Centre](#)
- ✓ Social workers
- ✓ [Yerrabi Yurwang](#)
- ✓ [Winnunga Nimmitjyah](#)

Free health check for Aboriginal and/or Torres Strait Islander

- ✓ Birth to 5 years old & all ages
- ✓ At Winnunga Nimmitjyah
- ✓ Bulk billing clinics
- ✓ Check out [715 health checks](#)

You can then talk to a general practitioner (GP) about:

- ✓ Referral to paediatrician (Medicare allows non-specific referral/multiple referrals)
- ✓ Support, suggestions for parents/carers mental health plans for child & parents/carers
- ✓ Referrals to dietician
- ✓ Referrals to child psychologist
- ✓ Referrals to behaviour therapist
- ✓ Referral to child psychiatrist
- ✓ Referral to other health professionals
- ✓ Discuss public or private options with your GP and consider wait lists and cost

Things you will need for the paediatrician / psychologist

- ✓ Supporting documents from your school or early learning centre
- ✓ Observations you, your friends and family have made about sleep patterns or habits, diet, activity & routines, behaviour at home and in the community
- ✓ Medical history (general health)
- ✓ Medical reports (special health issues)
- ✓ Observations about sensory needs

You will need a paediatrician for:

- ✓ Diagnosis
- ✓ Medication

You will need a psychologist for:

- ✓ Diagnosis
- ✓ Therapeutic treatment

Things you can do for your consultation

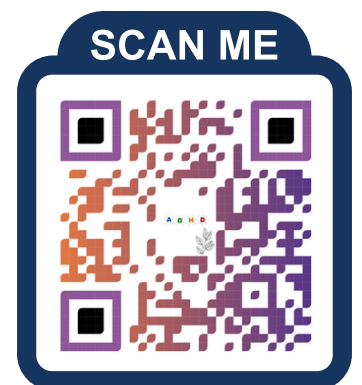
- ✓ Write down what behaviour or part of your child's development you are worried about. This will help ensure that no important issues are overlooked during your consultation
- ✓ Reflect on what you aim to achieve from the consultation. Having clear objectives in mind can guide the conversation and help your doctor provide the most relevant advice and treatment options.
- ✓ Be aware that complex health issues may require more than 1 visit to obtain further referrals
- ✓ Research paediatricians / psychologists and public / private options to make an informed choice
- ✓ Visit [ADHD Australia](#)

Tips

- ✓ ADHD may vary based on someone's age, gender and many other factors
- ✓ There are things you can do to help your child while you wait (refer to the pathways map above)
- ✓ It's possible a child may have more than one diagnosis
- ✓ Medication is one of the many options. Please be aware that medications can take time to take effect and get the dosages right for you/your child. Talk to your child's health professional about the range of options

Things you can do anytime

- Attend:
- ✓ [ADDACT support group](#)
 - ✓ [Circle of Security Course](#)
 - ✓ [Cool Little Kids Course \(3-6 years\)](#)
 - ✓ [Cool Kids Course \(7-12 years\)](#)
 - ✓ [Indoor Playground Sensory time](#)
 - ✓ [Library Sensory Storytime](#)
 - ✓ [Mindmap Mental Health up to 25 years](#)
 - ✓ [Supported Playgroups](#)
 - ✓ [Tuning into Kids Course](#)
 - ✓ [Yarn with Yerrabi staff and attend a playgroup or Women's Circle](#)



Scan here for an interactive version of this map and links to services.



SPECIALIST AND ALLIED HEALTH SERVICES FOR YOU AND YOUR CHILD

YOU MAY BE REFERRED TO THESE SERVICES BY A GP, NURSE, OR ALLIED HEALTH PROFESSIONAL

PAEDIATRICIAN

Paediatricians are doctors who provide specialist medical care to infants, children and adolescents.

Paediatricians assess, diagnose, and explore medication options for ADHD.

To see a paediatrician, visit your GP and discuss your concerns with them first. If appropriate, they will make a referral to a paediatrician.

 **Community Paediatric and Child Health Service**

GENERAL PRACTITIONER (GP)

A GP makes referrals to other medical specialists including paediatricians & psychiatrists. They will work closely with them to:

- ✓ Monitor growth, body weight & diet & overall health & wellbeing
- ✓ Assist better access to mental health care plans to support payments to psychologists & occupational therapists

 **Central Health Intake**
02 5124 9977

OCCUPATIONAL THERAPIST

Occupational therapists support people of all ages to do the activities they find meaningful and need to do.

This can include:

- ✓ Getting organised for school/work
- ✓ Prioritising multiple tasks
- ✓ Starting & completing tasks
- ✓ Assessing & supporting people with motor coordination difficulties (eg. Developmental Coordination Disorder)
- ✓ Managing emotions & sensory processing preference
- ✓ Supporting social connections with others

To access an occupational therapist, you may be able to get a better access to mental health plan from your doctor or self-refer & pay privately.

 **Child Development Service**

 **Occupational Therapy Australia**



 **715 health checks**

 **Healthdirect Service Finder**

SPEECH PATHOLOGIST

A speech pathologist or therapist diagnoses and treats communication issues including those related to ADHD.

A speech pathologist can help you and your child with:

- ✓ speaking
- ✓ listening
- ✓ language
- ✓ social skills
- ✓ stuttering
- ✓ voice
- ✓ swallowing
- ✓ fluency

If you are on a speech pathology waiting list you can visit the NSW Health website for ideas to help you and your child while you wait.

 **NSW Health Website**

To find a speech pathologist, check out:

 **Child Development Service**

 **Speech Pathology Australia**

 **ADHD Australia**

 **ADHD Foundation**

PSYCHIATRIST

Psychiatrists are medical practitioners with specialist training in mental health & medical management of mental health disorders & complex behaviours

A psychiatrist can help with:

- ✓ Assessment and diagnosis
- ✓ Explore medication options for ADHD
- ✓ Over 16 years & Adults may seek medical management for ADHD

To see a psychiatrist, visit your GP to discuss your concerns with them first. If appropriate, they will make a referral for you. Sometimes a psychiatrist will hand over long term care to your doctor for medication review once stabilised and on medication.

OTHER SERVICES OR RESOURCES TO SUPPORT ADHD:

 **Parentline ACT**

 **ADD Support Group (ADDACT)**

PSYCHOLOGIST

Psychologists are registered health professionals who have studied how people think, feel & behave. They provide assessments & therapy. They do not prescribe medication.

A psychologist may help with:

- ✓ A multi-disciplinary assessment of ADHD for children, young people & adults
- ✓ Providing support & treatment to families with an ADHD diagnosis
- ✓ Supporting mental health & wellbeing


To be eligible under Medicare, better access to mental health, referral from a doctor & sometimes another medical professional specialist is required.

To find a psychologist:

 **Australian Psychological Services**

 **To check if registered**

 **Parents of Kids with ADHD in Canberra Facebook**

 **NDIS early childhood approach**