

CareBridge Perth

CALM CARE

WA Adult ADHD Prep Pack

Free Preview — Appointment preparation & navigation

Free Preview | June 2026 | ABN 62 622 087 402

A practical starting point for adults in Perth and WA preparing for an ADHD assessment.
Organise your history. Know what to ask. Walk in feeling more prepared.

This is a free preview. The full CareBridge ADHD Prep Pack includes detailed symptom worksheets, childhood evidence checklists, medication trackers, records request scripts, and questions for GPs and psychiatrists. Book a free 15-minute call to get the full version.

How to use this guide

- Start with rough examples — bullet points are enough
- Request old records early — even one useful report can help
- Bring your notes to appointments
- Write down next steps, referrals, fees, and follow-up dates

Quick symptom check

Tick what fits. This is a starting point — the full pack has detailed example prompts.

Difficulty concentrating or staying focused

Forgetfulness

Trouble organising tasks or activities

Losing things

Restlessness or fidgeting

Starting tasks but not finishing them

Feeling constantly behind

Feeling mentally noisy or overloaded

In the full pack: space to write specific real-life examples across work, home, relationships, money, admin, sleep and more. These examples are what clinicians actually need to hear. Book a free call to get the complete worksheets.

Childhood & school evidence

Assessment often looks at patterns going back to childhood. Useful evidence includes:

- School reports or report cards
- Teacher comments about attention, effort, or distraction
- Recollections from a parent, sibling or adult who knew you well

Phrases to look for in old reports

"Not working to potential" · "Easily distracted" · "Talks too much" · "Bright but inconsistent" · "Daydreams" · "Needs prompting"

The full pack includes the complete evidence checklist, a 'your story over time' worksheet connecting childhood patterns to current life, and a women-specific section about late-presenting ADHD that is frequently missed.

5 key questions for your GP

Take these to your appointment:

Could ADHD be one possible explanation for what I'm experiencing?

Are there other health issues that should also be considered?

What assessment pathway makes most sense for me?

Do you recommend a psychiatrist, psychologist, or another clinician first?

What costs should I expect, and what rebates may apply?

The full pack has 10 GP questions + 12 psychiatrist questions + optional clinic-fit questions for choosing the right specialist. These extra questions can save you unnecessary appointments and money.

Requesting your WA records

Start early — records requests take time.

- Step 1: List every provider you've seen (GPs, psychologists, hospitals)
- Step 2: Check My Health Record at myhealth.gov.au
- Step 3: Contact WA public hospitals directly (no fees for public records)
- Step 4: Contact private providers (most GPs charge a small admin fee)

The full pack includes a ready-to-send email script for requesting records, a complete 'what to bring' checklist for assessment day, and WA-specific notes about stimulant prescribing, shared care, costs and wait times.

A note for women

Late-presenting ADHD is frequently missed in women and girls. If you were described as anxious, daydreamy, chatty, emotional, messy, or 'not trying hard enough' — your experience matters.

The full pack includes guidance on presenting your history in a way that clinicians trained in adult ADHD will recognise, even when your symptoms don't match the textbook.

Get the full prep pack

The complete CareBridge ADHD Prep Pack includes everything above plus:

- Detailed symptom worksheets with real-life example prompts
- Complete childhood evidence checklist
- 'Your story over time' worksheet
- Medication and supplement tracker
- 10 GP questions + 12 psychiatrist questions
- Copy-paste records request email script
- Complete 'what to bring' assessment day checklist
- WA pathway notes (prescribing, costs, wait times)
- Women-specific presentation guidance

Book a free 15-minute call

No commitment. No diagnosis. Just a conversation about what you need and how CareBridge can help you walk into your appointment prepared.

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Available in English, Spanish, and Portuguese.

This pack is for appointment preparation and system navigation only. It does not diagnose ADHD, recommend medicines, or replace care from your GP, psychologist, psychiatrist or other health professional. If you feel unsafe or are in crisis, call 000. CareBridge Perth is not registered with AHPRA and does not practise medicine in Australia.