

What You Should Know Before You're Tested

(How to Go About Getting Documentation for Attention Deficit/Hyperactivity Disorder)

1. For assistance in finding a qualified professional:
 - a. contact the disability services coordinator at a college or university for possible referral sources; and/or
 - b. contact a physician who may be able to refer you to a qualified professional with demonstrated expertise in ADHD.

2. In selecting a qualified professional:
 - a. ask what experience and training he or she has had diagnosing adolescents and adults;
 - b. ask whether he or she has training in differential diagnosis and the full range of psychiatric disorders. Clinicians typically qualified to diagnose ADHD may include clinical psychologists, physicians, including psychiatrists, and neuropsychologists;
 - c. ask whether he or she has ever worked with a postsecondary disability service provider or with the agency to whom you are providing documentation; and
 - d. ask whether you will receive a comprehensive written report.

3. In working with the professional:
 - a. take a copy of Grinnell College's documentation guidelines to the professional; and
 - b. be prepared to be forthcoming, thorough, and honest with requested information.

4. As follow-up to the assessment by the professional:
 - a. schedule a meeting to discuss the results, recommendations, and possible treatment;
 - b. request additional resources, support group information, and publications if you need them;
 - c. maintain a personal file of your records and reports; and
 - d. be aware that any receiving institution or agency has a responsibility to maintain confidentiality.