



**WHEN YOU'RE WONDERING ABOUT ADULT ADHD**

# A Guide for Discussing ADHD With Your Primary Care Provider

# GOALS and OBJECTIVES

This guide is intended to help support initial conversations with your Primary Care Provider (PCP). This is *not* a guide on how to *get* an ADHD diagnosis.

Sharing concerns can be difficult and overwhelming. This guide can help you organize your thoughts and effectively communicate with your provider.

It includes:

## WHAT TO PREPARE

before you see your primary care provider

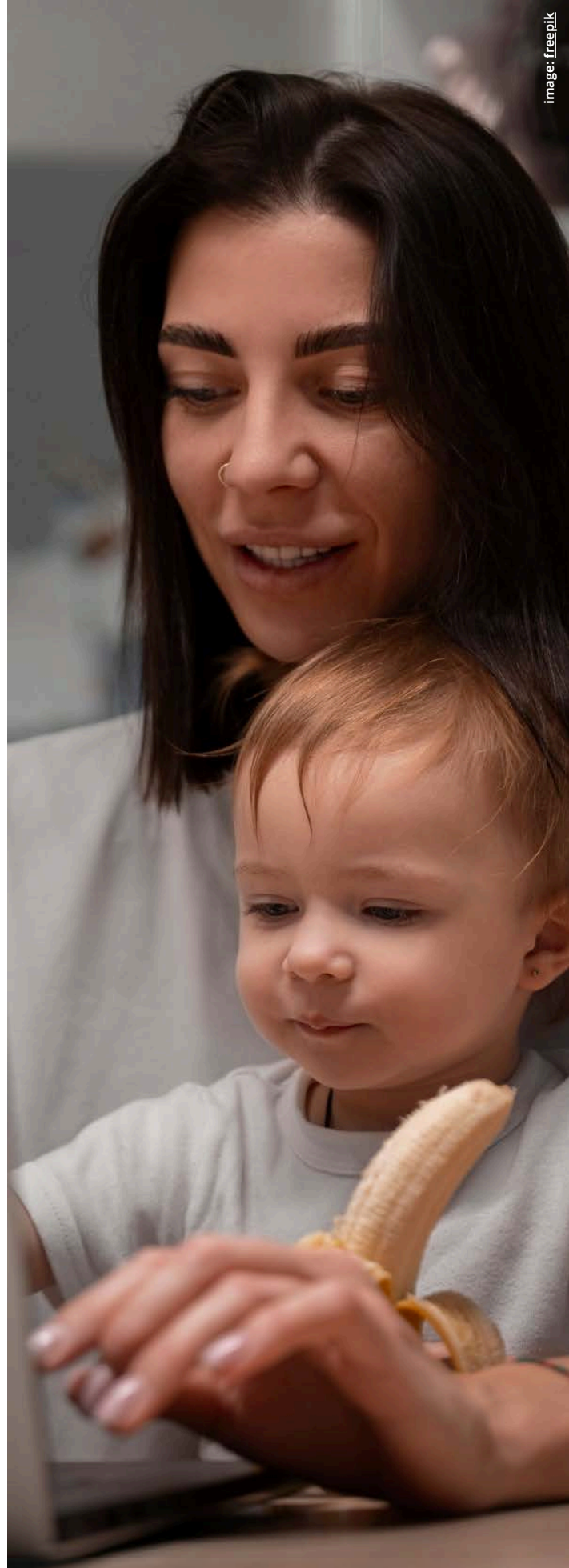
## WHAT TO REMEMBER

while in the appointment

## WHAT HAPPENS AFTER

if you still have questions

An ADHD evaluation is a multi-step process and may require meeting with several professionals. While different types of providers can diagnose ADHD (check out this [resource](#) for more information), the first step is usually speaking with your PCP.



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# WHAT TO PREPARE

## BEFORE YOU SEE YOUR PRIMARY CARE PROVIDER

Consider the questions below to think through your concerns, struggles, and observations. Write your responses on the notes page or type them into your phone. Then bring this document to guide your conversation with your PCP.

? What concerns do you have?

? How long have you had these concerns?

? How are these concerns interfering with your daily life?

? How are these concerns impacting you at work/school?

? How are these concerns impacting your relationships?

? What have you found that helps these concerns?

? What have you noticed worsens these concerns?

? What are you hoping to learn from this appointment?

Ask your PCP's office if you can send over a summary of your concerns for your provider to review before your appointment. Make sure to inquire about the best way to send this information.



# Notes

**What concerns do you have, and how long have you had them?**

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**How are these concerns interfering with your daily life?**

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**How are these concerns impacting you at work or school?**

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**How are these concerns impacting your relationships?**

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**What helps these concerns? What makes them worse?**

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**What are you hoping to learn from your appointment?**

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# WHAT TO REMEMBER

## DURING YOUR APPOINTMENT

Bring this completed guide to your appointment to help organize your thoughts. Let your PCP know that you have questions and concerns that you would like to discuss.

Your PCP may want to assess other areas of your medical/mental health before evaluating for ADHD. Some providers may not feel qualified to evaluate for ADHD and may refer you to a specialist.

Before you leave the appointment, ask yourself:

- *Did I communicate all of my concerns?*
- *Did I understand everything that my provider shared?*
- *Do I know what my next steps are?*

Ask your PCP for a follow-up appointment if you still have questions.



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# WHAT HAPPENS AFTER

## IF YOU STILL HAVE QUESTIONS

Sharing your experiences and goals can help your PCP know how to help you.

You may not receive a definitive answer at your first appointment, but this does not mean the conversation needs to stop.

Ask your PCP for clarification about remaining questions and request information about additional resources and next steps.

**The following examples can help guide the conversation toward the next step.**

If your PCP isn't sure whether your concerns are related to ADHD:

**"I still have concerns. Would you please refer me for further evaluation?"**

If you want to ensure information is available to other providers:

**"Will you please include my concerns in my record to inform other providers?"**

If your PCP explains something you don't understand:

**"Can you please clarify in simpler terms what that means?"**

If the visit is over and you still have questions:

**"Can we schedule a follow-up appointment to further discuss my concerns?"**