



# What's changing in Feb 2026

Trained GPs and Nurse practitioners will be able to diagnose and treat ADHD for people 18 or older.

Our clinic will be offering ADHD Diagnostic Assessments.

## WHAT YOU NEED TO KNOW

While this change improves access, ADHD is still a complex condition that requires time and care to diagnose properly.



ADHD assessments require longer appointments to ensure the right diagnosis and treatment.



An assessment is likely to take a minimum of 90 minutes over two or more appointments.



You won't be able to receive a diagnosis during a standard 15-minute appointment.



ADHD assessments will cost more than a usual doctor appointment.



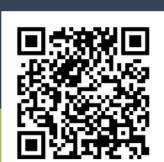
Clinicians will follow a national clinical framework to ensure safe, high-quality care.



For children and young people, diagnosis and treatment will still involve paediatric, psychiatric or multidisciplinary teams.

## WANT TO FIND OUT MORE?

Talk to your doctor or nurse practitioner during your appointment. They will ask about your symptoms and history, then arrange a time for a full assessment or complete a referral to another provider.



Scan for info on ADHD - Healthify



Western Bay of Plenty  
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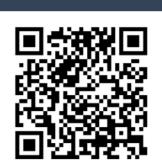
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