

Your first assessment appointment

Your first appointment is a conversation about what you are hoping to understand. It helps your clinician recommend an assessment pathway suited to you or your child.

1

Before your appointment

- Complete the service agreement and any forms the clinic sends you.
- Send available referrals, previous reports or relevant records.
- Write down your main concerns, goals and questions.

2

Joining us

- For North Lakes appointments, arrive with time to settle in.
- For online appointments, use a private space, reliable internet and a suitable device.
- Allow 90 minutes unless the clinic advises otherwise.

3

During the conversation

- Discuss current concerns, history, strengths and everyday functioning.
- Explain why the assessment is being considered and what you need from it.
- Ask questions about the likely process, report and next steps.

4

After the appointment

- Your clinician recommends an individualised assessment pathway.
- The clinic confirms the proposed sessions, report inclusions and tailored quote.
- You can decide whether you would like to proceed.

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Your first appointment does not guarantee a particular assessment or diagnosis. Its purpose is to understand the concerns and identify an appropriate next step.