



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 not 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.



ADHD assessments will cost more than a usual doctor appointment.



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



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



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



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'll ask about your symptoms and history, then complete a referral to another provider.



Scan for info on ADHD – Healthify



Western Bay of Plenty
Primary Health Organisation

TŌNGIA TE URURUA KIA TUPU
WHAKARITORITO TE TUPU
O TE HARAKEKE