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Recommended CADDRA-Informed ADHD Assessment Options Available in Ontario

(Last updated December, 2023)

Clinic/Practice	Ages	Professional diagnosing	Total cost	Estimated wait	Will provide diagnostic report?	Can prescribe medication	Cost for treatment monitoring and refills	Can assess/treat conditions other than anxiety and depression?	Possible coverage
Beyond ADHD	18+	Nurse practitioner	\$258	<1 week * Requires secondary reporters	Yes, no added cost.	Yes	\$79 per appt; 1 month between titration appts	No	Health spending account
Dig A Little Deeper Integrated Health Care Clinic	10+	Nurse practitioner	<16 \$800 >16 \$600	<1 week	On request	Yes	\$100 per appt	Yes	Health spending account
Find Focus Now	18+	Nurse practitioner or medical doctor	\$399 (payment plan avail)	24-48 hours	Yes	Yes	\$24.99/mth or \$34.99 for single follow-up visit.	No; expedited psychiatric referrals	Health spending account
Kids Clinic Ajax	<18	Dr. Sohail Khattak	OHIP-covered	1-2 years	On request, expect delays	Yes	OHIP-covered	Yes	OHIP
Talk With Frida	18+	Nurse practitioner	\$600	< 1 week	Yes, no added cost.	Yes	\$79 per appt	No	Health spending account

*** As of **AUGUST 2023** *Rocket Doctor* has their own ADHD-specializing psychiatrist named **Dr. Said** who was taking appointments within a week last I spoke to them. This doctor does not appear on the CADDRA member list so I do not know how informed he is, but this is a possible **FREE** assessment option via referral through an appointment with a regular Rocket Doctor MD or from your GP via this referral form: [Ontario Specialist Referrals Form \(jotform.com\)](#)



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Neurodivergent-AFFIRMING Autism Assessment Options in Ontario

(Last updated December, 2023)

Clinic/Practice	Ages	Professional diagnosing	Total cost for Assessment	Estimated wait	Will provide diagnostic report?	Can prescribe medication	Can assess other conditions other than anxiety and depression?	Possible coverage
ADHD & Spectrum Centre	18+	Neurodivergent naturopathic doctor	\$800~	2-3 months plus a wait between appointments	Yes, but its use may be limited.	No	Some for extra cost, but see note.	ND or health spending accounts
<p>Note: Due to the limitations of ND diagnosis, I do not recommend this clinic for ADHD assessment considering the value to most folks of an ADHD diagnosis is access to medications, government programs, etc., and ND diagnosis will not be recognized by governing bodies. Adults seeking affirming autism diagnoses are typically seeking informed validation more than access to programs or disability. I was informed that medical doctors typically are impressed by the quality and thoroughness of their reports and usually confirm official diagnosis anyway - but no guarantees.</p>								
Embrace Autism	18+	Neurodivergent naturopathic doctor	\$1200-2150	8-9 months including time between appointments	Yes, but its use may be limited. Additional fees for medical review and other forms.	No	Not advertised.	ND or health spending account
Northern Elm	All ages	Psychological Associate (Psychologist)	\$2250	6 months - 1 year	Yes	No	Yes, for extra cost.	Psychologist
<p>Note: Northern Elm has been recommended by leading local ND-affirming clinicians in Toronto as a place that provides affirming and informed autism assessments not only for adults, but also for children.</p>								