

NHS Gloucestershire

Choosing ADHD services - Information for Adults

This leaflet is for adults who are being referred for an ADHD assessment by their NHS doctor in Gloucestershire.

If you are being referred for an ADHD assessment, you have the legal right to choose the specialist NHS service provider you'd like to go to. This leaflet provides some information on the options available, to help you to make informed choices that best suit your circumstances. The options are:

- Referral to the local NHS Gloucestershire ADHD service
- Referral to a NHS ADHD service provider outside Gloucestershire that offers both assessment and ongoing care
- Referral to a NHS ADHD service provider outside Gloucestershire that offers assessment only

Following your assessment and any diagnosis, the specialist service might seek a “shared care arrangement” with your GP, particularly if you need to be prescribed medicines. A shared care arrangement means that clinical responsibility for your care can be transferred to your GP from a hospital or specialist service.

Your GP's agreement to a shared care arrangement will depend upon which specialist service you have chosen. It is recommended that you talk with your GP about making your choice to understand its potential shared care implications.

- **Referral to the local NHS Gloucestershire ADHD service**

A single “care pathway” has been developed for the local NHS ADHD service for adults. These services offer assessment and follow-up care. Any face-to-face appointments will take place in local clinics.

Your GP will have confidence in agreeing a shared care arrangement with the Gloucestershire NHS ADHD service to provide consistent ongoing care of a high standard.

Demand for local NHS ADHD services is increasing, and this is affecting the waiting times people experience between being referred to the service and being assessed. NHS Gloucestershire is striving to respond to this demand and maximise the use of its resources to provide high quality, equitable NHS services for people in Gloucestershire.

- **Referral to an NHS ADHD service provider outside Gloucestershire that offers both assessment and ongoing care**

There is a range of NHS ADHD service providers outside Gloucestershire that offer assessments and ongoing care. Face-to-face appointments may take place in clinics outside of the county. Some of these service providers may offer online

assessments. Some of these providers may have shorter waiting times for assessment than the local service.

Gloucestershire GPs will not be familiar with all these service providers, or with the details of the NHS ADHD services they offer. Sometimes, it can be difficult for GPs to have the level of confidence required to agree a shared care arrangement with these providers. In circumstances where a GP cannot agree to a shared care request, then any ongoing NHS treatment and care required would be the responsibility of the specialist service that undertook the NHS assessment. You would need to access any ongoing NHS care including your prescriptions from that service provider.

- **Referral to an NHS ADHD service provider outside Gloucestershire that offers assessment only**

There is a range of NHS ADHD service providers outside Gloucestershire that offer assessments only. Face-to-face appointments may take place in clinics outside of the county. Some of these service providers may offer online assessments. Some of these providers may have shorter waiting times for assessment than the local service.

If you require ongoing treatment and care following your assessment, your GP will need to refer you to a different NHS ADHD service provider that offers ongoing care. This would involve going onto a second NHS waiting list. This would mean there would be a delay between getting your diagnosis and starting your NHS treatment.

If you have paid for an ADHD assessment from a private healthcare service

Some private healthcare services offer ADHD assessment for a fee, or via private healthcare insurance. Gloucestershire GPs will not be familiar with the details of the private healthcare ADHD services they offer. Patients who have paid for a private ADHD assessment will in most cases need to be referred by their GP to an NHS ADHD service for assessment before NHS treatment can be offered.

Any ADHD care and treatment recommended by the private provider that the patient wishes to take will need to be paid for privately by the patient whilst waiting for an NHS assessment.

If you need any further information or support

NHS Gloucestershire Patient Advice and Liaison Service (PALS) is a confidential NHS service that provides information advice and support for patients, families and carers. Please note that the service is unable to change any clinical decisions taken.

You can contact PALS by email: glicb.pals@nhs.net

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