



Information on Diagnosis and Treatment for ADHD and ASD in Adults. April 2024

Useful websites

- [Attention Deficit Hyperactivity Disorder \(ADHD\)](#) or
- [Autistic Spectrum Disorder \(ASD\) in Adults](#)

Background:

Diagnosis and Treatment can be obtained Privately or on the NHS via Specialists Centres.

If you opt to go Privately and medication is recommended, our Practice may be able to support on-going treatment through a Shared Care Agreement. The Shared Care agreement would only start once the medication is proven to be safe and effective (usually a period of 6 months). The prescriptions will be classed as private for the initiation period. Your care must remain under consultant supervision.

If you opt for NHS referral and treatment, then you have two options:

1. The NHS commissioned service from [Partnering Health Ltd \(PHL\)](#) for ADHD and/or '[The Owl Centre](#)' for Autism or
2. A number of Private providers are also funded by the NHS through a scheme called **Right to Choose**. This is explained in detail [here](#) by a mental health charity.

All the **Right to Choose** providers offer Virtual assessments only and please be aware that not all of them will offer medication if it is needed. GP's cannot initiate medication for ADHD.

All providers require a completed self-assessment questionnaire along with supporting information (which can be found on their web sites).

- For ADHD it's the [Adult ADHD Self-Report Scale \(ASRS\) checklist](#)
- For ASD it's the [AQ10 questionnaire](#)

If you want an NHS referral - what do you do next?

If you want to discuss your symptoms or problems with a GP, please arrange a Face to Face or Video appointment with the GP of your choice, ideally your Usual/Named GP.

If you do not want or need an appointment, then please do the following:

1. Contact the practice via [our website](#) or via reception and confirm what referral you need and which provider you want to use
2. Ensure you have completed the necessary paperwork as described by your preferred provider.
3. Ensure you have full access to your GP records and that you are happy to share your significant medical history (problem list) with the provider of your choice.

What will we do?

1. You will be booked in for an appointment with our mental health care coordinator. This will be an opportunity to go through your referral request and help to ensure we have all the information we need.
2. Your GP will review the request for a referral and if approved, our Team will send your referral off to the provider of your choice and confirm that we have done this. If we need to ask you more questions we will do so.
3. The provider of your choice will notify you that they have received the referral and follow up with you.