

**PARK FARM MEDICAL CENTRE**

**REQUESTING AN ADULT ADHD ASSESSMENT**

**Adult ADHD Assessment: How to Request a Referral**

We understand that living with undiagnosed symptoms can be difficult, and our aim is to provide a clear and supportive route through the current system. Please read the information on this page carefully before submitting your request.

**Step 1: Referral Pathways – What Are Your Options?**

At present, there is no NHS adult ADHD service in Derbyshire therefore new GP referrals into a local NHS service cannot be made. Because of this, many patients are exploring other options known as Right to Choose <https://adhduk.co.uk/right-to-choose/>

All Right to Choose providers are classed as private providers even where they may be funded by the NHS. Please be aware that you must research and choose your provider yourself. We cannot select a provider on your behalf.

**Before Choosing a Provider**

It is important to check:

- That you meet the provider's referral criteria (such as age or location).
- That they offer prescribing and follow-up if medication is required.
- What their average waiting time is (and whether it fits your needs).

Choosing a service is about more than speed. Take time to understand what each provider offers.

**Our Policy on Private ADHD Providers and Shared Care**

We understand that some people may seek a private ADHD assessment outside of the Right to Choose Pathway. If this applies to you, please note:

- We will acknowledge a private diagnosis in your record.
- We do not accept any new shared care arrangements with Right to Choose or other private ADHD providers for the prescribing and monitoring of ADHD medication.
- If your ADHD medication is initiated by a Right to Choose or private provider, they must continue prescribing and monitoring your treatment. This means all

prescriptions will come from your provider, and you will need to collect them from a pharmacy of your choice.

- If your care is private, you will pay the full private cost for prescriptions. If care is by Right to Choose NHS Pathway, you will only be asked to pay the prescription charge unless you are exempt.
- You would need to continue your care entirely through your chosen provider.
- NHS GPs are not able to carry out tests or treatment following private care.
- If you later wish to access NHS treatment, you will still need to be referred into the NHS system for full reassessment and monitoring under their care. This will follow the usual waiting list process. (However, as mentioned, there is no current pathway for this).

### **What You Need to Send Us (If Using Right to Choose)**

To process your referral, we will need a complete set of documents. Please submit all of the following:

- A completed ADHD screening questionnaire (<https://adhd.uk.co.uk/right-to-choose/>)
- A written summary from you describing your symptoms, how they affect your life, and what you hope to gain from assessment.
- The name and details of the Right to Choose provider you have selected.
- The referral form or proforma from your chosen provider. (usually available on their website)

Once all of these have been returned, a GP will review your submission. If everything is in order, we will send your referral and confirm when it has been completed.

Once your referral has been sent to your provider, the surgery will no longer be involved in the process and all queries will need to be directed to your provider.

### **For Parents and Young People**

This pathway is for adult ADHD referrals only.

If you are concerned about a child or young person, please speak to their school in the first instance. Most local referrals for under-18s are made via school via SPOA.

### **If You Need Additional Support**

We understand that the process of seeking an ADHD assessment can be overwhelming. If you are struggling with your mental health while waiting for support, please get in touch.

We can offer help with anxiety, low mood or stress, and refer you to talking therapy or community services where appropriate.