

Attention-Deficit Hyperactivity Disorder (ADHD) & Autism spectrum disorder(ASD)

As a practice, we are committed to supporting both children and adults with neurodevelopmental diagnoses. We understand that navigating assessments and treatments for Attention-Deficit Hyperactivity Disorder (ADHD) and Autism Spectrum Disorder (ASD) can feel overwhelming, and we want to guide you through your options as clearly as possible.

Unfortunately, due to exceptionally high demand across the NHS, waiting times for standard local pathways are extensive. To help you make informed choices, this policy outlines the referral requirements, the legal "Right to Choose" alternative, and private pathways.

Please note that our practice only accepts shared care agreements with designated NHS trusts. As the local Integrated Care Board (Herts and West Essex ICB) does not support shared care between private or Right to Choose providers and NHS general practice, we are unable to take over ongoing prescribing or enter into shared care agreements with these providers.

Support Resources

You do not need a formal diagnosis to begin implementing supportive lifestyle adjustments. The following resources offer guidance while navigating the waiting list:

Online Portals

Mind: Provides mental health advice and general tips for daily life with ADHD.

ADHD UK: Features independent adult self-screeners and comprehensive Right to Choose navigation guides.

Adders: A community-led platform providing practical worksheets and lived experiences.

ADHD Works: Specializes in professional ADHD coaching and workplace adjustments.

ADDA (Attention Deficit Disorder Association): Offers peer support networks and information hubs for adults and parents.

Your ADHD / Autism Assessment — Referral Pathway

A simple step-by-step guide to your referral options

⚠ **Please note:** Currently, Hertfordshire Partnership University NHS Foundation Trust (HPFT) is overwhelmed with all the referrals they have received so far, so they have put a hold on new referrals. Hence, **no new referrals are being accepted at the moment**. There is an alternative pathway via the NHS - **Right to Choose** - to help those who require the service.

1 NHS Right to Choose Pathway

1 Choose a provider

Look at the list of Right to Choose providers. Check each provider's **current waiting times** — these vary a lot between providers.

Start here: adhd.uk.co.uk/right-to-choose



2 Check you're eligible

On the provider's own website, read their **inclusion and exclusion criteria** carefully. Only proceed if you meet their criteria. Check that the provider will **prescribe and monitor any medication themselves**; the surgery does not enter shared care agreements and cannot take over prescribing.



3 Find and download the forms

Look on the provider's website for their **Right to Choose / GP referral pack**. This usually includes:

- A GP referral form
- Patient questionnaire(s) or screening forms



4 Fill in your sections fully

Even if a form is labelled "GP form", most of it still needs to be completed **by you, the patient**. This includes:

- Describing your symptoms and what you're hoping for, in your own words
- Your personal and family mental health history
- Safeguarding / safety-netting questions
- Any other questionnaires about your history or experiences

The GP only completes the practice details — **GP name, practice address/postcode, and similar identifying details**. Please fill in anything relating to you and your symptoms yourself, even if the form implies it's a "GP section".



5 Return the completed forms to the surgery

Drop off or hand in your forms at reception, and **tell reception clearly this is a Right to Choose referral**, naming your chosen provider.



6 GP review

The GP reviews the forms, completes the GP-only sections, and submits the referral to your chosen provider.



7 Provider takes over

From this point, all further contact (appointment dates, results, next steps) comes **directly from your chosen provider** — not the surgery.

⚠ Incomplete forms cannot be submitted

If any part of the form is missing, the referral **cannot** be sent. You'll be asked to collect the form again and complete it — so please fill in everything that applies to you the first time to avoid delays.

⚠ Medication is prescribed by your provider — not the surgery

If you are diagnosed and prescribed medication, we **do not enter shared care agreements**. This means your provider issues and monitors **all** prescriptions, including ongoing monthly prescriptions. The surgery cannot issue or sign these prescriptions under any circumstances.

2 Private Provider Pathway

1 Choose a private provider

No referral letter or form from us is needed for this route.



2 Contact them directly

Book your assessment straight through the private provider's own booking process.



3 Assessment & any prescriptions

The private provider carries out your assessment and, if needed, prescribes and monitors medication themselves.

⚠ We cannot take on private prescriptions either

The same rule applies here: we do not enter shared care agreements with private providers. Any medication recommended privately must be **purchased and continued privately** — we cannot prescribe it on the NHS.