

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.

Paediatric ADHD & Autism — Referral Pathway

A simple step-by-step guide for parents/carers to the referral options for children and teenagers

1 Community Paediatrics (NHS)

1 Both forms must be completed

The referral needs **both** of the following before it can even be submitted:

- [The school form](#)
- [The parent/carer form](#)

Without both forms fully completed, the referral **cannot be accepted** by community paediatrics.



2 Screening by the community paediatrics team

The team reviews the referral to decide whether it meets their criteria.

Decision takes about 6-8 weeks

The outcome is confirmed to the surgery in writing, and a letter is also sent directly to parents/carers.



3 If accepted — waiting for first assessment

Current wait: approx. 2-3 years

This is the wait for the **first assessment appointment** once the referral has been accepted.



4 Medication & shared care

Once medication is **initiated and stabilised** by the specialist, and a **shared care agreement** is signed, ongoing prescribing and monitoring **can** be carried out by the GP surgery.

2 NHS Right to Choose (Paediatric ADHD/Autism)

1 Choose a provider

Visit the Right to Choose website and select a provider that offers a paediatric ADHD or autism assessment service.



2 Check eligibility

Check that provider's own **inclusion and exclusion criteria** to confirm your child is eligible, and ensure they can prescribe and monitor any medication. We do not enter shared care agreements and cannot take over prescribing.



3 Find and print all the forms

There are usually **three sets of forms** to find on the provider's website:

- Parent/carer form
- Questionnaire form(s)
- GP form



4 Complete everything relating to your child

Even sections within the "GP form" should be completed by **you, the parent/carer**, wherever they relate to your child, including:

- Symptoms and symptom history
- Family history
- Family dynamics
- Demographics



5 Hand all forms to the surgery

The GP will review all forms submitted.



6 Referral made

Once everything is complete, the referral is submitted to your chosen provider.



7 Provider takes over

The provider will contact you directly to schedule the appointment and for all further correspondence.

⚠ Incomplete forms cannot be submitted

If any part of any of the three forms is missing, the referral **cannot be made and will not be accepted**. Please make sure every relevant section is filled in before handing the forms back.

⚠ Medication under Right to Choose is still not shared care

Even though this is an NHS pathway, if your child is started on medication, it will be **prescribed monthly and monitored by the specialist alone**. We do not accept shared care agreements from Right to Choose providers.

3 Private Assessment

1 Book directly

No referral letter from us is needed. You can contact a private provider and book the assessment directly.



2 Assessment & diagnosis

The private provider carries out the assessment and diagnosis.

⚠ A private diagnosis does not fast-track the NHS queue

Getting a diagnosis privately **does not move your child up** the community paediatrics waiting list. If your child needs medication, this will need to continue with the private provider until your NHS referral comes through — the private provider cannot hand prescribing over to the GP under a shared care agreement.