

Adult ADHD referral

Important Information

NHS West Yorkshire ICB has implemented a minimum waiting time of 2 years for all ADHD assessments across all providers, this also includes the right to choose pathway. This restriction is currently 2 years from the date of referral.

What is ADHD?

ADHD stands for **Attention-Deficit/Hyperactivity Disorder**. It's a neurodevelopmental condition, meaning it affects how the brain develops and functions, particularly in areas involved with attention, self-regulation, planning, and impulse control.

How to request a Right to Choose referral?

You can contact the practice to request a right to choose (RTC) referral. The GP will provide you with information regarding the referral process and you will be booked an appointment with our Occupational Therapists to discuss the referral pathway.

You will be asked to complete a questionnaire to determine if an assessment is clinically appropriate. Please follow the below link to download and complete the ASRS form:

[10852_elto_question_fhp2.PDF](#)

You will also be asked to choose a provider to be referred to. Please note we cannot process your referral without this information. Please follow the below link and click "*Jump to: Right to Choose Wait Information*" for information on available clinics. Wait times should be available on each provider's website.

[NHS West Yorkshire ICB ADHD Assessment Information collated by ADHD UK](#)

What happens after my diagnosis?

When choosing a clinic for your referral it is important to check what happens after diagnosis. Please ensure the provider you have chosen is able to commence and titrate medications, if you are keen to consider this option. Please note your GP cannot initiate ADHD medications.

Following your titration period your provider will send a **Shared Care Agreement** to your GP. This agreement will allow the GP to take over the prescribing of your ADHD medication. Please see the below criteria which must be met for your GP to sign this agreement. Please note this is not an exhaustive list and it is at discretion of the referring GP if this is accepted.

- CQC registered private provider
- The patient must have received a diagnosis from a specialist
- The patient must be stabilised on their medication
- The specialist must carry out an annual review with the patient