Adult ADHD Referrals – Information for Patients

If you are aged 18 or over and think you may have ADHD, please follow the steps below.

Due to very high demand, the local NHS adult ADHD service is currently closed to new referrals.

NHS Thames Valley has introduced new referral criteria for adult ADHD assessments 'Right to choose' providers. It has also 'accredited' four providers so far that we can choose from.

Before we can consider a referral, you will need to complete an ADHD screening questionnaire, provide some basic health measurements and supply written evidence that you meet at least one priority criterion.

You do **not** need a GP appointment to complete these steps.

Step 1 – Complete the ADHD screening questionnaire

Please complete the free **Adult ADHD Self-Report Scale (ASRS v1.1)** using the link below.

Complete the Adult ADHD Screening Questionnaire – ADHD UK

Please download and save your completed questionnaire and results.

A Section A score below 4 does not meet the usual screening threshold. A higher score does not confirm ADHD or automatically qualify you for an NHS referral. All referrals are subject to the current NHS eligibility criteria and GP review.

Step 2 – Record your physical health information

We require the following information as part of the initial referral assessment:

- **Blood pressure:** e.g. 120/80 mmHg

- **Resting pulse:** beats per minute
- **Weight:** in kilograms
- **Cardiac history:** Please tell us if you have any known heart conditions, high blood pressure, previous heart surgery, or symptoms such as chest pain, fainting, unusual breathlessness or palpitations. Please also mention any family history of sudden cardiac death before the age of 40.

Blood pressure and pulse measurements can be obtained using a home monitor, at a pharmacy or at the surgery during opening hours – in reception in the 'POD'

Please also tell us if you have any significant health conditions, take regular medication, or have had recent difficulties with alcohol or drug misuse.

Having a medical condition does not necessarily prevent referral, but further assessment may be needed.

Step 3 – Check the NHS priority referral criteria

NHS Thames Valley currently requires patients to meet **at least ONE** of the following criteria, supported by written evidence.

1. Safeguarding

You or a child in your care is under a safeguarding team, and ADHD treatment has been identified as necessary.

2. Long-term physical health condition

ADHD symptoms are significantly affecting your ability to manage an existing physical health condition, and ADHD treatment has been identified as necessary.

3. Criminal justice involvement

You are involved with criminal justice liaison, diversion or probation services, and ADHD treatment has been identified as necessary. Family law and medicolegal assessments are excluded.

4. Unpaid caring responsibilities

ADHD symptoms are preventing you from fulfilling essential unpaid caring responsibilities.

5. Education

You are at risk of failing or not completing an academic or vocational course because of ADHD symptoms. Reasonable adjustments must have been in place consistently for at least one term, and your education support service must confirm that further treatment is needed.

6. Employment

You have repeatedly lost employment, or are at risk of losing your current employment, because of ADHD symptoms despite reasonable workplace adjustments. Treatment is considered essential to help you maintain employment. This includes unpaid employment.

7. Previously diagnosed ADHD – continuity of care

You have a documented NHS or equivalent ADHD diagnosis and either:

- There is evidence of significant impairment or risk associated with stopping ADHD medication; or
- You previously benefited from ADHD medication that was stopped on medical advice and now wish to restart it.

You must provide supporting written evidence

This could include a letter, email or report from a relevant employer, education support team, safeguarding team, health professional or other organisation involved in your circumstances.

You must provide evidence of at least one priority criterion. Simply reporting ADHD symptoms is not sufficient to meet the current NHS referral requirements.

Step 4 – Send us your information

Once you have completed Steps 1–3, please email all the information to the designated email address sent to you via text message.

Email subject: **Adult ADHD initial information**

Please include:

- Your full name and date of birth.
- Your completed ADHD questionnaire and score.
- Your blood pressure, pulse and weight.
- Details of any relevant medical or cardiac history.
- Which priority criterion you meet, with written supporting evidence.

Please use the email arrangements provided by the surgery in your message.

If you are unable to send your information electronically, please contact reception for an alternative.

What happens next?

A GP will review your information and medical records. We will then contact you to explain the next steps within the next 28 days

If the GP considers a referral appropriate, you will be sent further information about NHS Right to Choose ADHD assessment providers and the paperwork required.

Please do not arrange a routine GP appointment solely to request a referral before completing this process.

If you do not meet the current referral criteria - please see the ICB website for further avenues for support NHS Thames Valley - Help yourself to manage ADHD