

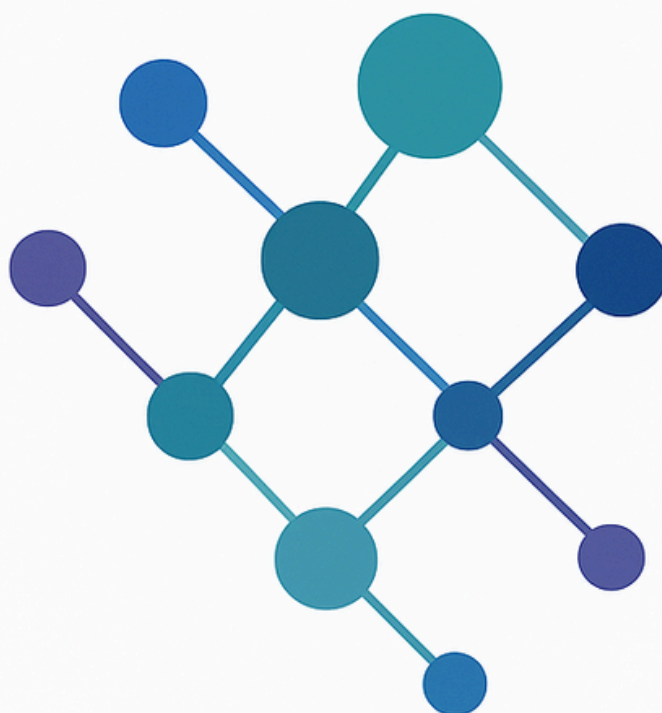


Humber and North Yorkshire
Health and Care Partnership



Autism and ADHD Patient Choice

One Page Guide



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Version 1

Patient Choice Autism & ADHD One Page Guide

In England Right to Choose is part of national NHS guidance and allows patients, including children and adults, to choose their provider for NHS funded Autism and ADHD assessments. This applies where the referral is clinically appropriate and the provider meets NHS England's eligibility criteria.

Who is eligible?

You may use Right to Choose for Autism/ADHD assessment if:

- A GP or other referral professional agrees an assessment is clinically appropriate, and
- You weren't offered a choice at the point of referral, or
- You've been waiting more than 18 weeks for assessment.

You can be referred by a GP, another health professional, or an interface service (e.g. referral support teams working on behalf of primary care). Your rights are the same regardless of who refers you.

Which providers are eligible?

The provider must hold a valid NHS Standard Contract for the relevant service (e.g. adult ADHD assessment) with any ICB in England or with NHS England. This can include NHS or independent sector organisations.

GPs or referral professionals are responsible for checking whether the provider meets the Right to Choose criteria before making the referral.

Things to check when choosing a provider:

- Does the provider have the correct NHS contract?
- Is the service suitable for your age and needs?
- What is the expected wait for assessment?
- Are appointments online, in person, or both?
- Do they communicate in a way that suits you (email, text, phone)?
- Will they update you while you wait?
- Do they provide support while waiting or post-assessment?
- Are they CQC registered, especially if offering ADHD treatment?

ADHD treatment and prescribing

ADHD medication must be started and monitored by a specialist provider (this is called titration).

Consider:

- Does the provider offer treatment under Right to Choose?
- How long is the wait for titration after assessment?
- Will they continue prescribing if your GP does not agree to shared care?
- What is their process for issuing prescriptions?
- Do they offer annual reviews and health checks?

Shared Care and GP prescribing

Shared Care is when your GP continues prescribing once medication is stabilised. However, GPs are not obliged to accept shared care unless they feel it's safe and supported. If they decline, the specialist provider must continue prescribing.

