

ADHD Referrals for Young People (16-18)

The referral process for this age group follows the same pathway and requires the parent/carer and school questionnaires. A GP will review the information and decide whether a referral is appropriate.

ADHD Referrals for Adults

Adult ADHD Services in Hertfordshire are limited, and local adult assessments may not always be immediately available. However, adults are able to access assessment through the NHS Right to Choose Pathway.

Right to Choose (RTC)

Under NHS Legislations, adults can choose an NHS funded provider for an ADHD assessment.

A list of NHS approved providers can be found here: <https://adhduk.co.uk/right-to-choose/>

If you wish to use Right to Choose:

- **Choose a provider from the list**
- **Complete any registration or referral forms required for your choice of provider**
- **Provide them to the GP so we can prepare the referral**

We will review your request and, if clinically appropriate, GP can complete the referral to your chosen provider.

ADHD Referrals for Children (Aged 5-15)

If you are concerned that your child may have ADHD, please make an appointment to discuss this with a GP or other health professional.

In Hertfordshire, assessments for children follow the Children & Young People's Neurodevelopmental Pathway. Referrals can only be made once all required information has been completed.

What we need for a referral

Before a referral can be submitted, the following forms must be completed:

- **Parent/Carer Questionnaire**
- **School/Education Setting Questionnaire**

These must be returned to the practice, as the referral cannot be accepted without them.

- **Download the referral forms**

All forms can be found on the Hertfordshire SEND Local Offer Website:

[ADHD and Autism assessment for child or young persons](#)

Once the forms are completed, please return them to us for the GP to review and complete the referral.

ADHD is a common neurodevelopmental condition that can affect children, young people and adults.

Diagnosis can help patients better understand their symptoms and access appropriate treatment.
If you are concerned or suspect that you or your child may have ADHD and would like to be referred to the NHS for an ADHD Assessment, please see the following guidelines for children and adult ADHD referral.

ADHD (Attention Deficit Hyperactivity Disorder) Leaflet



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Further information can be sought from www.nhs.uk

Important information about Adult ADHD referrals in Hertfordshire

Demand for adult ADHD diagnosis and treatment is extremely high locally and nationally.

To manage this pressure and ensure that patients with the most significant needs are prioritised, the Hertfordshire and West Essex Integrated Care Board has introduced a temporary complexity threshold for adult referrals.

All adult ADHD referrals from the practice are reviewed by the Single Point of Access Team, who decide whether each referral meets the current criteria.

If a referral does not meet this threshold, it will be returned to the GP along with self-help guidance, signposting and resources to support the patient in managing their symptoms.

After Diagnosis – Medication and Shared Care

Medication Initiation

If ADHD is diagnosed, any medication will be started and monitored initially by the specialist ADHD services.

This includes dose changes, physical health monitoring, and treatment reviews.

Shared Care Agreements

A Shared Care Agreement allows a GP to take over prescribing once a patient is stable, but only when the specialist service is an NHS provider and a formal agreement is in place.

Our Practice Policy

Our Practice **does not enter into Shared Care Agreements with private or non-NHS providers**, including most services accessed through Right to Choose.

This means:

- We cannot take over prescribing or monitoring medication started by a private or non-NHS ADHD service
- The provider who diagnosed you and initiated treatment must continue to prescribe and review your medication
- For the GP to prescribe ADHD medication, diagnosis and treatment must be from an NHS specialist ADHD team that offers and NHS approved Shared Care Agreement

This approach ensures safe prescribing and follows local Hertfordshire and West Essex prescribing guidance.

Further information on guidance set by our Integrated Care Board, please contact the Pharmacy and Medicines Optimisation Team (PMOT) for South and West Hertfordshire.

-  Website: [Hertfordshire and West Essex NHS ICB](https://www.hertfordshireandwestessex.nhs.uk)
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