

Dear Patient,

You contacted the surgery today and/or spoke to one of the primary care team about a possible referral for assessment of Attention Deficit Hyperactivity Disorder (ADHD).

As explained, there is currently very high demand for neurodevelopmental assessments. Across the country, many Integrated Care Boards (ICB), which are responsible for commissioning services locally, are reviewing how Right to Choose services are managed to fulfil this task.

NHS Thames Valley Integrated Care Board has introduced activity plans with Right to Choose providers and prioritisation criteria for people aged 18 and over. This ensures that those with the most urgent needs are prioritised and that services used meet appropriate quality standards. As a result, not all patients who request a referral under Right to Choose are being put forward at this time, and waiting lists are expected across all diagnostic services.

Before referral is considered, it is important that appropriate support has been explored where possible, for example through social services, employment and education. This support is often available without a formal diagnosis. Often the outcome of a diagnostic assessment is to recommend support and adjustments and there is usually no need to wait for this.

If you believe you meet the thresholds for a intervention and reasonable adjustments have been tried, you or someone supporting you, such as an education officer or clinical specialist, can write to your GP outlining:

- why you feel an assessment is needed
- what benefit you expect from a diagnosis
- what reasonable adjustments have been tried
- whether these have been effective

Your GP can then review this information and consider whether a referral is appropriate at this time.

Although you do not meet the criteria for referral under Right to Choose at this time, support is available to help manage your needs day to day. A range of services and organisations can provide information, advice, and practical help for people with ADHD and Autism, as well as their families. These services can also support you in accessing community resources and in looking after your mental health and wellbeing. Details are included below.

You can also visit the Thames Valley Integrated Care Board website:

<https://thamesvalley.icb.nhs.uk/your-health/adhd-autism-and-learning-disability/adhd-services>

The Stay Well website: <https://staywell-bob.nhs.uk/adhd/> for a dedicated web page of useful resources.

Organisation	Contact details
Berkshire Healthcare NHS Foundation Trust	Website: www.berkshirehealthcare.nhs.uk/services
Oxfordshire Adult ADHD Service	Website: https://oxfordhealth.nhs.uk/oxon-adult-adhd/
NHS Talking Therapies Berkshire	Berkshire Healthcare NHS Foundation Trust Website: www.berkshirehealthcare.nhs.uk/talking-therapies Telephone: 0300 365 2000 Email: talkingtherapies@berkshire.nhs.uk
NHS Buckinghamshire Talking Therapies	Website: https://oxfordhealth.nhs.uk/bucks-talking-therapies/ Telephone: 01865 901 600
NHS Oxfordshire Talking Therapies	Website: https://oxfordhealth.nhs.uk/oxon-talking-therapies/ Telephone: 01865 901 222
Autism Berkshire	Website: www.autismberkshire.org.uk Telephone: 01189 594 594 Email: contact@autismberkshire.org.uk
ADHD UK	Website: adhduk.co.uk/support
ADHD Adult UK	Website: www.adhdadult.uk
National Autistic Society	Website: www.autism.org.uk
MIND	Website: www.mind.org.uk
Rethink	Website: www.rethink.org

For your information

If you are concerned about availability of an assessment, you can contact the NHS Thames Valley Patient Advice and Complaints Team.

Phone: 01189 822 720

Email: frimleyicb.ppetthamesvalleyicb@nhs.net

Post: NHS Thames Valley ICB, First Floor, Unipart House, Garsington Road, Cowley, OXFORD, OX4 2PG

Website: www.thamesvalley.icb.nhs.uk/contact-us/complaints-and-compliments