

# Right to Choose ADHD and ASD Referrals for Adults

## Patient Information



### ADHD360

ADHD Only for Adults Aged 16+

[www.adhd-360.com/right-to-choose/](http://www.adhd-360.com/right-to-choose/)

**Feb 2024 Update on Waiting Time:**  
8-12 weeks (likely to increase)

No secondary wait for medication (if required)

**How to Get an Assessment:** ask the GP to refer (we have a referral template set up)

**Documents Required:** adult ADHD self report scale & risk assessment questionnaires (found on website)



Right to Choose assessments are funded by the NHS, so there would be no cost attached to the assessment.

You would only be required to pay for prescriptions, which would be at your regular NHS price or exemption.



### Psychiatry-UK ADHD & Autism

[www.psychiatry-uk.com/right-to-choose/](http://www.psychiatry-uk.com/right-to-choose/)

**Feb 2024 Update on Waiting Time:** around 12 months for diagnosis and 3 months for medication

**How to Get an Assessment:** complete the ASRS form (for ADHD) or AQ10 form (for Autism) and letter addressed to your GP from the website and ask your GP to complete the rest

**Documents Required:** Adult ADHD Self-Report Scale (ASRS) Questionnaire **OR** Autism Spectrum Quotient (AQ10) Questionnaire



CLINICAL  
PARTNERS

### Clinical Partners ADHD & Autism

[www.clinical-partners.co.uk/nhs-services/right-to-choose](http://www.clinical-partners.co.uk/nhs-services/right-to-choose)

Medication titration is not offered with this service (this is great for people who want an assessment only).

**Feb 2024 Update on Waiting Time:** approximately 30 weeks

**How to Get an Assessment:** ask the GP to refer (we can send this online)

**Documents Required:** ADHD or Autism Self Report form for Adults



You must remain under the secondary care service in order to continue with medication.

If you are no longer reviewed by the secondary care team, the Shared Care Agreement for medication will no longer be active.