

Accessing an ADHD or ASD Assessment for Your Child

School Referrals

- There are now strict criteria for schools **to refer** for neurodevelopmental assessments via ND Spoke. Schools can contact the Neurodevelopmental Service to book a consultation for children and young people where;
 - School is supporting a child or young person experiencing high levels of distress, that is impacting their behaviour and ability to participate in school (note that this includes the more subtle behaviours such as shutdown).
 - School is supporting a child or young person whose attendance is below 50%.
 - School is supporting a child or young person who is already known to mental health or specialist services and whose neurodevelopmental needs require more urgent interventions.
- If referred through this route, waiting times are currently **3-5 years**.
- Many families have successfully used Right to Choose to access an assessment more quickly.

Right to Choose via the GP

If you are based in England under the NHS you now have a legal right to choose your mental healthcare provider and your choice of mental healthcare team. This important right means that, for instance, should you decide the waiting time for your ADHD assessment is too long, then you can choose alternative providers. The provider must supply the service to the NHS somewhere in England. The providers we (GP's) are aware of are listed on this website:

<https://adhduk.co.uk/right-to-choose/>

The list is updated regularly.

How to Access an Assessment via Right to Choose:

1. **Research Providers** – Using the website link above
2. **Check Provider Websites** – Their websites will advise on what to say to your GP and provide documents to complete before your appointment.
3. **Book a GP Appointment** – Request a referral for an ADHD/ASD assessment under Right to Choose, naming your chosen provider.
4. **Complete the Referral** – Once the GP sends the referral, the provider will contact you to arrange the next steps.

This pathway is **NHS-funded** and can help families access specialist assessments faster. If you have any questions, please speak to your GP or check provider websites for guidance.