

# Important Information for Patients Considering Paying Privately for an ADHD Assessment


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We understand that NHS waiting times can be frustrating, and you may be exploring all available options. Before proceeding with any private service, please read this guidance carefully to help you make an informed decision.

## Your Right to Choose (NHS Route)

Under NHS legislation, you have the Right to Choose which NHS provider you are referred to for an ADHD assessment. This includes any NHS-funded provider in England that:

- Offers ADHD services
- Accepts referrals from your local area

 **Tip:** Your GP can help you access this option.

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

## Considering a Private ADHD Assessment?

You can also choose to pay for a private ADHD assessment. However, it's important to understand the following implications:

### Ongoing Costs

You'll usually need to cover the cost of:

- The assessment
- Any prescriptions (initial and ongoing)
- Ongoing follow-up appointments

NHS GPs are not required to prescribe ADHD medication following a private diagnosis.

## Access to NHS Treatment Still Requires an NHS Assessment

NHS clinicians are not obliged to accept a private diagnosis and may carry out their own assessment, which could result in a different outcome. Even with a private diagnosis:

- You'll still need an NHS assessment to access NHS-funded treatment.
- A private diagnosis doesn't guarantee a shorter NHS wait time or priority access.
- NHS clinicians must follow local and national guidelines and are personally responsible for any prescriptions they issue.



## What Is Shared Care?

Shared care is a formal agreement between:

- A specialist
- Your GP
- You (the patient)

The specialist:

- Starts and adjusts your medication until your condition is stable.
- Continues to monitor your treatment with regular reviews.

Your GP may then agree to prescribe under this shared care plan — but only if:

- You are under the care of an NHS service or referred under Right to Choose.
- Your care is being overseen by a GMC-registered doctor at the specialist service.
- You attend appointments and have monitoring as advised.
- The GP feels it's safe and appropriate to do so.



## GPs Are Not Required to Take On Shared Care

Shared care is optional. With rising demands on GP services, some practices may be unable to safely take on this extra responsibility. If this happens, the specialist may need to continue managing your prescriptions directly.



## Final Advice

Before choosing a private ADHD service, ask:

- Will they offer long-term care, including titration and annual reviews?

Before choosing a Right to Choose provider, ask:

- Do they have a GMC-registered doctor overseeing each patient's care?
- Can they support long-term shared care agreements?
- Will they prescribe long-term if the GP is unable to take on shared care?

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