

## ADHD Assessment Pathways – Important Information for Patients

Due to long NHS waiting times for ADHD assessment, many patients are exploring alternatives such as private assessments or using the **Right to Choose (RTC)** pathway.

### ADHD Service Options

#### 1. NHS Referral – CNTW

Our standard referral route is through the local commissioned service, **Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust (CNTW)**.

**We will support shared care prescribing from CNTW.**

#### 2. Right to Choose (RTC) Providers

These are private organisations that hold a contract with an NHS Integrated Care Board (ICB) elsewhere in the country, allowing them to legally offer NHS-funded ADHD assessments in any area, including ours.

- Referrals to RTC providers can be made by the GP surgery.
- We can request due diligence from the ICB on any RTC provider being used locally.
- For more details and up-to-date RTC provider lists, please visit:  
[adhd.uk.co.uk/right-to-choose](https://adhd.uk.co.uk/right-to-choose)  
[adhdaware.org.uk/right-to-choose](https://adhdaware.org.uk/right-to-choose)

Please **book a GP appointment** to discuss any RTC referral before proceeding.

Note as of the 1<sup>st</sup> April 2025 while we can refer you under RTC, we will not take on any shared care prescribing. This means that the RTC provider will need to issue prescriptions for ADHD medications on a long term basis. This should be for the standard NHS prescription fee. In addition, some of these medications require regular physical checks such as Blood Pressure and Weight. These will need to be arranged directly with the RTC provider who will have their own ways of organising this.

### Private Providers (Non-RTC)

You may also choose to self-fund an ADHD assessment through a private provider who does **not** hold an NHS contract. However:

- The ICB cannot assess or validate these providers.
- Some may be CQC registered; you can check inspection reports at [cqc.org.uk](https://cqc.org.uk).

- **We do not enter into shared care agreements with these providers.**
- If they recommend medication, you will be responsible for all costs, which can be high.

If you are assessed privately and require medication, **you may need to be re-referred to CNTW** for reassessment before NHS prescribing can begin. CNTW does not accept private ADHD diagnoses as a basis for prescribing without their own full assessment.