



ADHD and Autism Assessment and ADHD Shared Care

Our practice position at Cirencester Health Group | Updated: May 2026

At Cirencester Health Group we recognise that getting a diagnosis and support for neurodivergent conditions, including ADHD and autism, can be challenging. We want to be transparent about how NHS Right to Choose works, what to expect from ADHD and autism assessment pathways, and when we may be able to consider taking over prescribing if specialist ADHD medication is started.

Do I need to see a GP?

Adults. In Gloucestershire, adults can usually self-refer directly to the Gloucestershire Adult ADHD and Autism Service without seeing a GP first. Please read our adult ADHD and neurodivergence leaflet and website information before contacting us for a routine appointment.

We are happy to arrange a call or appointment if:

- your symptoms are severe or unmanageable
- you feel unsafe or are having thoughts of self-harm
- you are worried your symptoms may be due to another health problem
- you have questions not answered by our leaflet or website statement
- you need help with the pathway or cannot complete the self-referral
- you are due or overdue a routine health check

Children and young people. If your child is in school, please speak to their teacher or SENCO first. Schools use the Gloucestershire Graduated Pathway, including My Plan and My Plan+, to identify needs, put support in place and gather the information needed for referral.

Please contact us to discuss next steps if your child is under 5, home educated, not in school, the school pathway is not progressing despite significant concerns, or there are health, safeguarding, mental health or developmental concerns requiring GP input.

What is Right to Choose?

Right to Choose allows patients to choose an NHS-contracted provider for a first ADHD or autism assessment appointment, where a referral is clinically appropriate. This is not private care. It is funded by the NHS, but only providers with a relevant NHS contract can be chosen.

Right to Choose does not apply to purely private providers or private self-referrals. It also does not mean that CHG will automatically take over ADHD prescribing if medication is later started.

Further information about Right to Choose providers can be found here: <https://adhduk.co.uk/right-to-choose/>

Will my GP prescribe ADHD medication?

Only a specialist can diagnose ADHD and start ADHD medication. If medication is recommended, the specialist will start treatment, adjust the dose and carry out initial monitoring. Once treatment is stable, they may ask us to take over prescribing under a Shared Care Agreement.

Shared care is not automatic. At present, CHG is only accepting new ADHD shared care requests in very limited circumstances. We may be able to consider shared care in future where the provider meets our minimum standards, clear funding and capacity are in place, and safe monitoring can be assured.

At CHG we will only consider accepting ADHD shared care when:

- your assessment meets national guidelines and we receive a clear, detailed specialist report
- you are stable on medication and all baseline and initial checks, usually at around 3 months, have been completed
- the specialist commits to at least annual review and remains available for advice about your condition or medication
- a clear treatment plan and monitoring schedule are provided
- the specialist agrees to our standard referral and monitoring processes
- we have the capacity to safely carry out required monitoring, such as blood pressure, pulse and weight

We do not routinely perform ECGs or blood tests for ADHD medication monitoring unless there is a specific clinical reason.

If these criteria are not met, or if our workload does not allow safe monitoring, we will ask the specialist to continue prescribing until circumstances change.

We do not enter shared care with private providers. If you choose private assessment or treatment, prescriptions must continue to be provided privately by that provider.

What happens if shared care is declined?

We will explain the reason and direct you back to your specialist service. You remain an NHS patient and can continue to be assessed, reviewed and prescribed for by your specialist on the NHS.

If your situation changes, or if local capacity improves, we can review shared care again.

We will continue to provide your general NHS care as usual. However, if shared care is not in place, ADHD medication queries, dose changes, side effects and review arrangements remain the responsibility of your ADHD provider.

How can I help myself while waiting?

Whether or not you have a diagnosis, the following may help:

- Routine: keep regular sleep, meal and daily structure where possible
- Exercise: regular physical activity can help concentration and mood
- Organisation tools: use calendars, reminders and checklists
- Diet: aim for a balanced diet and limit excess caffeine and sugar

- Support: charities such as ADDISS and ADHD Foundation offer advice and peer support

If you have questions after reading this information, please submit a triage request or contact reception. We will do our best to guide you within the resources available.