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ADHD & Autism (ASD) Assessments

Right to Choose – Patient Guidance

To help patients access ADHD and Autism (ASD) assessments more efficiently, we ask that you follow the steps below **before requesting a referral**.

This process helps ensure referrals are appropriate, reduces delays, and directs patients to the correct provider first time.

Quick guide – 4 simple steps

- 1. Complete an online screening questionnaire**
 - 2. Choose a Right to Choose provider**
 - 3. Check the provider's website for next steps**
 - 4. Book a GP appointment if required**
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Step 1: Complete an online screening questionnaire

Before requesting a referral, please complete an **online screening tool** relevant to your concerns. These tools provide an **immediate outcome or score** indicating whether a full assessment may be beneficial.

ADHD screening tools

- **ADHD UK – Online ADHD Screening Tool (Adults)**
🔗 <https://adhd-uk.co.uk/adult-adhd-screening-survey/>
Provided by **ADHD UK**
(*Adults aged 18+*)
 - **SNAP-IV Questionnaire (Children)**
🔗 <https://www.caddra.ca/wp-content/uploads/SNAP-IV-26.pdf>
(*Completed by parents/carers and sometimes schools*)
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Autism (ASD) screening tools

- **Autism Spectrum Quotient (AQ-10 / AQ)**
🔗 <https://psychology-tools.com/test/autism-spectrum-quotient>
(*Quick online screening with immediate score*)
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Screening disclaimer (important)

These questionnaires **do not provide a diagnosis**.

A score suggesting ADHD or autistic traits indicates that **a formal clinical assessment may be appropriate** but does not confirm a diagnosis.

Step 2: Choose a Right to Choose provider

If your screening results suggest you may benefit from further assessment:

- Review the **Right to Choose ADHD/ASD provider list**
- Select your **preferred provider**

🔗 Right to Choose Provider List

(*Link to your ICB or practice-hosted list*)

Please note:

- Providers must hold an NHS contract
 - Providers set their own acceptance criteria
 - Waiting times vary significantly
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Step 3: Check the provider's website for next steps

Each provider has different referral processes. Please review their website carefully to confirm:

- Whether they accept **Right to Choose referrals**
- Whether **self-referral** is available, or
- Whether you need to **book an appointment with a GP**

Some providers require:

- Specific referral forms
 - Screening results
 - Additional questionnaires
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Step 4: Arrange next steps

Depending on the provider's process:

- Complete the provider's **self-referral**, or
- Book an appointment with a GP to discuss:
 - Your symptoms
 - Screening results
 - Your chosen provider

Your GP will confirm whether the referral is **clinically appropriate** and submit it if indicated.

If you're unsure

If you are unsure:

- Which screening tool to complete
- Which provider to choose
- Whether you need a GP appointment

Please feel free to **contact the practice or discuss this with our team** — we are happy to help.

Important information about treatment & shared care

- Some providers may recommend medication following diagnosis
 - **Shared Care Agreements are not automatic**
 - Any request for shared care will be reviewed in line with local prescribing policies and clinical judgement
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Managing expectations

While Right to Choose can reduce waiting times for some patients:

- Demand remains high nationally
- Assessment timelines vary between providers
- Follow-up support depends on the chosen provider

We appreciate that waiting can be frustrating and aim to support patients as best we can.

Further information

General information about ADHD, Autism, and patient choice is available via **NHS England**.