

Accessing an ADHD or ASD Assessment for Your Child

If you are considering an ADHD and/or Autism Spectrum Disorder (ASD) assessment for your child, you can use the **Right to Choose (RTC)** pathway to access an NHS-funded assessment through an alternative provider. This can significantly reduce waiting times compared to local NHS services.

Important Update

- 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 the standard this route, waiting times are currently **3-5 years**.

- Many families have successfully used **Right to Choose** to access an assessment more quickly.

How to Access an Assessment via Right to Choose:

1. **Research Providers** – Search online for "*NHS Right to Choose ADHD/ASD assessments.*" Many families have used **Clinical Partners** or **Psicon**.
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.