

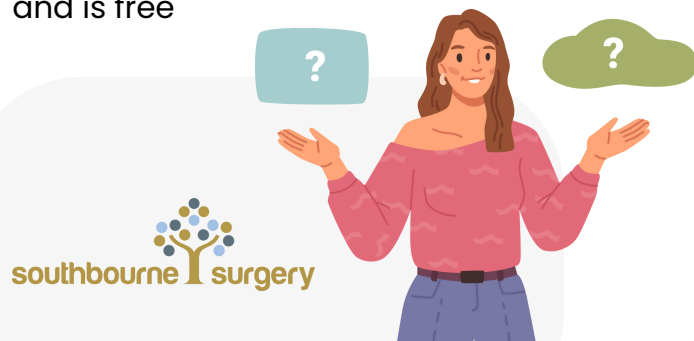
Right to Choose Referral

We have had a significant increase in demand for referrals for ADHD and ASD assessment via the Right To Choose Pathway and so have developed this information leaflet that we hope makes your journey to assessment more transparent and easier to understand.

If you would like to be referred via a right to choose pathway:

If you are based in England under the NHS you now have a legal right to choose your mental healthcare provider and your choice of mental healthcare team, this includes for referrals relating to Autism and ADHD assessment.

This service is offered through the NHS and is free



Introduction to Right to Choose referrals

Did you know NHS patients now have a legal right to choose their mental healthcare provider? This important right means that, for instance, should you decide the waiting time for your ADHD or ASD assessment is too long, then you can choose an alternative provider to suit you.

Right to Choose within mental health is a relatively new scheme (since 2018) and as such, many patients are not aware of the options.

Who can offer Right to Choose assessments?

There are a number of clinics throughout the UK that can offer Right to Choose ADHD and/or ASD assessments. To become a Right to Choose clinic provider, the clinic must supply the same service to the NHS somewhere in England, they cannot be a private only clinic.

The provider's website is usually a good place to start to find out if they offer the service you need and we have compiled a list in this leaflet of some of the choices for you to consider.



Which providers offer Right to Choose assessments?

This list can often change, the below website provides an up to date list of the various providers currently accepting right to choose referrals for both ADHD and ASD for children and adults:

ADHD and ASD right to choose referrals:

www.adhduk.co.uk/right-to-choose

Things to consider about Right to Choose

It is important to note that many of the clinics mentioned on the ADHUK website can offer diagnosis but are rarely able to offer medication titration. This means that you may be able to obtain a diagnosis with the named clinics, but often you will need a local NHS referral should they find that you need to start medication to control your symptoms.

Due to prescribing safety issues, we are unable to initiate or take over prescribing of certain medications from private providers, including Right to Choose providers, even if there is an offer of a Shared Care Protocol. We are similarly not funded to undertake physical monitoring or other investigations (eg. ECGs / blood tests) on behalf of these providers.



When can you not use Right to Choose?

There are some restrictions on which patients are eligible for a Right to Choose assessment and the **below is a list of the reasons you would not be eligible:**

- You need urgent or emergency treatment – this is often not relevant as there are rarely times when this type of referral is considered urgent, but is still worth noting here
- You already receive care and treatment for the condition you are seeking an assessment for
- The organisation or clinical team you've chosen does not provide the right care for your condition
- You are a prisoner or on temporary release from prison
- You are detained in prescribed accommodation such as a court, secure training centre, immigration removal centre or young offender's institute
- You are detained in a secure hospital setting
- You are detained under the Mental Health Act 1983 (as amended in 2007)
- You are a serving member of the armed forces

What happens when I have chosen my clinic?

For all Right to Choose referrals, the patient, or their family if a child, will need to research and select a clinic themselves, it is not something the GP can advise on.

Once you have chosen which clinic you would like to have your assessment with, please download and complete all parts of the referral forms and any additional questionnaires or statements. These can then be sent to us by email at southbourne.surgery@nhs.net or handed to a member of our Patient Services Team in hardcopy. This will enable us to process the referral efficiently.

Some right to choose providers will have online forms, unfortunately our GPs are unable to complete these referral forms. However, if your chosen provider seems only to accept referrals via an online form, please complete any available questionnaires they may also provide, forward these via email as above and we will send these with an accompanying referral letter from the GP.