

NHS BORDERS POSITION IN RELATION TO ADULT PATIENTS (18 YEARS PLUS) CONCERNED THEY MAY HAVE ADULT ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD) AND/OR AUTISTIC SPECTRUM DISORDER (ASD)

NHS Borders has taken the very difficult decision not to offer assessments for adult patients (over 18s) who are concerned they may have ADHD or ASD within the Borders Adult Community Mental Health Service (BACMHS). This is in line with guidance in a report commissioned by Scottish Government.

You can find the report here: [NAIT Adult Neurodevelopmental Pathways report - gov.scot](https://www.gov.scot/publications/nait-adult-neurodevelopmental-pathways-report/pages/1-introduction.aspx)

BACMHS continue to offer assessments and clinical interventions for people who meet inclusion criteria which includes treatable moderate to severe mental illness and disorder with significant associated functional impairments.

Unfortunately, at this stage we do not have an alternative route for assessment and diagnosis for people who think they may have ADHD and/or ASD but do not meet BACMHS criteria. There are third sector partners in the Scottish Borders who can provide support and advice, regardless of whether a person has a diagnosis of these conditions. These include:

Avatar, a charity run by and for autistic adults in the Scottish Borders. www.avatar-borders.co.uk

Procrastination Station, a non-profit organisation run for people with ADHD by people with ADHD in Scotland. www.procrastination-station.co.uk

What if I am a young adult with ADHD on medication and transitioning from the Child and Adolescent Mental Health Service?

You will still be provided with your prescription for ADHD medication and you will be offered annual monitoring, in line with recommendations.

What if I came off my medication but now wish to go back on it?

If you have come off your medication within 2 years and wish to try it again, you can be referred by your GP for consideration of that. If you have been off your medication for more than 2 years, we will not offer you an appointment to restart medication.

What if I am prescribed ADHD medication in another NHS Health Board / Trust and move to the Scottish Borders?

You will be provided with your prescription for ADHD medication and you will be offered annual monitoring, in line with recommendations.

What if I have a private diagnosis; will this be 'accepted' by NHS Borders? Will I receive medication for ADHD if I have been diagnosed privately?

A private diagnosis will not be 'accepted' or reviewed by the NHS. Prescription of ADHD medication requested, or previously provided by, a private provider will not be taken over by your GP or BACMHS.