

Right to Choose – ADHD and Autism Assessments

If your GP agrees that an **ADHD or Autism assessment is clinically appropriate**, you may be able to choose which NHS provider carries out your assessment under the NHS **Right to Choose (RTC)** scheme.

There are a number of providers available, but **they do not all offer the same services**. Please read the information below and review the Provider Information List before choosing a provider.

1. Choosing a Right to Choose provider

Before choosing a provider, please consider the **whole pathway**, not just the assessment itself. Providers differ in whether they offer:

- Adult and/or children's ADHD assessments
- Adult and/or children's Autism assessments
- Online/virtual and/or face-to-face assessments
- ADHD medication following diagnosis
- Medication titration and ongoing prescribing
- Ongoing follow-up
- Transition from children's to adult services

This is particularly important if you are seeking an **ADHD assessment and may wish to consider medication** in the future.

Some providers can prescribe ADHD medication as part of their NHS pathway, whereas others cannot. If a provider cannot prescribe within their NHS contract, obtaining NHS medication following diagnosis may be difficult.

A GP is **not obliged to enter into a shared-care agreement** with a Right to Choose provider, so we strongly recommend considering the provider's arrangements for medication and ongoing prescribing before making your choice.

Provider Information List

Please see our:

→ **North East and North Cumbria Right to Choose Provider Information List [DOWNLOAD/VIEW PROVIDER LIST]**

The list shows which providers offer:

Adult ADHD | Child ADHD | ADHD medication | Adult Autism | Child Autism | Face-to-face/virtual assessment

The list is updated periodically, so please check that you are looking at the latest version available on our website.

2. Waiting times – important information

Please be aware that waiting times advertised on individual Right to Choose provider websites may **not apply to NHS patients referred from North East and North Cumbria**.

For **2026/27**, providers funded by NHS North East and North Cumbria ICB are working to an **approximately 78-week minimum waiting time for an initial assessment**.

This means that choosing a provider advertising a shorter waiting time does **not necessarily mean you will be assessed sooner**.

Right to Choose referrals have **not been paused**. Eligible referrals can still be made, and patients remain on their chosen provider's waiting list.

We therefore recommend choosing a provider based primarily on the **service and ongoing pathway they provide**, rather than their advertised waiting time.

3. Can I be referred to more than one provider?

You should only be on **one ADHD assessment waiting list and one Autism assessment waiting list at a time**.

If you decide to change Right to Choose provider, please discuss this with us. Your existing referral will need to be withdrawn before a new referral is made.

Please be aware that **time already spent waiting with your previous provider will not transfer to the new provider**.

4. What happens after we refer you?

Once your referral has been accepted, the Right to Choose provider is responsible for managing its waiting list.

If you want to know:

- whether your referral has been received.
 - your position on the waiting list.
 - when you might receive an appointment.
 - whether an appointment has been booked; or what happens next with your assessment or treatment,
- please **contact your chosen provider directly**.

The GP practice and North East and North Cumbria ICB do not hold the individual waiting lists of Right to Choose providers.

5. Support and further information while you wait

North East and North Cumbria ICB has produced a comprehensive information and support page for people considering or waiting for ADHD or Autism assessment.

This includes:

- Right to Choose FAQs
- Current waiting-time information
- ADHD medication and shared-care information
- Support for neurodivergent adults
- Support for children and young people
- Advice about support at school and SEND
- Advice about what to do if your needs change while waiting
- Self-management resources and other available support

NHS North East and North Cumbria – ADHD and Autism information and support :

<https://northeastnorthcumbria.nhs.uk/here-to-help-you/health-advice-and-support/attention-deficit-hyperactivity-disorder-adhd-and-autism/>

You **do not necessarily need a formal diagnosis before support can be put in place**. For example, children's educational support should be based on their identified needs rather than being dependent on an ADHD or Autism diagnosis.

If your or your child's needs **change significantly while waiting**, please contact the relevant service already supporting you or contact the GP practice.

Before requesting your referral

Please:

1. Read the NHS North East and North Cumbria information above.
2. Review the **Right to Choose Provider Information List**.
3. Consider whether you require ADHD, Autism or both assessments.
4. If considering ADHD assessment, pay particular attention to whether the provider offers **medication, titration and ongoing prescribing**.
5. Decide which **one provider** you would like us to refer you to.

You can then let the practice know your chosen provider so that your referral can be completed.