

## ADHD Assessment Service Information

Supporting you to lead independent, healthy lives

**This leaflet explains what ADHD is, what the service offers, and what to expect from your assessment and treatment.**

### What is ADHD

Attention Deficit Hyperactivity Disorder (ADHD) is a condition that occurs during childhood and may persist into adulthood.

The set of symptoms tend to fall into two main categories:

- inattentiveness
- hyperactivity and impulsiveness.

Most people with ADHD have problems that fall into both these categories, but this isn't always the case. For example, some people with the condition may have problems with inattentiveness, but not with hyperactivity or impulsiveness.

Some of the symptoms that we frequently see are:

- carelessness and lack of attention to detail
- continually starting new tasks before finishing old ones
- poor organisational skills
- inability to focus or prioritise
- continually losing or misplacing things
- forgetfulness
- restlessness and edginess
- difficulty keeping quiet and speaking out of turn
- blurting out responses and often interrupting others
- mood swings, irritability and a quick temper
- extreme impatience

### What does the Plymouth Adult ADHD service provide?

The Plymouth ADHD Assessment Service was set up in 2022 for the diagnosis and treatment of ADHD symptoms.

### Who are the Adult ADHD team?

- Consultant
- ADHD Clinical/Service Lead
- ADHD Clinical Specialist Nurse
- Administration Manager
- Medical Secretary

### Referral Process:

If you think you may have ADHD, you will need to see your GP first. They may then refer you to our clinic for a specialist assessment.

Once the referral has been received and accepted, you will be informed and sent an information leaflet about the service. Prior to your assessment you will be asked to send supporting documentation and complete screening questionnaires.

If your referral does not meet our service criteria, your referrer will be informed.

### Assessment Process:

Your assessment is usually carried out over a video call and lasts between two and three hours to help us fully understand your difficulties. If you feel a face-to-face appointment is needed, we can discuss your requirements.

It is helpful to bring along a relative, friend, or someone who knows you well to provide more information about your difficulties. They can also support you during the assessment, which will involve gaining information about your background.

If you have previously been diagnosed with ADHD and are currently taking medication for the condition, your appointment may be shorter.

Following the assessment, a report will be sent to you and your GP. If a diagnosis is made, we can offer medical treatment and signposting.

### Treatments:

Once diagnosed you could be offered medication to treat your ADHD symptoms as per National guidelines. The medications that are commonly used to treat ADHD include Methylphenidate, Atomoxetine and Lisdexamfetamine.

### What happens at future appointments:

The preferred way for your follow up appointments is Virtual appointment via Microsoft bookings..

These appointments will be used to ensure your treatment plan is working and being effective. Through this process, it is likely there could be small changes or modifications to your treatment to ensure that you are getting the best results.

**Please obtain a blood pressure and pulse reading prior to your follow up appointment.**

You will have a number of 30-minute follow up appointments to adjust the dose of medication to ensure you receive the right dose for you.

**If you do not engage in the planned appointments, this could result in you being discharged from the service.**

### What happens next?

Once stable on medication, a shared care agreement will be put in place with your GP, who will continue to prescribe your ADHD medication.

The Plymouth ADHD Assessment Service will offer annual reviews.

### Emergency and crisis support

The Plymouth Adult ADHD Assessment Service is not an emergency service and does not provide treatment or support for other mental health issues.

- If you are experiencing a **mental health crisis and need urgent support**, please call **111** and select the mental health option. This service is **free and available 24/7** and will connect you to a local crisis team anywhere in the UK. In **Plymouth**, this service is known as the **First Response Service**.
- **Please note:** The **111** service is for urgent crises only. For general enquiries, please get in touch with your designated team during their working hours.
- If you are in a **life-threatening emergency**, call **999** immediately.