

Right To Choose Autism and ADHD Assessments



Right To Choose



Who Is Right to Choose For?

Anyone who thinks they may be autistic or ADHD can ask for an assessment to check.

What?

An assessment is when professionals look at how you think, feel, and behave to **see if you are autistic or ADHD**.

Who Can Refer Me?

Your GP can refer you for an assessment.

In the UK, under NHS Right to Choose, you can ask for an assessment from an **NHS funded service** outside of your local area if it is part of the NHS e-referral system.

Why?

Using your Right to Choose might help you find a service with a **shorter wait** than your local assessment service.

How?

You need to **tell your GP** you want to use your Right to Choose.

1a. Ask your GP for a **list of Right to Choose clinics**.

OR

1b. Do an internet search for *Right to Choose Autism/ADHD Assessment*.

2. Pick a clinic and give your GP a copy of the **Right to Choose request letter**, which can be found on the clinic's website.

Remember you have the right to ask for help and choose a service that is right for you.

If your GP says no, ask them to explain why.

If you need help, you can talk to:

PALS (Patient Advice and Liaison Service)

Telephone: 01983 534850

Email: iownt.PALS@nhs.net