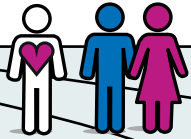




Adult ADHD Transition Pathway

Supporting young people from children to adult services



1

A member of the adult ADHD team will attend your final transition appointment with children services. At the appointment you and your family will be given information about the adult service and an opportunity to ask questions.



2

We are introducing allocating a named worker to all young people in transition from children to adult services. Details of your named worker, how to contact them and what they can help you with will be given to you at your transition appointment.



3

When you are 18 we will send you an information pack and a letter asking you to contact us so we can send an initial appointment to you. The information pack will include more information about the adult ADHD service including what to expect at your first appointment and questionnaires for you and other people who know you well to complete.



4

Your initial appointment/s with the adult service will be with a doctor who has specialist knowledge of adult ADHD. Your named worker or another member of the team may also be at the appointment. You will be asked if you want a parent or carer to join you at the appointment and how you want them to be included in your care now you are an adult.



5

At the end of your initial appointment you will be asked if you would like to give us feedback on your experience of transition from children to adult services. Your feedback is confidential and is important to us to help us know what we are doing well and how we can improve.



6

You will be offered an appointment with a member of the team to complete the ADHD Star. The ADHD Star will help you to think about the things that are going well for you, the things you might need support with, and setting goals to achieve the things you want to do now and in the future. The ADHD service has nurses, occupational therapists, psychologists and social workers who can work with you to develop an ADHD Star action plan.



7

If you take medication for ADHD you will have follow up reviews of your treatment and will be given information on what medication options there are for you. Your appointments could be with a doctor, nurse or pharmacist who has specialist knowledge of prescribing medication to treat adult ADHD.

With **all of us** in mind.