

Adult ADHD Service

**A guide for the transition from the
Children and Young People's ADHD Service**



Information for service users

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About the Adult ADHD Service

Many people diagnosed with ADHD in childhood will continue to experience symptoms in their adult years that warrant ongoing care and treatment from specialist services. We recognise that transition to adult services can be confusing and challenging.



We have put together this guide to ensure that you and/or your parents or carers are equipped with all the information you may need regarding your transition from Children and Young People's services to the Adult ADHD service. We have also included signposting to other relevant organisations.

How am I referred to the service?

At your last appointment with the Children and Young People's ADHD service, your ADHD nurse/doctor will ask you if you wish to continue medication and make a referral to the adult team if so. When the Adult team accepts the referral, they will send you a letter to confirm this.

What can I expect from the service?

Whilst under the care of the adult ADHD service, we will communicate directly with you (rather than to both you and parents/carers), unless you tell us otherwise. If you choose for your parents to be involved in your care we can support that, just let us know.

Medication

If you have a concern about your ADHD or ADHD medication, contact your GP in the first instance. They will then refer to us if they need our help to resolve the issue.

You should visit your GP surgery to have your blood pressure, pulse, and weight taken regularly.

Reviews

We will contact you to arrange a review of your current medication every 12 to 18 months. You may not have the same member of staff for each appointment.

At this review we will talk to you about:

- Your ADHD symptoms
- Which medication you take and how you take it
- How well you feel it works for you
- Whether you experience any side effects
- Your general health and wellbeing – it is important we understand any changes and how this may be affecting you

Please be aware that the ADHD team will only support you directly with difficulties associated with ADHD. We can make onward referrals should other challenges be identified.

Prescription cost

As of May 2024, the prescription charge for NHS medications (including ADHD medication) is £9.90. Check the [NHS website](#) for the current prescription charge.

Charges for prescriptions start when you turn 16 years old, unless you are in full-time education. From your 19th birthday, you will pay a prescription charge regardless of your status as a student, unless you are granted a certificate for full or partial help with the cost.

You can apply for help with NHS costs through the NHS Low Income Scheme (LIS) – [visit nhs.uk for more information](#).

Our psychological support services

We currently offer all clients:

- A one-off, individual strategy session with an Assistant Psychologist to explore behavioural strategies to manage ADHD.
- A 6-week psychoeducation and support group designed to provide information about adult ADHD, self-help tools, and social support.

These are opt-in services. If you are interested in the above options, you can opt-in by contacting the service directly:

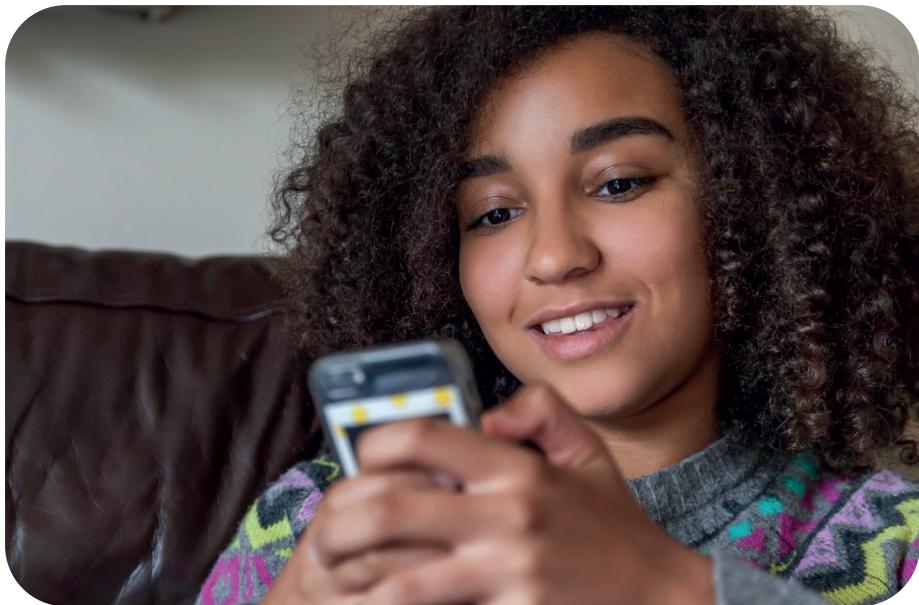
0118 904 4600

neuropsychology@berkshire.nhs.uk.

Support guides

Visit our webpage for a range of information about ADHD and ideas to help you manage various aspects of day-to-day life.

berkshirehealthcare.nhs.uk/adhd



Other local services

West Berkshire ADHD and Autism Service

Advice, workshops and courses for people up to the age of 25 with ADHD, and their families, registered with a GP in Reading, Wokingham or West Berkshire.

autismberkshire.org.uk

contact@autismberkshire.org.uk

01189 594 594 (option 1)

GEMS

For people up to 25 years old who are diagnosed with Autism and/or ADHD. The service also supports parents and carers living in Slough, Windsor, Maidenhead, and Bracknell Forest. They offer workshops, social groups, and information:

gems4health.com/about-adhd

Friends in Need

Open to all people aged 17-25 years old with mild to moderate mental health support needs, offering a timetable shaped by and tailored to younger members. Self-referral is encouraged, as well as referrals from GPs and mental health professionals.

helpyourself.bracknell-forest.gov.uk

NHS Berkshire Talking Therapies

A friendly service for people aged 17+ with low mood, anxiety, or stress.

talkingtherapies.berkshirehealthcare.nhs.uk

0300 365 2000 (option 2)

What could be different in adult services?

Difference	How to prepare
Making decisions about your own care will contribute to your recovery journey.	Know what works well for you whilst staying open-minded and willing to explore different treatment options and techniques.
More responsibility regarding managing appointments.	Ensure you have all the right contact details and know how to make an appointment and maintain communication with the healthcare team if you cannot attend.
Less time with clinicians	Come with an idea of what you would like to talk about to ensure you get the most out of your appointment.
More structured approach. Appointments may seem less flexible.	Ask questions. Understand the plan from your healthcare professionals' point of view to help manage your expectations of them and your care.

Difference	How to prepare
Unfamiliar clinical environments.	It's important that you feel comfortable in your surroundings. Ask to look around pre/post-appointment if required. Take a soothing item along with you to help comfort/distract you, e.g. a book or some music.
Less involvement from your parents/carers.	Ensure your care worker is aware of your needs and level of involvement you want from your parents/carers.
Uncertainty regarding waitlist timescale.	Don't be afraid to keep chasing your appointment with the service, but also utilise other local support services available to you whilst you wait.
You might find yourself surrounded by service users who are a lot older than you.	Remember that people of all ages will be accessing the adult mental health services. This will seem unfamiliar at first, but they are there for the same reason as you - to get support. As always, treat the people around you with respect and talk to your keyworker about any concerns.

Employment support

Please refer to our separate support guide 'Work' for ideas about how to manage your symptoms in the workplace:

berkshirehealthcare.nhs.uk/adhd

Ways into Work

Job seeking and applications support and on-the-job mentoring.

waysintowork.com

Access To Work

A UK government program that grants up to £62,900 per annum to support people to find or stay at work.

adhd.uk.co.uk/access-to-work

Optalis (Wokingham residents only)

Supported employment service.

optalis.org/locations/supported-employment-service-wokingham

Citizens Advice

Information on requesting reasonable adjustments.

citizensadvice.org.uk/work/discrimination-at-work

Graft Thames Valley

A charity that aims to eradicate barriers to employment for disabled or disadvantaged people struggling to find a job. Services are entirely free of charge. They can help with CV writing, job searching, work experience placements, one to one support and work-related training courses.

graft.org.uk

info@graft.org.uk

Education support

Please refer to our separate support guide 'ADHD in Education' for ideas about how to manage your studies:

berkshirehealthcare.nhs.uk/adhd

If you are enrolled in higher education, we encourage you to talk to the student service at your selected college or university for further information about support for people with ADHD and executive difficulties. They may suggest a specialist mentor or recommend software and apps to support learning.

Disabled Students' Allowance (DSA)

You may be able to access a grant for software and apps that will support you in your studies (e.g., **Brain in Hand** or **Glean**).

gov.uk/disabled-students-allowance-dsa

Intelligent

General advice on studying and great tips for those with ADHD.
intelligent.com

ADHD and Driving

You must inform the Driver and Vehicle Licensing Agency (DVLA) if your ADHD or ADHD medication affects your ability to drive safely.

gov.uk/adhd-and-driving

There is also a support guide about driving on our webpage:
berkshirehealthcare.nhs.uk/adhd



Mental health support

If you feel you're at risk of harming yourself or others, please call 999 straight away.

If you need urgent mental health support, but it's not an emergency, please use one of the options below.

If you are 17-18 years old and still part of CAMHS:

- Mental Health Support Team: Call **0300 365 1234**
(8am-10pm, Mon to Fri)
- Out-of-hours: Call **0800 129 9999**
- CAMHS duty worker: Call **0300 365 1234**
- Childline: **0800 11 11** (24 hours, every day)

If you are 18+ and transitioned into Adult Mental Health Services, contact:

- Mental Health Crises Team: Call **0800 129 9999**
- NHS 111 (Out-of-hours GP): Call **111**

If you have been discharged back into primary care, contact your GP, or:

- NHS 111 (Out-of-hours GP): Call **111**
- Sane Line: Call **0300 304 7000** (4.30pm-10.30pm every day)
- Samaritans: Call **116 123** (24 hours, every day)
- Shout: Text **SHOUT** to **85258**

Neurodiversity Passport

The Neurodiversity Passport has been designed to help neurodivergent people to communicate their needs to health professionals. It includes questions about sensory processing, communication preferences, as well as asking questions about what might make you feel anxious or overwhelmed and what we can do to support you.

If you would like to complete a Neurodiversity Passport, you can download it from our website, or ask your clinician to complete the form with you at an appointment.

berkshirehealthcare.nhs.uk/neurodiversity-passport



My notes

Use this space to write down any thoughts or questions you might have about your transition. You can bring this to your first appointment with Adult services.



www.berkshirehealthcare.nhs.uk