

NHS BORDERS POSITION IN RELATION TO ADULT PATIENTS (18 YEARS PLUS) CONCERNED THEY MAY HAVE ADULT ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD) AND/OR AUTISTIC SPECTRUM DISORDER (ASD)

We understand that seeking support for possible ADHD or ASD can feel overwhelming, especially when you are already coping with difficulties in daily life. Our aim is to provide clear and honest information about what help is available in the Scottish Borders and how to access it.

NHS Borders has made the difficult decision not to offer ADHD or ASD assessments for adults (18 years and over) within the Borders Adult Community Mental Health Service (BACMHS). This follows national guidance from a Scottish Government-commissioned [report](#):

ADHD/ASD diagnostic assessments are not available through BACMHS unless they are adult patients who are being assessed and treated for concurrent moderate to severe mental illness.

We continue to provide support for people with an existing NHS ADHD diagnosis and prescription, including prescribing during transition from CAMHS, annual monitoring, and continuation of prescriptions for those moving into the Scottish Borders from another NHS Board.

Unfortunately, we do not currently have an alternative NHS route for assessment or diagnosis for people who think they may have ADHD and/or ASD but do not meet BACMHS criteria. However, there are other sources of local support. These groups are volunteer-run and not commissioned by NHS Borders, but many people find them helpful:

- **Avatar** – for autistic adults in the Scottish Borders (www.avatar-borders.co.uk)
- **Procrastination Station / ADHD Borders** – for people with ADHD (www.procrastination-station.co.uk)

Frequently Asked Questions

What if I am a young adult with ADHD transitioning from CAMHS?

You will continue to receive your medication and annual monitoring.

What if I stopped my ADHD medication and want to restart it?

If you stopped within the last 2 years, your GP can refer you for consideration. If more than 2 years, we are unable to restart treatment.

What if I move into the Borders and already receive ADHD medication from another NHS Health Board?

We will continue your prescription and offer annual monitoring.

What if I have a private diagnosis?

NHS Borders cannot review or accept private ADHD/ASD assessments and cannot prescribe medication initiated privately.

What do I do if I am not satisfied with this response?

NHS Borders values all types of feedback as it helps us improve the services we provide. You can contact the Patient Experience Team at patient.experience@borders.scot.nhs.uk or on telephone: 01896 826719.

Private shared care agreements for ADHD at Stow and Lauder Health

The following advice has been given to GP practices by NHS Borders:- “Requests for review of diagnostic assessment and/or continuation of prescribed medicines following the advice of a private clinician should be declined.” In line with this local advice, and advice issued at a national level, the practice has made the difficult decision not to participate in shared care agreements with private providers. Should a patient receive a private diagnosis of ADHD then the ongoing management and prescribing of any medication will remain the sole responsibility of the private provider.