



Spa Surgery

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## **Spa Surgery - Your Right to Choose: ADHD/Autism Referrals**

There has been a dramatic increase across the nation for ADHD and Autism Services. The NHS ADHD and Autism services at LYPFT have found that demand has outstripped their capacity resulting in extraordinary waiting times. In March 2024 there were 4,300 people on the waiting list awaiting a diagnostic assessment and they are only resourced to provide 16 assessments per month.

### **Information for children:**

[Neurodiversity information hub - MindMate](#)

### **Information for adults:**

[Leeds and York Partnership NHS Foundation Trust -Adult Attention Deficit Hyperactivity Disorder \(ADHD\) Service \(leedsandYorkpft.nhs.uk\)](#)

[Leeds and York Partnership NHS Foundation Trust -Referrals \(leedsandYorkpft.nhs.uk\)](#)

At Spa Surgery, we want to ensure you receive the best possible care and treatment that meets your needs and preferences. That's why we're pleased to inform you about your "Right to Choose" when it comes to your NHS referrals for healthcare services. This leaflet provides you with essential information on how you can make an informed decisions about your care.

### **What is the Right to Choose?**

The "Right to Choose" is a valuable NHS initiative that allows you, as a patient, to decide where you would like to receive treatment or care, particularly when you've been referred by your GP or another healthcare professional. This initiative empowers you to have a say in your healthcare journey.

Information on right to choose for Autism and ADHD assessments for Adults and Children can be found here:

[Right to Choose - ADHD UK](#)

### **Key Features of the Right to Choose:**

1. **Choice of Provider:** You can choose a healthcare provider or hospital, that best suits your needs. This includes NHS and private providers, if they offer the necessary services and meet NHS quality standards. We cannot recommend a service for you.
2. **Shorter Waiting Times:** If you're experiencing long waiting times for treatment in Leeds, exercising your right to choose may lead to quicker access to care in an alternative location.

3. **Personal Preferences:** You can consider factors such as location, reputation, and the facilities provided by the chosen healthcare provider, ensuring your comfort and convenience during treatment.

#### **Important Note on Medication and Follow-up Care:**

If you are prescribed medication by a non-West Yorkshire-based healthcare provider, it is essential to be aware of the following:

1. **Prescribing Guidance:**

The healthcare provider must adhere to the West Yorkshire ICB prescribing guidance, formulary and monitoring when prescribing medication for you. This ensures that your treatment is safe and appropriate. If they do not adhere to this your medication may not be prescribed for you by the practice. It may be that you have to pay privately for your medication.

2. **In-Person Assessments:**

For certain medications or treatments, you may be required to attend the right to choose clinic frequently for observations (heart rate, blood pressure, heart tracings etc), blood tests or other monitoring requirements. We cannot undertake these at Spa Surgery. Whilst we appreciate this is often 'easier' we do not have capacity, additional administrative time or any attached funding to be offering these appointments. Asking for this as a 'one off' is inequitable to all other patients who would also prefer this option – we appreciate your understanding in relation to this.

3. **Annual Review:**

Some conditions or medications like ADHD medications require an annual review to assess the effectiveness and safety of your medication. Please note that Spa Surgery will not continue these medications unless you are having the required reviews which would automatically happen if you chose a local NHS provider.

**Regrettably, there have been cases in which individuals opted for an assessment under the Right to Choose, such as an ADHD assessment, but the alternative healthcare team did not adhere to prescribing guidelines. As a consequence, their request for medication was denied, and instead, a local referral was initiated. This inadvertently caused delays in obtaining an appointment for a local assessment.**

#### **Choosing a Provider**

There are numerous companies available with varying waiting times. It seems the waiting times vary month by month. They all require different forms and different information that is required on the referral. This causes a great deal of administrative difficulty.

If you wish to choose this pathway, you need to complete all the relevant paperwork and contact our secretaries with the appropriate information. **They cannot fill the forms out for you.**

#### **Things to Consider:**

- **Travel and Transportation:** Think about how you will travel to the chosen location.
- **Accommodation:** If your treatment requires an overnight stay, consider where you will stay and whether the provider offers accommodation options.
- **Frequency of appointments:** Think about how often you will travel to the chosen location.

If you are happy to proceed and have chosen the location, you wish to be referred to **please inform the practice secretaries.**

We are committed to supporting you in making the best decisions for your healthcare journey. Your well-being is our priority, and we are here to assist you every step of the way.

Kind regards,

**Spa Surgery**