

The Plymouth Adult ADHD Assessment Service is not an emergency service and does not provide treatment or support for other mental health issues.

If you experience mental health difficulties in addition to ADHD, please contact your GP in the first instance for your mental health concerns or the team that provides your care.

If you feel you are in a mental health crisis and are unable to keep yourself safe:

**The First Response Service telephone number has changed to 111. Please dial 111 and select the Mental Health option – this will connect to your local 24/7 MH Crisis line.**

**If you have a hearing impairment connect with a BSL interpreter here: [NHS 111 - SignVideo : SignVideo](#)**

#### **Giving feedback.**

We are always looking at ways to improve services. Your feedback allows us to monitor the quality of our services and act upon issues that you bring to our attention. Please complete the [Friends & Family Test Feedback Form](#) using the code 0062 to tell us about your experience with the ADHD Assessment Service:

<https://www.iwantgreatcare.org/trusts/livewell-southwest>.

## The Plymouth Adult ADHD Assessment Service

### Service Information

Information for people who use our service, family members and health care professionals.

We support people to lead independent, healthy lives.

## What is ADHD?

Attention Deficit Hyperactivity Disorder (ADHD) is a condition that occurs during childhood and may persist into adulthood.

The set of symptoms tend to fall into two main categories:

- inattentiveness
- hyperactivity and impulsiveness.

Most people with ADHD have problems that fall into both these categories, but this isn't always the case. For example, some people with the condition may have problems with inattentiveness, but not with hyperactivity or impulsiveness.

Some of the symptoms that we frequently see are:

- carelessness and lack of attention to detail
- continually starting new tasks before finishing old ones
- poor organisational skills
- inability to focus or prioritise
- continually losing or misplacing things
- forgetfulness
- restlessness and edginess
- difficulty keeping quiet and speaking out of turn
- blurting out responses and often interrupting others
- mood swings, irritability and a quick temper
- extreme impatience

## What does the Plymouth Adult ADHD service provide?

The Plymouth ADHD Assessment Service was set up in 2022 for the diagnosis and treatment of ADHD symptoms.

## Who are the Adult ADHD team?

- Consultant
- ADHD Clinical Lead
- ADHD Clinical Specialist Nurse
- Administration Manager
- Medical Secretary

## Referral Process

If you think you may have ADHD, you will need to see your GP first. They may then refer you to our clinic for a specialist assessment.

Once the referral has been received and accepted, you will be informed and sent an information leaflet about the service. Prior to your assessment you will be asked to send supporting documentation and complete 2 screening questionnaires.

If your referral does not meet our service criteria, your referrer will be informed.

## Assessment Process:

Your assessment is usually carried out over a video call and lasts between two and three hours to help us fully understand your difficulties. If you feel a face-to-face appointment is needed, we can discuss your requirements.

It is helpful to bring along a relative, friend, or someone who knows you well to provide more information about your difficulties. They can also support you during the assessment, which will involve gaining information about your background.

If you have previously been diagnosed with ADHD and are currently taking medication for the condition, your appointment may be shorter.

Following the assessment, a report will be sent to you and your GP. If a diagnosis is made, we can offer medical treatment and signposting.

## Treatments

Once diagnosed you could be offered medication to treat your ADHD symptoms as per National guidelines. The medications that are commonly used to treat ADHD include Methylphenidate, Atomoxetine and Lisdexamfetamine.

## What happens at future appointments.

The preferred way for your follow up appointments is Virtual appointment via Livewell Connect.

These appointments will be used to ensure your treatment plan is working and being effective. Through this process, it is likely there could be small changes or modifications to your treatment to ensure that you are getting the best results.

### **Please obtain a blood pressure and pulse reading prior to your follow up appointment.**

You will have a number of 30 minute follow up appointments to adjust the dose of medication to ensure you receive the right dose for you.

This is usually followed by a 3 month follow up and then yearly reviews.

**If you do not engage in the planned appointments, this could result in you being discharged from the service.**

## What happens next?

A shared care agreement will be put in place with your GP, who will continue to prescribe your ADHD medication.