

Adult ADHD Service

Patient Information Leaflet

Shining a light on the future



Our contact details

Adult ADHD Service
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Email: ANDS@ntw.nhs.uk

Please note that information sent to the Trust via email is sent at your own risk.

Office hours Monday to Friday, 9am - 5pm

Other useful contacts

Local Support Group

- North East Adult ADHD Support Group
Website: www.aadhd-ne-uk.weebly.com/
Email: aadhd_ne@yahoo.co.uk
Telephone: Bill Scott 0785 621 2564

National Support Group

- Adders: www.adders.org

Independent support to users of NHS services in accessing help and treatments from the NHS

- North of Tyne Patient Advice and Liaison Service (PALS) Tel: 0800 032 02 02

Introduction

This leaflet provides you with information that you may find useful during your time with our service.

We want to offer you as much help and support as you feel you need, to enable you to live the life you want. If you are not sure about anything in this leaflet please ask a member of staff.

What is the Adult ADHD Service?

The Adult ADHD Service provides an assessment and treatment service for adults who are experiencing difficulty with symptoms of Attention Deficit Hyperactivity Disorder. The team is made up of a number of health care professionals.

Who is it for?

The Adult ADHD Service provides a service for men and women over the age of 18 years who require a period of assessment and treatment.

What is Attention Deficit Hyperactivity Disorder?

Attention Deficit Hyperactivity Disorder (ADHD) is a condition that can lead to symptoms of inattention, hyperactivity and impulsivity which starts in childhood but can continue into adult life. It is not necessary to have all symptoms to meet the criteria for the diagnosis. There are effective treatments for ADHD but many people have lived with it without seeking help.

- Inattention: with difficulty concentrating or completing tasks, being disorganised, easily distracted, forgetful and finding it difficult to listen when people are talking.
- Hyperactivity: being fidgety or restless, talking excessively and being overactive.
- Impulsivity: acting without thinking, interrupting others and finding it difficult to wait your turn.

Referral process

Your GP or another health professional can refer you for assessment if they think that you may be experiencing ADHD by writing to us.

What will happen at my first appointment?

You will see a nurse or a doctor and have a chance to talk about your current problems. This appointment usually lasts 1 to 2 hours. Anything you say will be confidential within the team unless there is a legal duty to inform outside agencies. This will be explained before the assessment.

It can be helpful to bring

- Someone who has known you a long time to the appointment to support you in describing your difficulties.
- Your school reports are helpful for us to understand your childhood.
- You could also use the space below to write down some of the difficulties you have been experiencing before you come to your appointment.

At the end of the assessment we will look together at the best options to help you with your needs, either within our team or another service. After your assessment, a letter will be sent to your family doctor and the referrer, if these are different. You will be sent a copy of the letter unless you tell us not to send a copy.

I find it difficult to...

I would like to change...

How long are appointments?

The first appointment can last up to two hours, but you can take a break if you need to. You are welcome to bring a carer, friend or advocate with you.

Interpreters

If you would like an interpreter, please let us know as this can be arranged prior to your appointment.

What will happen next?

If you choose to see us again you will have one to one involvement with your Lead Professional who oversees your treatment, making sure that it works for you. Together you will develop a care plan to help you address your mental health needs.

The National Institute of Clinical Excellence (NICE) recommends medication as the first treatment for adults with ADHD. The Adult ADHD Service will work with you to find a medication that is effective for you and help you to adjust to taking it before asking your GP to prescribe it regularly. You may also be given advice and guidance about ways of managing the symptoms of ADHD.

There are many strategies available identified by people living with ADHD aside from medications. For example many people find a support group to be very helpful for sharing and learning about coping strategies. For further information please check out the regional/ local support group and national support websites in this leaflet.

Why do I need to attend?

Involvement with us is of your choice, you have been referred to the service by your GP or another health professional. GPs do not usually diagnose ADHD. Often when people are experiencing difficulty with ADHD they will need to be seen by a specialist service to assess their current mental health needs and see how they can be helped.

If you are unable to keep an appointment with the service it would be helpful for you to contact us to discuss this. We may be able to arrange a more suitable time for you. This would also mean that someone else could be given the appointment you are unable to keep and helps us to see people more quickly from our waiting list. If it is helpful we can send text message reminders for appointments or telephone you to remind about your appointment.

The service operates a short notice cancellation list. If you are on the waiting list and could attend an appointment at short notice, you may ask to be placed on this list and we will contact you if someone cancels their appointment at short notice to offer it to you. This may be the same day as the appointment.

Travel information

Contact Nexus Traveline: Tel: 0871 200 22 33
Website: www.traveline.info/

What if I have a comment, suggestion, compliment or complaint about the service?

If you want to make a comment, suggestion, compliment or complaint you can:

- talk to the people directly involved in your care
- ask a member of staff for a feedback form, or complete a form on the Trust website www.ntw.nhs.uk (click on the 'Contact Us' tab)
- telephone the Complaints Department Tel: 0191 245 6672
- 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.
 - **Points of You** - available from staff.
 - **Friends and Family Test** - available from staff or online at www.ntw.nhs.uk/fft
- (ICA) North East NHS Independent Complaints Advocacy Tel: 0808 802 3000
- Healthwatch Gateshead – open Monday to Friday, 9am to 4.30pm, Tel: 0191 477 0033 or Tel: 0300 123 4008 or freephone 0808 801 0382

Useful books and websites

- Tuckman, A (2009) More Attention, Less Deficit: Success Strategies for Adults with ADHD. Speciality Press
- NICE ADHD Guidelines:
<http://guidance.nice.org.uk/CG72/NICEGuidance/pdf/English>
- Barkley, R (2010) Taking Charge of Adult ADHD Guilford Press
<http://www.russellbarkley.org/factsheets.html>



Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre.

This information can be made available in a range of formats on request (eg Braille, audio, larger print, easy read, BSL or other languages). Please contact the Patient Information Centre Tel: 0191 223 2545

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