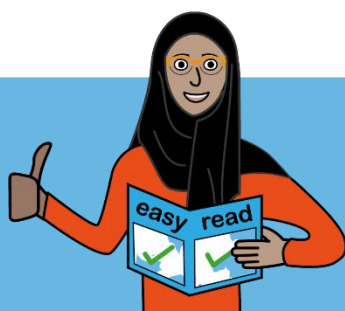


What it's like getting support for ADHD in Gloucestershire



We use easy words and pictures in this accessible information.

Contents



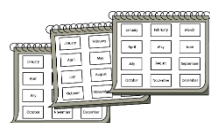
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Hard words

In this guide we show hard words in bold. We explain these harder words here.

ADHD

ADHD stands for Attention Deficit Hyperactivity Disorder. It is a condition where the brain works differently to most people.

Assessment

An assessment is when professionals look at how you think, feel, and behave to see if you have autism or ADHD. This can help you get the right support.

Diagnosis

A diagnosis is when someone works out the name of a condition, illness or disability that a person has.

Right to Choose

This is your legal right to choose the hospital or service you'd like to go to. This includes private services that offer ADHD assessments.

Shared Care Agreement

This is an agreement between you, your GP, and your psychiatrist. It enables the care and treatment you receive for ADHD to be shared between the psychiatrist and your GP.



About this report from Healthwatch Gloucestershire



Healthwatch Gloucestershire listens to people about their health and care and helps make changes.

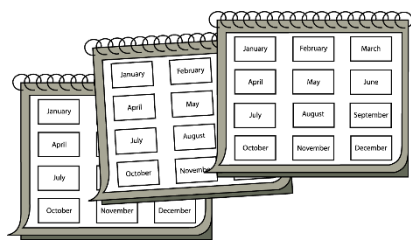


ADHD is a condition that makes it hard to focus, sit still, or control actions. ADHD can make life hard, affecting work and relationships.

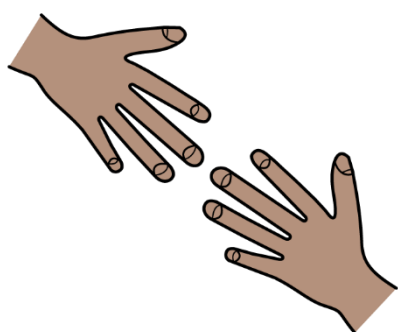
tired



People with ADHD say it affects their mental and physical health. They feel tired, stressed and misunderstood.



Waiting for an ADHD assessment can take years in Gloucestershire



People want help while waiting for an ADHD **assessment** but many don't get any help or support.

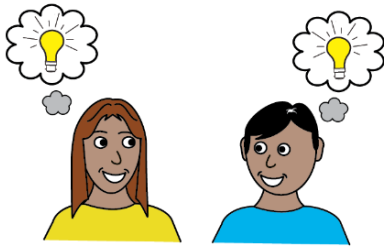


Some people don't ask their GP for help with ADHD because it's hard to get an appointment or because there is a long wait for an assessment.

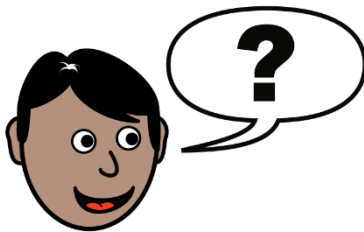
work



If people with ADHD are working, they may not tell their bosses because they worry about not getting the right support.

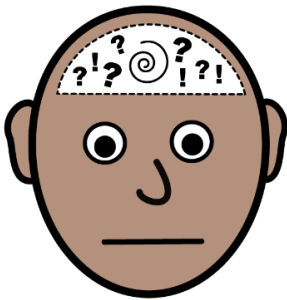


14 people from Gloucestershire shared their ADHD experiences.



Some of those people have a **diagnosis** and some are waiting for a diagnosis. Some people think they have ADHD but haven't asked for help yet.

mental health

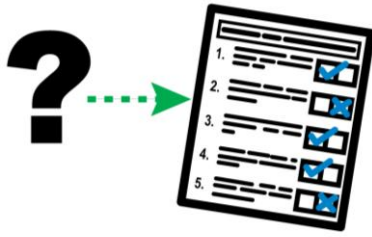


People waiting for an ADHD assessment say it affects their mental health and daily life.

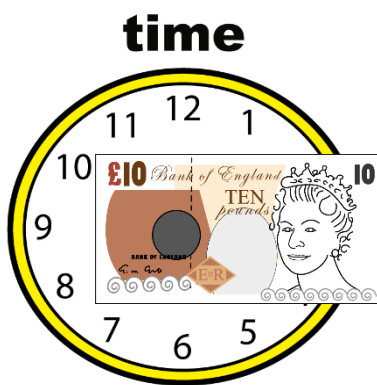
information



They feel stuck and don't get support while waiting. They want more information and help during this time.



Some people have trouble with **Right to Choose** and **Shared Care Agreements**.

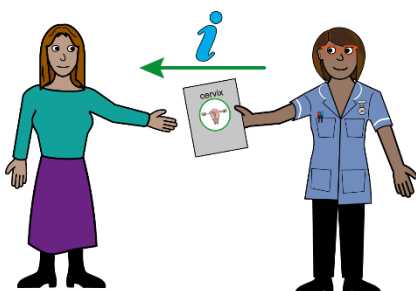


time

They want private diagnoses to be accepted by the NHS to save time and resources.



Healthcare professionals sometimes don't understand ADHD well.



People with ADHD want more awareness and better support from doctors and the NHS.

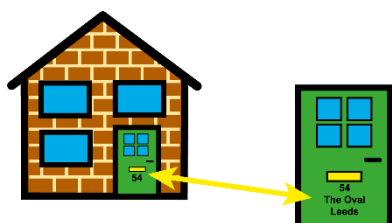


Healthwatch has made some recommendations to improve health and social care services.

better



These recommendations would make things better for people with ADHD and people waiting for an assessment.

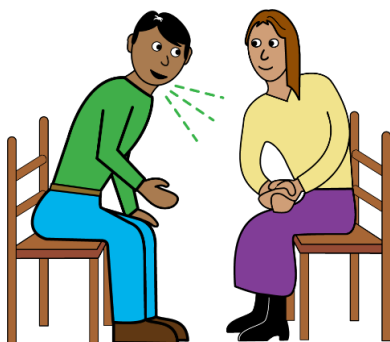


Provide the NHS with the training and resources they need to give people ADHD assessments closer to their homes.

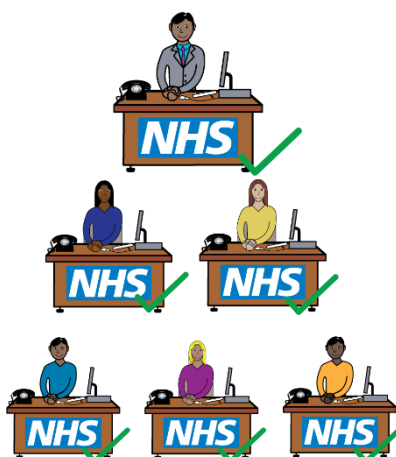
support



Make sure people know where they can get support if they have ADHD or if they are waiting for an assessment.



This includes giving people clear and accessible information like counselling, peer support or life coaching.

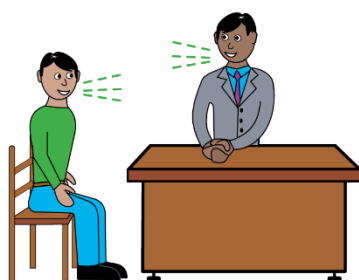


Increase the number of providers that can carry out ADHD assessments.

training



Improve the support that employers can give to people with ADHD. This means they can provide support and training.



Make sure employers understand reasonable adjustments.

Contact us



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Phone

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Website

www.healthwatchgloucestershire.co.uk

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