

What is 'Right to choose'?



If you are waiting for an autism or ADHD assessment, you may be able to use something called **Right to Choose**.



Right to Choose means you can choose which medical team does your autism assessment.



You can choose a different provider if your local NHS service has a long waiting list.



Who can use it?

You may be able to use Right to Choose if:

- You live in England
- You are registered with a GP
- Want an autism or ADHD assessment.
- It is your first assessment
- It will be your first diagnosis





Some providers only offer assessments to people aged 18 or over.



Your Doctor can help you understand your options.



Does it cost money?

No. Right to Choose assessments are paid for by the NHS.

How does it work?

1. Find a provider

You can look for a provider that accepts NHS Right to Choose referrals.



Some providers include:

- ADHD 360
- Clinical Partners
- Psychiatry-UK





Some providers have a letter that you can download and take to your GP.



2. Speak to your GP

Make an appointment with your GP. Tell your GP that you want to use your Right to Choose.



You can ask your GP to refer you to the provider you have chosen.

You cannot refer yourself.



How long will I have to wait?

Right to Choose can sometimes mean you wait less time for an assessment.



However, some providers still have waiting lists. Waiting times are different for each service provider.



Note: Ask the provider you choose if they have a **Shared Care Agreement** with the NHS.



Having a **Shared Care Agreement** means the NHS can support you after your diagnose if you need long-term support or medication.



Need more help? Contact the us at

Referrals@halowproject.org.uk